

LEVEL 2 COACHES COURSE GENERAL CHARACTERISTICS OF COURSE



This document outlines the general characteristics of the Level 2 Coaches Course. Any National Association wishing to organise a Level 2 Coaches Course, should complete the Level 2 Course Conditions (excel document) and return it to the ITF Development / Coaching Department at least 4 months before the proposed start of the course.

Olympic Solidarity Technical Course Grants

Grants for coaches' courses (OS Technical Course grants) are available from Olympic Solidarity for any sport that forms part of the Olympics. National Associations interested in hosting a course and requiring funding to assist with the organisational costs of the course, should contact their National Olympic Committee for further details.

General Format

- This is a 12-day course (10-day course and 2-day assessment). Candidates are also continually assessed by the ITF Tutors throughout the course.
- At the end of the course each participant will be assessed (including a written exam) to decide if they have reached the Level 2 Coaches standard. All coaches reaching the required standard will qualify as Level 2 Coaches recognised by the relevant Tennis Association.

Facilities and Equipment Needed

- **Seminar:** A lecture room for 26 people, with tables and chairs.
- **Courts:** 5-6 tennis courts.
- **Equipment:** 4 baskets each containing 40 tennis balls, 12 cones, flip-chart on and off court, computer / laptop or DVD player, LCD projector for power point presentations (if possible), TV or big screen, access to photocopier.
- **Guinea pigs:** 16-20 good junior players for practices and exams

Course Characteristics

- **Goal:** Directed to those interested in teaching tennis to intermediate and advanced players involved in competition.
- **Participants:** Tennis coaches with a sufficient playing standard. Federations are told in advance that candidates need a minimum level of play (ability to rally / demonstrate advanced strokes / feed ball to student) and that there will be a tennis ability / demonstration test.
- **Other prerequisites:** It is important that participants have successfully passed the ITF Level 1 Coaches Course or equivalent.
- **Attendance:** It is vital that participants are able to attend the whole course. Any participant missing more than one day of the course, will have to retake the whole course at another time.
- **Number of candidates:** Maximum is 24. Some coaches can attend the course as observers (please contact the ITF for permission).
- **Assessment of candidates:** The candidates will be assessed in the following areas:
 - Tennis ability / demonstration
 - Individual lesson
 - Group lesson
 - Personal attributes
 - Written exam
- **Candidate grading system:**
 - 5 = excellent
 - 4 = good

LEVEL 2 COACHES COURSE GENERAL CHARACTERISTICS OF COURSE



- 3 = adequate
 - 2 = below the necessary standard for the course
 - 1 = poor, well below the necessary standard for the course
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- Candidates, who fail just one of the assessments (tennis ability, individual lesson coaching test, group lesson coaching test, demonstration test or written exams), may repeat this assessment several months later. They do not have to repeat the whole course.
 - Candidates, who fail more than one of the assessments, have to retake the whole course at a later date.
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- **Results:** The tutor should not inform the participants of their results on site. The tutor should send the results to the ITF Coaching Department office as soon as possible (no later than 2 weeks after the course). Once processed by the ITF Coaching Department, the results and candidate feedback sheets will be sent by email to the National Association who should in turn, inform the candidates of their results.
 - **Certificates:** The ITF's role in assisting nations with coach education is to approve the syllabi (course materials and tutor contact hours / teaching load) and to nominate experts to conduct the course when requested. The certification obtained at the end of the course is a national certification recognised by the relevant national association. It is not an international coaches qualification recognised by the ITF.

It is therefore the responsibility of the National Association to produce a certificate for those candidates who pass coaches courses that are conducted according to the ITF recommended syllabi. In addition to the national certificate provided by the national association, the ITF will provide an ITF Certificate of Attendance.

Insurance

Acceptance of a candidate's entry and participation in the Course is without responsibility of any kind by the International Tennis Federation (ITF), and any other entity sponsoring the event. Participants should hereby for and on behalf of themselves and their heirs and legal representatives release and forever discharge ITF, its officers and representatives, from any and all claims, demands, and injuries, however arising, whether caused by the negligent or intentional acts of the ITF and its representatives or other sponsoring entities, or by third parties, which injuries may be in any way related to their activities during the Course and any period travelling to and from the Course described and all such claims are hereby waived and released, and covenant not to sue, therefore.

Course Materials

Documents that the National Association / participants can download from:
<http://en.coaching.itftennis.com/courses/advanced/overview.aspx>

1. Level 2 - Candidate General Characteristics of Course (07)
2. Level 2 - Syllabus (07)
3. Level 2 - Coach Profile (07)
4. Level 2 - Candidate Course Schedule (07)
5. Level 2 - Candidate Pre-course Questionnaire (07)
6. Level 2 - Candidate Post-course Questionnaire (07)
7. Level 2 - CV form (07)
8. Level 2 - Player Profile (07)

**LEVEL 2 COACHES COURSE
GENERAL CHARACTERISTICS OF COURSE**



9. Level 2 - Guidelines for indiv & group lessons (07).doc
10. Level 2 - Examples of Group Lessons (07)
11. Level 2 - Technical Corrections (07)

PowerPoints: 31 sets covering the following topics:

1. Coach
2. Fitness
3. Medicine
4. Psychology
5. Tactics
6. Technique
7. Training

These documents can be downloaded from:

<http://en.coaching.itftennis.com/courses/advanced/presentations.aspx>

* It is not mandatory for the National Association to download these PowerPoints. The Tutor will then bring on a CD to be shown during the course using an LCD projector.

Books and materials sent by the ITF to the National Association in advance of the course:

1. ITF Advanced Coaches Manual
2. Developing Young Tennis Players
3. ITF Certificates of Attendance
4. 40 dozen ITF Top Grade balls
5. ITF baseball caps
6. Level 2 – Course Films (DivX format) (c/o Course Tutor):

| NO | TITLE | LANGUAGE | PRODUCED BY | DURATION |
|----|--------------------------|----------|----------------|------------|
| 1 | FOREHAND | ENG | FFT | 18 minutes |
| 2 | BACKHAND | ENG | FFT | 25 minutes |
| 3 | VOLLEY | ENG | FFT | 24 minutes |
| 4 | THE SERVE | ENG | USTA | 24 minutes |
| 5 | RETURN OF SERVE | ENG | FFT | 23 minutes |
| 6 | DOUBLES TENNIS TACTICS | ENG | HUMAN KINETICS | 36 minutes |
| 7 | NO BRAKES | ENG | ITF | 31 minutes |
| 8 | COMPLETE CONDITIONING | ENG | USTA | 25 minutes |
| 9 | STRENGTH TRAINING | ENG | USTA | 36 minutes |
| 10 | FITNESS TESTING | ENG | USTA | 29 minutes |
| 11 | ADVANCE FOOTSKILLS | ENG | USTA | 29 minutes |
| 12 | TENNIS BIOMECHANICS | ENG | USTA | 29 minutes |
| 13 | WINNING PATTERNS OF PLAY | ENG | USTA | 21 minutes |
| 14 | PLAYING UNDER PRESSURE | ENG | USTA | 30 minutes |

Any questions arising from this document or during the course should be directed to the ITF Development Officer or to the ITF Coaching / Development Department Staff.

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