

ITF Level 3 Coaching Course Syllabus

1. ADVANCED TACTICS

1. Introduction to advanced tactics: Why starting with tactics and not with technique?. Definition of strategy. Examples of strategic thinking. Definition of tactics. Examples of tactical thinking. Definition of technique. Tactical change and evolution from yesterday's to today's game. Developments that have impacted tactical changes. changes in equipment racquets, balls, surfaces. Changes in the professional game: player physiology, player's weight relative to height comparisons. Is the men's game too fast? Main features of tactics at top level. Evolution of tactics in the different stages of the game: 12, 14, 18 & under.

2. Main tactical principles and objectives for advanced tournament play in the 5 game situations: Tactics at top level: Serve tactics. Return of serve tactics. Baseline game. Approaching the net. The advanced net game.

3. Introduction to advanced tactical game styles: Have tactical game styles changed during the last years? Game styles today: The baseline player. The all court game player. The serve and volley player.

4. Tactics of the women's game: Tactics employed by male and female professionals. The serve. The new baseline game of the women's tennis. Approaching the net. Tactical areas to work on with pro female players.

5. Tactics on different court surfaces: The serve & the return. Singles Tactics for fast courts: Mental. Physical. Technical. Serving. Return of serve. Second serve. Baseline play. Approaching the net. Against a net player. Differences between playing on clay and on fast courts.

6. Match analysis and match charting: Why, What and How about Charting. Guidelines For Charting. Video footage and charting. Match Analysis for Better Periodisation and Coaching. What are useful statistics? Visual and numeric stats. Impact on periodisation and training programmes. Match Analysis: Scorecard: Goals. Analysis of the quality of the serve. Analysis of the quality of the return. Analysis of the quality. Analysis of the quality of the rally.

7. Doubles tactics for advanced players: Importance of Doubles at Advanced Level. Poaching: Poaching when Serving. Server's Partner Territory. 3 Types: Per reaction. Per anticipation. Per command. Serving Patterns: Server's Patterns. Server's partner patterns. Serving Team Patterns. Returning Patterns: Receiver's patterns: 5 possible returns in doubles. Receiver's Partner patterns. Receiving Team patterns. Tactics against "always", "never", "2 options". Tactics for the Receiving Team. Doubles Net Play: Smash, Net play reactions. Doubles charting and planning.

8. Tactical training for advanced players on court: Teaching technique and tactics. Tactical patterns. General guidelines for tactical practice: Training. Matchplay. Planning. Drills. Practice matches. Methodology.

2. ADVANCED BIOMECHANICS AND TECHNIQUE

1. Biomechanics and teaching methodology. The role of Biomechanics in the "game based approach" to coaching tennis. The use of Biomechanical principles in practical coaching through the BIOMECH system. The relationships between Biomechanics and mini-tennis.

2. The development of racquet speed. The use of elastic energy and muscle pre-tension in the enhancement of racquet speed. The distance over which racquet speed can be developed. The use of coordinated movements. The linking of linear and angular motion. The role of muscle strength, power and endurance. "Heaviness" of a stroke. The role of equipment design.

3. Using linear and angular momentum in strokes. Linear momentum: Serve. Forehand and

backhand. Angular momentum: How can players generate angular momentum? Serve. Forehand. Backhand. Linking linear and angular momentum.

4. Biomechanics of on court movement. Characteristics of on court movement: Initiating movement (ready position and split step). Baseline to net. Close range movements. Wide-ball and wide-ball recovery movements. Sprint. Factors that influence the mechanics of on court movement: Game style and court surface. Morphology and sex of the player. Ball type. Shoe wear.

5. Loading and stroke production. External forces, racquet vibration and stroke production. Ground (court) reaction force. Impact on the racquet and the racquet vibration. Power generation, energy saving and the reduction of injuries. Internal force as an indicator of load: The serve. Speed of serve. Level of knee bend. Full versus abbreviated backswing. The forehand.

6. Muscle activity: an indicator for training. Motor control: Motor commands. Visual and balance information. Sensory inputs. Muscle activity in stroke production: The platform/base for velocity generation. Muscular and mechanical involvement of the lower body. Core stability. Velocity generation in stroke production: Forehand groundstroke. Backhand groundstroke. Volley. Serve. Deceleration. Applications to training: Strength training. Plyometric training. Reaction training. Flexibility training.

7. Analysis of advanced stroke production. Qualitative analysis: Extending observation with video. Application of qualitative analysis. Quantitative analysis: Charting and notational analysis. Radar. Measurement of stroke movements. Studying the causes of strokes. Application of quantitative analysis in the touring professional

8. Biomechanical performance models: the basis for stroke analysis. The serve. The forehand. The two handed backhand. The forehand volley (at net).

9. Equipment and advanced performance. Tennis racquets: The sweet spot of a racquet. Frame stiffness. Grip firmness. Strings: Tighter strings give less power and more control; looser strings give more power and less control. The same string tension will play differently on racquets with different head sizes. String gauge has little effect on performance. String performance and age. String tension and gauge on ball spin. Breakages. Effect of String Tension on Rebound Angle. Balls. Court related considerations. Footwear: How to select a tennis shoe.

3. BODY CONDITIONING

1. Screening and testing: Screening. A synopsis of the Areas Tested. Testing: Lab and Field Tests. Functional Movement Testing. Functional Movement Quality Tests. Physiological Assessment of Tennis Players

2. Long term athlete development, trainability and physical preparation of tennis players: Models of Long-term Athlete Development and Training Requirements of Different Sports. The Six Stage Model of Late Specialization Sports.

3. Training principles: Principles of Training. Specialisation. Planning and Periodisation.

4. Coordination: Versatility. Coordination Skills. Development of Coordination. Coordination Tests and Agility. Examples of Coordination Drills on the Court.

5. Flexibility: Ballistic Stretching. Static Stretching. Passive Stretching. Proprioceptive Neuromuscular Facilitation (PNF). Neural Glides (Desensitising). Postural Stretching. Research Related to Flexibility Training. Stretching in the Professional Game

6. Anaerobic and aerobic endurance: Work Load Profile in Tennis Matchplay. Training of Basic Endurance. Training of the Semi-specific Endurance. Training of Tennis-specific Endurance. Importance for Tennis Players of Highly Intensive Anaerobic Drills. Periodisation of the Endurance Training. Endurance Testing. Advanced Training Examples.

7. Developing strength: The Role of Strength Development in Tennis. The Demands of Tennis. Types of Strength. Principles of Programme Design. Session structures. Periodisation. Strength Periodisation. Example Exercises.

8. Increasing power in tennis: Intensity of Plyometric Training. Volume of Plyometric Training. Plyometric Drills.

9. Speed and agility: Foot Dexterity. Bracing. Free Segments. Speed. Agility. Combined Training Exercises. Periodisation.

10. Movement mechanics: Effects of Surface on Court Movement. Effect of Tennis Balls on Court Movement. Effect of Modern Technique on Court Movement. Characteristics of Court Movement. Mechanics of the Split Step. Mechanics of Lateral Movement. Mechanics of Forward Movement. Mechanics of the Foot and Ankle During On-court Movement. Posture. Movement Drills.

11. Injury prevention and muscle control: Theoretical Background. Assessment of Local Muscle Dysfunction. Re-education of the Local Muscle System. Guidelines for Re-education of Motor Control. Guidelines for Progression of Exercises. Future Research.

12. Working with special populations: Children: The Concept of the Child, their Characteristics and the Objectives of Performing Physical Activity with Children. The Responsiveness of Children to Physical Activity. Other Considerations. Female: Anthropometrics – Body Size and Composition. Neuromuscular Characteristics. Cardiovascular, Respiratory and Metabolic Responses. Adaptations and Responsiveness to Training. Special Considerations. Veteran players: General Considerations. Screening and Risk Assessment. Metabolic Demands. Strength Training and Injury Prevention. Rehabilitation. General Training Applications. Wheelchair players: Important Training Considerations. Wheelchair tennis Fitness Workout.

13. Working with special populations– pro players: during tournament play: Importance of Physical Training during Tournament Play. Junior and Professional Players: Differences in Periodisation. Use of Practice Time during and in Between Tournaments. Guidelines for Players. Planning: Periodisation / Training Emphasis. Preparation - Macrocycles P1 and P2. Microcycle M1 and M2. Contents of Various Sessions. Individualisation – “Type of Player” related Physical Conditioning. “Surface” related Physical Conditioning.

14. Recovery: Recovery Strategies: Monitoring. Recovery Strategies: Management. Applying Recovery Strategies.

15. Training alternatives: Touch Rugby, Soccer and Frisbee. Athletics. Squash / Racquet-ball . Gymnastics / Martial arts / Dance. Boxing. Skipping. Pilates. Basketball and Netball. Yoga and Tai Chi. Swimming and Pool Work. Bike Riding.

4. PSYCHOLOGY

1. Introduction to Psychological Training for Advanced Players: Mental characteristics of tennis. Tennis Psychology: coaching implications. Guidelines for coaches. Latests developments. Principles when working with players. Mental training: Definition. Importance. Goals. Effectiveness. Components. Peak Performance State: Characteristics. Phases of the Psychological Training: Analysis of the game. Psychological characteristics needed for tennis performance. Player Psychological Profile. Mental toughness checklist.

2. Goal setting for advanced players: Definition. Importance. Types. Why goals work. Consistent goal setting research findings. Use of goals. Barriers to use goals. Goal setting principles. SMART. Individual and group goal setting.

3. Psychological skills and techniques for advanced players: Mental skills training Types: Off-court. On-court. How to get mentally tough? “Mental Toughness” on court

4. Motivation and motivational climate in tennis teaching: Definition of motivation. Importance of motivation. Types of motivation. Intrinsic and extrinsic motivation. Intrinsic and extrinsic rewards. Motivation towards success or to avoid failure. Goal oriented motivation. Ego oriented players. Task oriented players. Factors influencing the goal oriented motivation. Research on Motivation and Goals. Motivational climate: How to motivate tennis players? Motivational climate: A definition. The role of the coach, parents and peers. Types of motivational climates: Implications. Research on motivation applied to tennis. How to create a motivational climate in tennis. Interaction coach – players.

5. Concentration techniques for advanced players: Attention in Tennis: A definition. Characteristics. Types of attentional focus. Concentration in tennis: Definition. Importance. Mental Mechanism. Problems. Dealing with distractions. Training. Serve Rituals. Return of Serve Rituals. How to improve it. During the match. Off court drills. On court drills. Anticipation in tennis: Anticipation time in beginner and intermediate players. Anticipation and mental training. Research on Anticipation and Visual Search.

6. Emotional control techniques for advanced players: Pressure. Physical and Mental. Arousal control. Signs of Over-Arousal. Signs of Under-Arousal. The Process of Choking. Strategies of Activation. Anxiety and Stress. Developing an appropriate perspective. Relaxation techniques. Using positive self-talk and thoughts. 3 R's Mental Training System. Building your confidence. Developing routines.

7. Control of thoughts: self-confidence, self-efficacy: Self-confidence: Definition. Positive Self-fulfilling prophecy. Importance. Benefits. Relationship with performance. Problems: Lack of confidence. Overconfidence. Assessment. Techniques to build it. Self-talk: Definition. Importance. Types. Benefits. Use. Training. Research. Training Strategies For Improving Self-Confidence. Developing Self Esteem.

8. Imagery / visualisation for tennis: Imagery / Visualisation: Definition. Goal and modes. Importance. Senses used. How does it work? Why it works? Types. Versions. Advantages. What research has shown. What can you use it for? When to use it? What to imagine? Training Guidelines. Training Conditions. Training Process. Creating a CD. Research on Visualisation.

9. Psychological guidelines for pre competition for advanced players: Mental Training: Match Preparation. Pre-competition: Getting Ready for the Environment. Pre-match preparation. Preparation the night before. Preparation on the day. Practising 'Match Day Mentality'. Routines on Arrival. The most important last few hours.

10. Psychological performance in competition for advanced players: Mental Skills during Competition. Playing in the zone: How is the zone? How to attain and maintain the zone? The meaning of winning. Having a competition plan: Routines. Rituals. From Routines...to Obsessions. The concept of flow applied to tennis. Characteristics of the Flow State. Model for Flow. The Flow Process. How to Predict Flow. Flow and Motivation. Measurement of Flow. Degrees of Flow. Latest Research on Flow. Environment and Flow. How to Help your Players to Experience Flow Situations more often.

11. Momentum in tennis: Definition. Importance. Awareness. Positive Momentum. Negative Momentum. Starters and breakers. How to develop a positive Momentum. Research on Momentum in sport. Research on Momentum in tennis.

12. Psychological guidelines after competition for advanced players: Mental Training: Post-competition. Attribution. Mental Importance of Rest Periods. Defeat in Tennis. Burnout: Components. Consequences. Research in tennis. Motivational Climate and "Burnout".

13. Psychological development and planning: Developing Mental Skills to Under 9. What Psychological Skills to learn at the age 12-14 years? Psychological periodisation. Methodological and didactical approach. Mental skills in beginners tennis. Mental skills in intermediate tennis. Mental skills in advanced tennis. Mental training Planning

5. TEACHING METHODOLOGY AND TRAINING

1. Teaching methodology for advanced coaching: The Evolution of Tennis. Principles for Advanced Tennis Coaching: Team / Individual. Quality / Quantity. Sport Science / Experience. Components of a quality top coaching process. Training in an efficient way. Evolution of the training concept. Modern concept of training for top players. Effective coaching with advanced players. Paths to the pro tour. Foundation of the game. The impact of sport sciences on advanced coaching and methodology. Coaching principles in traditional methods. Coaching principles in modern methods. Game based approach for advanced players. Implications for coaching. Measurement and evaluation. Recognition and rewards.

2. Motor skill learning for advanced coaching: Definitions: Motor skill. Motor ability. Differences. Classifications of motor skills. Motor skill and Learning. Stages of Learning. Learning and Performance. How to assess learning: Performance measures. Assessment measures. Control of movement: Motor Programmes. Transfer of learning: definition and types. How to enhance it. Memory for advanced coaching: Types. Components. Characteristics of the 3 Memory Systems.

3. Attention for advanced coaching: Definition. When is needed in tennis? Attention and practice. Attention, arousal and anxiety. Attention: Alertness and response preparation. How to maintain alertness. Attention and practice. Selective Attention.

4. Anticipation for advanced coaching: Definition. Importance. Types. Factors which can influence. Individual differences in advanced coaching: Motor educability: a myth. Individual learning experience: How to maximise it.

5. Practices for advanced coaching: Types. Slow motion practice: a research in tennis. Practice recommendations for beginners, for intermediate and advanced. Skill presentation techniques.

6. Feedback for advanced coaching: Definition and importance. Types. Planning the learning experience: Elements to Consider: Who: The player. Why: The goals. What: The contents (task). Where: The context. How: Practice Preparation/Structure / Presentation/Feedback.

7. Training advanced players on court: Integral tennis training: Main Principle. Technical tennis training. Tactical tennis training. Condition tennis training. Mental tennis training. Session guidelines for advanced training: Preparation. Session length. Introduction. Warm Up. Main Part Drill types: Basket Feeding. Rally drills. Match play practice. Drill structure. Goal: Technical, Sub goal: Learning / Correction- Stabilisation-Variation- Situational/Individual. Technical Corrections. Tactical Corrections. Final Part: Cool down. Coach Review. Player's feedback.

8. Advanced periodisation: Theory and application. Influence of the tactical style on periodisation. Scheduling and programming: Volume. Intensity. Recovery between sessions. Work/rest intervals. Long term player development – years. Training and competition plans. Factors affecting. Samples for advanced and professional players.

9. Travelling with advanced players: Travel checklist: Planning. Administration. Transport. Money. Hotel. Travel rules. Packing. Medical / injury considerations. Meals. Itinerary. Sleep. Equipment. Paperwork. Talks. Organisation: Routine when in the road. Lining up advanced players: When to say it. How to say it. Challenge matches.

10. Communication for advanced coaching: Importance. Characteristics. What do we need to know? Communicating with Players. Research: Communication in Tennis. Dealing with problems and criticism. Coach-player compatibility in tennis. Male and female advanced players: Is there any difference? Non verbal communication.

6. TENNIS DEVELOPMENT AND PLANNING

1. Professional development skills for advanced coaches: Organizational skills: Goal. Leadership. Management. Administration. Roles of a Tennis Director. Interpersonal skills: Empathy.



Delivering effective presentations. Intellectual development and self-improvement. Computer/technology skills: Computer Operations and Concepts. Word Processing. Graphics. Multi-media. Internet. Email. Spreadsheets. Databases. 10 Golden Rules to avoid Viruses. Physical skills: 10 practical guidelines that will help you avoid getting injured.

2. Ethics for coaches: Values in Sport. Sportsmanship and Fair Play in Sport. What is sports ethics? Why focus on ethics in sports? What is the purpose of an ethical analysis? What's the difference between moral and ethical? Sports Ethics Topics. Outline for framing ethical problems. Understanding Objectives. Tennis ethics questions. How to choose the right coach. Honouring the Game Guidelines.

3. Safety concepts for advanced coaches: Safety in Tennis. A Checklist for People's Safety and Security in Tennis. General safety issues. Quality Leadership. Recruitment of Coaches. Training of Coaches.

4. Selling the image of tennis: Marketing and promotion: Why Play Tennis? Marketing and Promotion. The tennis industry: racquets, strings, balls, apparel, courts manufacturers. Tournaments, players, agents and companies.

5. Player development plan: Characteristics of a Player Development Plan. Broadening the Base: Beginner Programmes in Schools and Clubs – Mini-tennis. Programmes. Working with Junior Players: Performance Initiatives. Helping Professional Tennis. Recreational Tennis. Programmes for Players with Special Needs. Competition Formats and Rating of Players.

6. Resource development plan: Characteristics of a Resource Development Plan. Professional Development. Coaches Education. Importance of Developing Officials. Managers Education. Facilities and Equipment. Improving Administration. Working with Volunteers.

7. Organisations working together: clubs, federations, etc: Cooperation between Organisations. Help from the ITF.

8. Implementing a tennis development plan: Vision and Mission Statement. Development Analysis. Identifying Strengths and Weaknesses. Setting Goals. Determining Action Points. Outlining Assessment and Monitoring Procedures. Promoting the Tennis Development Plan.