

LEVEL ONE COACH EDUCATION



*TENNIS IRELAND COACHING COURSES
FOR
BEGINNER/ENTRY LEVEL TENNIS COACHES*



TENNIS IRELAND, DUBLIN CITY UNIVERSITY, GLASNEVIN, DUBLIN 9

phone: 01 8844010

fax: 01 8844013

e-mail: info@tennisireland.ie

TENNIS IRELAND COACH EDUCATION LEVEL ONE

The Level One Coach Education Course is divided into three distinct modules

- Module One—**Mini Tennis**—30 Hours
- Module Two—**Midi Tennis**—30 Hours
- Module Three—**Full Court**—40 Hours

The Level One course aims to cover the Fundamental & Part of the Learning to Play & Practice Phase of the Long-Term Player Development Programme—(6-12 years of age and beginner teenagers/adults up to ITN 7).

There will be three exams and assessments during the Level One Coaching Course. Participants who pass the practical exam can advance to the next module. In Module 2 candidates must pass the practical exam and playing assessment to advance to Module 3.

Coaching assessments are broken down as follows:

Module One

- 30 minutes practical group exam with a group of no more than four children, playing on a Red Court.

Module Two

- 30 minutes practical group exam with a group of no more than six teenagers/adults, playing on a Green Court.
- Playing tests at the end of this Module as part of the practical exam.

Module Three

- 30 minutes individual lesson with a quality Under 9 player (Orange Court)
- 75 minutes written test
- Recommendation to advance

NOTE: All applicants must be aware that Participants will be instructed to supply children/teenagers/beginner adults themselves of a suitable age to act as 'guinea pigs' for practical exams in Module 1 & 2 (including repeat exams). For Module 3 T.I. will provide guinea pigs. Practical exam days all participants will be given four topics to prepare and any one of these four topics can be given as their exam topic. Tutors will explain how this will be organised at the start of each module. Participants must be available on the allocated exam and repeat dates. Otherwise candidates may have to wait until the following year to complete the module in question.

TENNIS IRELAND COACH EDUCATION LEVEL ONE RECRUITMENT

All applicants must fill in a form providing two referees. The office writes to the referees using a standard letter. Applicants are accepted based on the form, the responses from both referees, proximity to the region, the needs of the region, and on a first come first served basis. All applicants must go through a Garda Vetting process to be accepted onto the course.

Module One will be delivered in the Regions subject to a minimum of 16 participants. Module 2 & 3 are delivered in the Regions subject to a minimum of 12 participants. The regions currently delivering Coach Education Courses are Leinster (Dublin), Munster (Cork), Ulster (Belfast) and Connacht (Galway). The courses are delivered mainly on and weekends. There is, however, some years Tennis Ireland do give courses on week day evenings.

**NOTE: Where regions have not met the quota, applicants may be offered a place in a central location, most likely to be Dublin.*

Successful applicants will be asked to pay the following amounts after they have been formally invited onto the course only. Participants who fail at the first attempt in any of the modules will be given the opportunity to repeat once. Participants who fail on their second attempt can reapply for the following year but must take the full module again.

Level One Module One Course	€400.00
Level One Module One Practical Repeat*	€100.00
Level One Module Two Course	€600.00
Level One Module Two Practical Repeat*	€100.00
Level One Module Two Playing Test*	€30.00
Level One Module Three Course	€600.00
Level One Module Three Practical Repeat*	€100.00
Level One Module Three Written Exam Repeat*	€80.00

**NOTE: All above costs marked with an asterisk are charged only when a Participant decides to re-sit an examination on the Level One course. All fees must be paid before the beginning of each course/repeat exam. Failure to do so will result in the participants place on the course being re-voked.*

TENNIS IRELAND COACH EDUCATION FAST TRACKING & PERFORMANCE ASSISTANTS

Level One Fast Tracking

A potential candidate for Fast Tracking can apply to the Coaches Education and Technical Committee. Fast Tracking allows a Level One participant to be pushed through the Level One Coaching course in a shorter period of time to that of a normal Level One participant. Applicants for Fast Tracking must meet the following criteria to be considered:

- Current or former Davis Cup/Fed Cup player.
- Achieved an ATP Ranking of 1,000 or better.
- Achieved a WTA Ranking of 1,000 or better.

Performance Assistant

There will be occasions when the Tennis Ireland Technical Director requires to recruit a Performance Assistant to work and train in the National Training Programme. In this situation the Technical Director can nominate a potential Performance Assistant to the Tennis Ireland Coach Education and Technical Committee to be considered for Fast Tracking.

TENNIS IRELAND COACH EDUCATION LEVEL ONE SYLLABUS

Module One—Mini Tennis	Module Two—Midi Tennis	Module Three—Full Court Tennis
<ul style="list-style-type: none"> • Participants meet Tutor and fellow Participants. • Introduction to Mini Tennis equipment & court • Overview of the long Term Player Development Pathway. • Introduction to the Fundamental Phase • Role of the Mini Tennis Assistant • Motivation • Organization • Safety • Teaching Methodology • Self Rally • Mini Tennis Progressions • Technique • Tactics • Physical • Mental • Personal • Lifestyle • Fun Games • Competitions formats for Mini Tennis & Rules • Skills Awards • Code of Ethics • Administration • Practical experience with peers and children • Introduction to exam • Review • Examination 	<ul style="list-style-type: none"> • Participants meet Tutor & fellow participants. • Review of Module One • Introduction to Module Two • The role of the Midi Tennis Assistant • Midi Tennis Progressions • Physical • Mental • Technical • Tactical • Personal • Lifestyle • Doubles play • Competition formats for Midi Tennis & Rules. • Practical experience with peers & children • Introduction to exam • Review • Exam 	<ul style="list-style-type: none"> • Participants meet Tutor & fellow participants. • Review of Module 2 • Review of the Fundamental Phase of the LTPDP. • Introduction to Module 3 • The Role of the Level 1 Coach • Introduction to the Learning to Play & Practice Phase . • ITN • Full court singles & doubles for children. • Full court singles & doubles for adults. • Physical • Mental • Technical • Tactical • Personal • Lifestyle • Competition formats for full court tennis & rules. • Practical experience with peers and adults. • History & organization of Tennis Ireland. • Club Development • Material, equipment & technology • First Aid & Injury Prevention • Insurance • Review of Code of Ethics • Tennis for the disabled • Introduction to exam • Review • Exam

TENNIS IRELAND COACH EDUCATION

THE LONG-TERM PLAYER/ATHLETE DEVELOPMENT MODEL

INTRODUCTION

The Tennis Ireland model for the Long-Term Player Development has been written based on consultation with a number of professional bodies. Among those bodies were, Tennis Ireland registered coaches, Coaching Ireland, the Sports Science Department DCU, the International Tennis Federation and the Professional Staff & Management Committee of Tennis Ireland. The Model has six phases and an outline of each phase is explained in this introduction with a more detailed description of what needs to be achieved at each phase throughout the document.

PHASE ONE—THE FUNDAMENTAL PHASE (MALES 6-9/FEMALES 6-8 YEARS)

The main objective of this phase is to learn all the fundamental *movement skills* using a well-structured, positive and fun approach. Tennis skills should be introduced, with an emphasis on fun, skill development and modified games through mini & midi tennis. Appropriate and correct running, throwing and jumping techniques are taught using the ABC's of athletics. Speed power and endurance are also developed.

Participation in as many sports as possible is encouraged. The development of fundamental movement skills will contribute significantly to future player achievements.

PHASE TWO—THE LEARNING TO PLAY & PRACTICE PHASE (MALES 9-12/FEMALES 8-11 YEARS)

The main objective of this phase is to learn the specific tennis skills in conjunction with the fundamental sports skills, from a range of other sports. These skills form the cornerstones of all player development. Players move on to the full court and fundamental movement skills should also continue to be developed during this phase. If fundamental motor skill training is not developed between the ages of eight to eleven and nine to twelve for females and males respectively, a significant window of opportunity has been lost, compromising the ability of the young player to reach his/her full potential.

PHASE THREE—THE TRAINING TO TRAIN PHASE (MALES 12-16/FEMALES 11-15 YEARS)

The main objectives of this phase are to further develop & consolidate all techniques, tactics and to address the two critical periods of physical development, namely the aerobic base and strength of the players. It should be noted that both aerobic and strength trainability is dependant on maturation levels, not chronological age. Players who miss this phase of training will not reach their full potential.

⇒ Continued

TENNIS IRELAND COACH EDUCATION

THE LONG-TERM PLAYER/ATHLETE DEVELOPMENT MODEL

PHASE FOUR—THE TRAINING TO COMPETE PHASE (MALES 16-18/FEMALES 15-17 YEARS)

The main objective of this phase is to *optimize* fitness preparation, individual skills and performance. During this phase, high intensity individual and event specific training is provided to players. Tennis skills are performed under a variety of competitive conditions during training. Special emphasis is placed on *optimum preparation* by modelling training and competition.

PHASE FIVE—THE TRAINING TO WIN PHASE (MALES 18+/FEMALES 17+ YEARS)

The final phase of player preparation aims to maximise fitness preparation and individual skills as well as performance. All of the player's capacities are now fully established and players are trained to peak for major competitions. Training is characterised by high intensity and relatively high volume with frequent periods of rest.

PHASE 6—THE RETIREMENT/RETENTION PHASE

This phase refers to the activities performed after a player has retired from competition permanently. The aim of this phase is to retain players for coaching, sport administration, officiating or any other sport-related career.



www.tennisireland.ie