

LEVEL TWO COACH EDUCATION



*TENNIS IRELAND COACHING COURSES
FOR
QUALIFIED LEVEL ONE TENNIS COACHES*

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TENNIS IRELAND COACH EDUCATION LEVEL TWO

Before applying for the Level Two Coach Education Course, applicants must have worked for at least one year as a Level One Development Coach and have received recommendation from the Level One to advance to the next Level. Potential candidates must also pass a Playing & Feeding test before they can be accepted onto the course.

The Level Two Course is delivered in blocks, taking in weekends and a series of two and three weekdays during holiday weekends.

The course covers the full programme Learning to Play & Practice Phase of the Long Term Player Development Programme.

Examination consists of a project and practical observation and assessments.

- The Level Two project will be assigned at the early stages of the course and will involve participants producing evidence that they understand information delivered on the course.
- In the practical observation, Participants will be observed taking individuals and groups at Under 12 and Regional standard.

TENNIS IRELAND COACH EDUCATION LEVEL TWO SYLLABUS

CONTENTS OF THE LEVEL TWO COURSE

- Participants meet Tutor and fellow participants
- Review of Level One
- Introduction to Level Two
- Overview of the Long Term Player Development Pathway
- A more detailed study of the Learning to Train Phase
- The role of the Level 2 Tennis Coach
- Technique
- Tactics
- Physical
- Mental
- Personal
- Lifestyle
- Match Analysis—Charting
- Club Development
- ITN (International Tennis Number)
- Coaching Adults—Beginner, Advanced and League Standard
- Practical Experience with peers and children
- Project
- Equipment & Technology
- Introduction to exam
- Review
- Exam

TENNIS IRELAND COACH EDUCATION

THE LONG-TERM PLAYER 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.

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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.



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