

IRL - Level 3 Course schedule

Webinar - Day 1 / 03.04.2023.

30	8:00 - 8:30		<i>Introduction to the course</i>	
60	8:30 - 9:30		<i>Role of the coach</i>	
90	10:00 - 11:30		<i>Analysis of player characteristics (14U players - How they play?)</i>	To be attended by Level 4 candidates too
60	12:00 - 13:00		<i>Physical Fitness for tennis</i>	To be attended by Level 4 candidates too
4				

Webinar - Day 2 / 24.04.2023.

60	8:00 - 9:00		<i>Goal setting</i>	To be attended by Level 4 candidates too
60	9:15 - 10:15		<i>Planning & periodisation</i>	To be attended by Level 4 candidates too
90	10:30 - 12:00		<i>Biomechanics: an introduction</i>	To be attended by Level 4 candidates too
60	12:30 - 13:30		<i>Introduction to technical diagnosis and correction</i>	To be attended by Level 4 candidates too
4.5				

Webinar - Day 3 / 16.05.2023.

60	8:00 - 9:00		<i>Introduction to tactics</i>	
90	9:15 - 10:45		<i>Psychological characteristics of tennis champions</i>	
60	11:00 - 12:00		<i>First aid for tennis: injury prevention/treatment for tennis</i>	
60	12:15 - 13:15		<i>Match charting</i>	
4.5				

TOTAL WEBINARS:

13

Day 1 - 08.08.2023.				<u>13 - 15 years old players</u>
duration	from	place	theme	
30	8:00 - 8:30	LR	<i>Introduction to the course</i>	
60	8:30 - 9:30	LR	<i>Communication skills for the tennis coach</i>	
60	9:45 - 10:45	OC	<i>Communication skills for the tennis coach</i>	
60	11:00 - 12:00	OC	<i>Level of play (TEST)</i>	
	12:00 - 13:00		LUNCH BREAK	
30	13:00 - 13:30	LR	<i>Understanding tennis</i>	
120	13:45 - 15:45	OC	<i>Developing smart tennis player (base line, serving and returning)</i>	
120	16:15 - 18:15	OC	<i>Demo and 1st practice of tactical training</i>	2 players
8				
Day 2 - 09.08.2023.				
duration	from	place	theme	
15	8:15 - 8:30	LR	<i>Review of Day 1</i>	
90	8:30 - 10:00	OC	<i>Biomechanics: an introduction</i>	
90	10:30 - 12:00	LR	<i>Playing at the baseline: (Forehand lecture room)</i>	
	12:00 - 13:00		LUNCH BREAK	
90	13:00 - 14:30	LR	<i>Putting the ball into play: Serve</i>	
90	15:00 - 16:30	OC	<i>Playing at the baseline Forehand, Serve and Smash and Return</i>	
120	17:00 - 19:00	OC	<i>2nd practice of tactical training</i>	6 players
8.25				
Day 3 - 10.08.2023.				
duration	from	place	theme	
15	8:15 - 8:30	LR	<i>Review of Day 2</i>	
90	8:30 - 10:00	OC	<i>Playing at the baseline (Backhand) - Playing at the net (approach and volleys)</i>	
30	10:30 - 11:00	OC	<i>Feeding techniques for tennis coaching</i>	

90	11:00 - 12:30	OC	<i>Technical evaluation and improvement</i>	
	12:30 - 13:30		<i>LUNCH BREAK</i>	
90	13:30 - 15:00	OC	<i>Strokes - technical development (common problems and solutions)</i>	
120	15:30 - 17:30	OC	<i>Technical evaluation and improvement - practice by participants</i>	<i>4 players</i>
7.25				
Day 4 - 11.08.2023.				
15	8:15 - 8:30	LR	<i>Review of Day 3</i>	
60	8:30 - 9:30	LR	<i>Modern teaching methodology</i>	
90	10:00 - 11:30	OC	<i>Teaching methods and class organisations applied to tennis</i>	
90	12:00 - 13:30	OC	<i>Doubles for advance players</i>	
	13:30 - 14:30		<i>LUNCH BREAK</i>	
150	14:30 - 17:00	OC	<i>Technical evaluation and improvement - practice by participants</i>	<i>4 players</i>
6.75				
Day 5 - 12.08.2023.				
duration	to	place	theme	
15	8:15 - 8:30	LR	<i>Review of Day 4</i>	
150	8:30 - 11:00	OC	<i>Skill acquisition for advanced players</i>	
60	11.30 - 12:30	OC	<i>Teaching styles applied to tennis</i>	
	13:30 - 14:30		<i>LUNCH BREAK</i>	
120	14:30 - 16:30	OC	<i>Match charting (on court)</i>	<i>2 payers</i>
5.75				
Day 6 - 13.08.2023.				
duration	from	place	theme	
15	8:15 - 8:30	LR	<i>Review of Day 4</i>	
120	8:30 - 10:30	OC	<i>Physical training for tournament players</i>	

TOTAL: 71.0

90	11:00 - 12:30	OC	<i>Psychological training through drills and group exercises</i>	
	13:30 - 14:30		LUNCH BREAK	
180	14:30 - 17:30	OC	<i>Tactical and technical improvement in one lesson</i>	6 players
6.75				
Day 7 - 14.08.2023.				
duration	from	place	theme	
15	8:15 - 8:30	LR	<i>Review of Day 5</i>	
120	8:30 - 10:30	LR	<i>Periodization for 12U & 14U players</i>	
30	10:45 - 11:15	LR	<i>Written assessment procedure explanation (lecture room)</i>	
60	11:15 - 12:15	LR	<i>Practical assessment procedure explanation – how to prepare the video proof</i>	
	12:15 - 13:15		LUNCH BREAK	
180	13:15 - 18:15	OC	<i>Tactical and technical improvement in one lesson</i>	6 players
30	18:30 - 19:30	LR	<i>Summary and review of the course</i>	
7.25				
Written assessment - 26.08.2023.				
duration	from	place	theme	
2.5	8:30 - 11:00	LR		
TOTAL:	52.5			