

IRL - Level 4 Course schedule

Webinar - Day 1 / 03.04.2023. (Level 3 Course)

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>
60	12:00 - 13:00		<i>Physical Fitness for tennis</i>
3.5			

Webinar - Day 2 / 04.04.2023.

30	8:00 - 8:30	LR	<i>Introduction to the Level 4 Course</i>
90	8:30 - 10:00	LR	<i>Introduction to tactics for advanced players</i>
90	10:30 - 12:00	LR	<i>Determining player's game style</i>
3.5			

Webinar - Day 3 / 24.04.2023. (Level 3 Course)

60	8:00 - 9:00		<i>Goal setting</i>
60	9:15 - 10:15		<i>Planning & periodisation</i>
90	10:30 - 12:00		<i>Biomechanics: an introduction</i>
60	12:30 - 13:30		<i>Introduction to technical diagnosis and correction</i>
4.5			

Webinar - Day 4 / 25.04.2023.

60	8:00 - 9:00	LR	<i>Perception and decision making in tennis</i>
60	9:15 - 10:15	LR	<i>Developing smart tennis player</i>
60	10:30 - 11:30	LR	<i>Giving instructions and feed back to advance players</i>
60	12:00 - 13:00	LR	<i>Coaching female players</i>
4			

Webinar - Day 5 / 17.05.2023.

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90	8:00 - 9:30	LR	<i>Key technical fundamentals</i>
90	10:00 - 11:30	LR	<i>Forehand - key elements and individual styles in alignment with the game style</i>
90	12:00 - 13:30	LR	<i>Movement in tennis</i>
4.5			

Webinar - Day 6 / 20.06.2023.

60	8:00 - 9:00	LR	<i>Long term players development plan</i>
30	9:15 - 9:45	LR	<i>Game based planning - levels of game development</i>
75	10:00 - 11:15	LR	<i>Analysis of player characteristics (18U players - How they play?)</i>
75	11:30 - 12:45	LR	<i>Playing competencies & relevant skills (TA-TE)</i>
4			

Webinar - Day 7 / 21.06.2023.

90	8:00 - 9:30	LR	<i>Competition and training structure for players 18&Under</i>
90	10:00 - 11:30	LR	<i>Monthly and weekly planning</i>
60	12:00 - 13:00	LR	<i>Maintaining physical fitness on tour</i>
4			

TOTAL WEBINARS:

28.0

Day 1 - 17.08.2023.				<u>15-18 years old players</u>
duration	from	place	theme	
30	8:00 - 8:30	LR	<i>Introduction to the Level 4 Course</i>	
30	8:30 - 9:00	LR	<i>Tactics and statistics</i>	
120	9:15 - 11:15	OC/PP	<i>Developing and improving own game</i>	

120	11:30 - 13:30	OC/PP	<i>Applying and reviewing own game</i>	
	13:30 - 14:30		<i>LUNCH BREAK</i>	
150	14:30 - 17:00	OC	<i>Demonstration and Tactical lessons - practice</i>	2 players
7.5				
Day 2 - 18.08.2023.				
duration	from	place	theme	
15	8:15 - 8:30	LR	<i>Summary of day 1</i>	
60	8:30 - 9:30	LR	<i>Skills development: the modern approach</i>	
90	9:45 - 11:15	OC	<i>Key technical elements of backhand stroke</i>	
90	11:30 - 13:00	LR	<i>Key technical elements of effective serve</i>	
	13:00 - 14:00		<i>LUNCH BREAK</i>	
120	14:00 - 16:00	OC	<i>The best players are the best returners</i>	
105	16:30 - 18:15	OC	<i>Tactical lessons - practice</i>	6 players
8				
Day 3 - 19.08.2023.				
duration	from	place	theme	
15	8:15 - 8:30	LR	<i>Summary of day 2</i>	
90	8:30 - 10:00	LR	<i>Technical analysis: Biomechanical approach</i>	
90	10:30 - 12:00	OC	<i>How to look at players' in order to identify technical element to be improved</i>	
	12:00 - 13:00		<i>LUNCH BREAK</i>	
120	13:00 - 15:00	OC	<i>Technical improvements for performance players (including on court movement)</i>	

120	15:30 - 17:30	OC	<i>Improving players technicaly (exam form)</i>	4 players
7.25				
Day 4 - 20.08.2023.				
15	8:15 - 8:30	LR	<i>Summary of day 3</i>	
60	8:30 - 9:30	LR	<i>Communication skills - Questioning for understanding</i>	
60	9:45 - 10:45	LR	<i>Pre & post match communication with a player</i>	
90	11:00 - 12:30	OC	<i>Doubles for advance players</i>	
	12:30 - 13:30		<i>LUNCH BREAK</i>	
45	13:30 - 14:15	LR	<i>(Introduction) Tennis is mental game</i>	
60	14:30 - 15:30	LR	<i>Ideal Performance State and mental skills</i>	
120	16:00 - 18:00	OC	<i>Improving players technicaly (exam form)</i>	4 players
7.5				
Day 5 - 21.08.2023.				
duration	to	place	theme	
15	8:15 - 8:30	LR	<i>Summary of day 4</i>	
30	8:30 - 9:00	LR	<i>Building confidence by improving autonomy</i>	
45	9:15 - 10:00	LR	<i>Building confidence by improving motivation and commitment</i>	
60	10:15 - 11:15	OC	<i>Tools for improving motivation and commitment</i>	
90	11:30 - 13:00	LR/OC	<i>Building confidence by improving concentration and the tools for improving concentration</i>	
4				
Day 6 - 22.08.2023.				
duration	from	place	theme	

15	8:15 - 8:30	LR	Summary of day 5	
45	8:30 - 9:15	LR	Improving confidence by managing emotions	
90	9:30 - 11:00	OC	Tools for managing emotions	
90	11:30 - 13:00	LR/OC	Self-confidence and Match flow - putting it all together	
	13:00 - 14:00		LUNCH BREAK	
45	14:00 - 14:45	LR	When to develop what (in mental area)?	
150	15:00 - 17:30	OC	Demo and practice of improving the mental skills (exam form)	2 players
7.25				
Day 7 - 23.08.2023.				
duration	to	place	theme	
15	8:15 - 8:30	LR	Summary of day 6	
90	8:30 - 10:00	OC	Warm up routines (for training & matches)	
60	10:30 - 11:30	OC	Motor abilities related to game situations on court	
150	11:45 - 14:15	OC	Off court conditioning	
	14:15 - 15:15		LUNCH BREAK	
120	15:15 - 17:15	OC	Demo and practice of improving conditioning on court	4 players
7.25				
Day 8 - 24.08.2023.				
duration	to	place	theme	
15	8:15 - 8:30	LR	Summary of day 7	
120	8:30 - 10:30	LR	Annual planning for 14&above players	

60	11:00 - 12:00	OC	<i>Fitness testing (Motor tests)</i>	
75	12:15 - 13:30	PP/OC	<i>Prevention principles and exercises (including FMS testing)</i>	
	13:30 - 14:30		<i>LUNCH BREAK</i>	
150	14:30 - 17:00	OC	<i>Demo and practice of improving conditioning or mental skills on court</i>	4 players
7				
Day 9 - 25.08.2023.				
duration	from	place	theme	
15	8:15 - 8:30	LR	<i>Summary of day 8</i>	
90	8:30 - 10:00	LR	<i>Preparing the session plan</i>	
120	10:30 - 12:30	OC	<i>Adapting session structure</i>	
	12:30 - 13:30		<i>LUNCH BREAK</i>	
90	13:30 - 15:00	LR	<i>Manage development programme</i>	
5.25				
Written assessment - 26.08.2023.				
duration	from	place	theme	
6	8:30 - 15:00	LR		
Written assessment - 27.08.2023.				
duration	from	place	theme	
4	8:30 - 13:00	LR		
TOTAL:	71.0			

