

IRL - Level 3 Course schedule

Webinar - Day 1 / 29.05.2026 - Date TBC

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|----|-------------|--|--|
| 30 | 8.00-8.30 | | <i>Introduction to the course</i> |
| 60 | 8.30-9.30 | | <i>Role of the coach</i> |
| 90 | 9.45-11.15 | | <i>Analysis of player characteristics (14U players - How they play?)</i> |
| 60 | 11.30-12.30 | | <i>Introduction to tactics</i> |
| 4 | | | |

Webinar - Day 2 / 02.06.2026 - Date TBC

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|-----|-------------|--|---|
| 60 | 8.00-9.00 | | <i>Goal setting</i> |
| 90 | 9:15-10:45 | | <i>Biomechanics: an introduction</i> |
| 60 | 11:00-12:00 | | <i>Introduction to technical diagnosis and correction</i> |
| 60 | 12:15-13:15 | | <i>Physical Fitness for tennis</i> |
| 4.5 | | | |

Webinar - Day 3 / 04.06.2026 - Date TBC

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|-----|-------------|--|---|
| 60 | 8.00-9.00 | | <i>Planning & periodisation</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> |
| 3.5 | | | |

TOTAL WEBINAR HOURS: 12

Information only

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|----|--|--|---|
| 60 | | | <i>Travelling with tournament players</i> |
| 60 | | | <i>Nutrition for tennis</i> |
| 2 | | | |

Saturday 6th June 12.00-18.00 and Sunday 7th June 11.00-17.00 - Killaloe Ballina TC

NEW: 1,5 - 2 additional dyas with P. Lowther

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|--|--|----|-----------------------------------|
| | | LR | <i>Introduction to the course</i> |
| | | OC | <i>Level of play (TEST)</i> |

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| | | OC | <i>Feeding techniques for tennis coaching</i> |
| | | OC | <i>Doubles for advance players</i> |
| | | OC | <i>Match charting (on court)</i> |
| | | OC | <i>Tennis psychology</i> |

National Tennis Centre, DCU

Day 1: 29.06.2026

| duration | from | place | theme |
|----------|-------------|-------|--|
| | | | <i>Hrvoje arrives in Dublin at 11:35</i> |
| 60 | 14:00-15:00 | LR | <i>Communication skills for the tennis coach</i> |
| 60 | 15:00-16:00 | OC | <i>Communication skills for the tennis coach</i> |
| 120 | 16:30-18:30 | OC | <i>Developing smart tennis player 12U (base line, serving and returning)</i> |
| 4 | | | |

Day 2: 30.06.2026

| duration | from | place | theme |
|------------|-------------|-------|--|
| 30 | 9.00-9.30 | LR | <i>Review of Day 1</i> |
| 120 | 9.30-11:30 | OC | <i>Developing smart tennis player 14U (base line, serving and returning)</i> |
| 90 | 12:00-13:30 | OC | <i>Biomechanics: an introduction</i> |
| | 13:30-14:30 | | <i>LUNCH BREAK</i> |
| 90 | 14:30-16:00 | LR | <i>Playing on the baseline: (Forehand lecture room)</i> |
| 120 | 16:30-18:30 | OC | <i>1st practice of tactical training</i> |
| 7.5 | | | |

Day 3: 01.07.2026

| duration | from | place | theme |
|----------|-------------|-------|--|
| 30 | 9.00-9.30 | LR | <i>Review of Day 2</i> |
| 90 | 9:30-11:00 | LR | <i>Putting the ball into play: (Serve) (lecture room)</i> |
| 90 | 11:30-13:00 | OC | <i>Playing at the baseline Forehand, Serve and Smash and Return</i> |
| | 13:00-14:00 | | <i>LUNCH BREAK</i> |
| 90 | 14:00-15:30 | OC | <i>Playing at the baseline (Backhand) - Playing at the net(approach and volleys)</i> |
| 90 | 16:00-18:00 | OC | <i>2nd practice of tactical training</i> |

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|---------------------------|-------------|--------------|--|
| 6.5 | | | |
| Day 4: 02.07.2026 | | | |
| 30 | 9.00-9.30 | LR | <i>Review of Day 3</i> |
| 90 | 9:30-11:00 | OC | <i>Technical evaluation and improvement</i> |
| 90 | 11:30-13:00 | OC | <i>Strokes - technical development (common problems and solutions)</i> |
| | 13:00-14:00 | | <i>LUNCH BREAK</i> |
| 60 | 14:00-15:30 | LR | <i>Modern teaching methodology (Coaching to the level of competence and motivation!)</i> |
| 150 | 15:30-18:00 | OC | <i>Technical evaluation and improvement - practice by participants</i> |
| 7 | | | |
| Day 5: 03.07.2026 | | | |
| duration | to | place | theme |
| 30 | 10:00-10:15 | LR | <i>Review of Day 4</i> |
| 90 | 10:15-12:45 | OC | <i>Skill acquisition for advanced players (types of practice, implicit learning, channels)</i> |
| 150 | 12.45-13:45 | OC | <i>LUNCH BREAK</i> |
| | 13:45-15:15 | | <i>Teaching methods and class organisations applied to tennis</i> |
| 60 | 15:30-16:30 | OC | <i>Teaching styles applied to tennis</i> |
| 120 | 16:45-19:00 | OC | <i>Technical evaluation and improvement - practice by participants</i> |
| 7.5 | | | |
| Day 6: 04.07.2026 | | | |
| duration | from | place | theme |
| 30 | 9:00-9:30 | LR | <i>Review of Day 4</i> |
| 120 | 9:30-11:30 | OC | <i>Physical training for tournament players</i> |
| 120 | 12:00-14:00 | LR | <i>Periodization for 12U & 14U players</i> |
| | 14:00-15:00 | | <i>LUNCH BREAK</i> |
| 180 | 15:00-18:00 | OC | <i>Tactical and technical improvement in one lesson</i> |
| 7.5 | | | |
| Day 7: 05.07.2026. | | | |
| duration | from | place | theme |
| 30 | 9:00-9:30 | LR | <i>Review of Day 5</i> |
| 180 | 9:30-12:30 | OC | <i>Tactical and technical improvement in one lesson</i> |

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| | 12:30-13:30 | | <i>LUNCH BREAK</i> |
| 30 | 13:30-14:30 | LR | <i>Written assessment procedure explanation (lecture room)</i> |
| 60 | 14:30-15:30 | LR | <i>Practical assessment procedure explanation – how to prepare the vide (lecture room)</i> |
| 30 | 15:30-16:00 | LR | <i>Summary and review of the course</i> |
| 5.5 | | | |
| TOTAL: | 45.5 | | |
| Written Assessment - 07.07.26 - TBC | | | |
| duration | from | place | |
| 2.5 | 9.00-11.30 | Campus Conference Centre, Sport Ireland Campus | |