

IRL - Level 3 Course schedule

Webinar - Day 1 / 29.05.2026

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 / 10.06.2026

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 / 12.06.2026

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

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

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

		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>

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>

	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	