

# ITF Play Tennis Course

## Course Schedule for Participants

**Updated January 2021**  
ENGLISH VERSION – BLENDED LEARNING



**Hong Kong Tennis Association**  
香港網球總會

## THE ITF PLAY TENNIS COURSE

The ITF Play Tennis course is a stand-alone introductory level tennis coaching qualification that is delivered through the member National Tennis Associations of the ITF. The ITF Play Tennis Course is:

- a 35-hour blended learning course with face-to-face and online subjects included in the course.
- assessed by means of a 30 point 'multiple-choice' written test, a tennis ability test and a group lesson test at the conclusion of the course.
- an introductory level tennis coaching course by the ITF to acquire the necessary competencies suitable for the entry to ITF Coaching Beginner and Intermediate Players course.
- available to Colleges or Universities to use as part of a wider sports or coaching-related curriculum. In some nations, the ITF Play Tennis course may qualify students to teach beginner level players or to be an assistant tennis coach working closely with a qualified ITF Coaching Beginner and Intermediate Coach or the recognised National Tennis Association equivalent qualified coach.

## THE AIM OF THE ITF PLAY TENNIS COURSE

The aim of the ITF Play Tennis course is to help participants understand how to introduce tennis to beginner players of all ages, organising and delivering tennis sessions in a fun and effective learning environment. The ITF Play Tennis course is suitable for:

- individuals i.e., 16-years-and-older, who are new to tennis coaching or looking to begin their coaching career.
- school teachers, coaching assistants, volunteers and parents who have little or no experience in tennis coaching, but who would like to know how to effectively introduce tennis to young and adult beginner players.
- existing coaches who would like more ideas on how to organise and teach young and adult beginner players.

Upon the successful completion of the ITF Play Tennis course the participants will be able to work with young beginner players i.e., 10-and-under children and adult beginner players i.e., ITN 10. The participants will have knowledge of the basic game situations, strategy, tactics and relevant technical instruction to provide to beginner players. Importantly, the participants will be able to organise simple competitions, using a variety of scoring formats, the use of the correct equipment and court sizes, and ensure that all the beginner players are able to play the game from their first experience.

The ITF Play Tennis course concludes with all the participants being assessed by means of a 'multiple-choice' written test, a tennis ability test and a group lesson test. The written test will cover the key information from the course and the ITF Play Tennis manual. Tutors will be provided with a choice of different written test papers to administer to the participants. Participants must achieve 67% (20/30 answers) to complete the ITF Play Tennis course. Participants may retake any failed (not yet competent in) assessment at a later stage to complete the course.

From June 2018 the ITF Play Tennis course will be delivered as a stand-alone introductory level tennis coaching course. To progress to the ITF Coaching Beginner and Intermediate Players course (CBI), participants have to pass all assessments (written, tennis ability and group lesson). The ITF Play Tennis manual is a core resource for the ITF Play Tennis course.

## SUMMARY OF THE ITF PLAY TENNIS COURSE SCHEDULE

Each day of the ITF Play Tennis course should look to start at latest 0830, as recommended within each day's hour-by-hour course schedule below. Dependant on the availability of the tennis facility and at the discretion of the course tutor, the start and end time each day can be amended.

## PRE-COURSE

METHOD	NO OF HOURS	NO OF SHORT COURSES (SUBJECTS)	DEADLINE
Online	3	9 (20min each)	Complete 7 days before the start of the course

## ON THE COURSE

DAY	TOTAL DELIVERY TIME
1 (0830-1730)**	8 hours
2 (0830-1730)**	8 hours
3 (0830-1730)**	8 hours
4 (0830-1730)**	8 hours
<b>TOTAL</b>	<b>32 hours</b>

\*\* Including 2x 15-minute refreshment breaks and 1x 60-minute lunch per day, which can be taken at the tutor's discretion and dependent on the availability at the tennis facility

## NOTES FOR TUTORS WHO ARE DELIVERING THE ITF PLAY TENNIS COURSE

- The course tutor(s) may wish to amend the order of the daily content within the existing course schedule; however, the full course content must be delivered over the full duration of the four days e.g. Section 4.3 could be delivered on Day 1. The course tutor(s) should remain flexible with their delivery as a number of factors may occur that will cause them to amend the schedule and timings i.e., facility availability, the level of the participants, availability of external players for sessions, weather implications, personal preference of the tutor, etc.
- In 2007 the ITF officially launched a global campaign aimed at increasing tennis participation worldwide. The ITF Tennis Play and Stay campaign aims to promote tennis as easy, fun and healthy, and to ensure all beginner players are able to serve, rally and score from the first lesson through the use of slower red, orange and green balls and smaller courts.
- It is important that tutors explain the ITF Tennis Play and Stay campaign and its objectives, and where possible show some of the promotional resources available to support the participant's understanding.
- All prospective and existing tennis coaches who are involved in the game of tennis have a duty to ensure that the first experience of tennis for beginner players is a positive one, where players are given the opportunity to play the game and experience competition.
- Each day of the ITF Play Tennis course includes up to 8-hours of tutor contact time, both on-court and off-court i.e., in a lecture room, plus lunch and refreshment breaks. The schedule provides recommendations for when refreshment breaks may take place, however these should be scheduled at the tutor's discretion and dependent on the availability at the tennis facility.
- It is recommended that a maximum of 36 participants are accepted on to an ITF Play Tennis course (3 tutors), with ITF Play Tennis tutors delivering it. It is important that the ratio of participants to course tutor should be no more than 12 participants to 1 course tutor.
- To set-up some realistic situations for the participants during the ITF Play Tennis course, it is recommended that 12-16 young beginner players i.e., 10-and-under and 4-12 adult beginner players i.e., ITN 10 or those who have not played tennis previously are invited to support the delivery. It is not essential that these beginner players are required for the ITF Play Tennis course, however it is at the tutor's discretion and dependent on the beginner player's availability at the tennis facility. In most cases, the participants should use each other during practical sessions, ***playing predominantly with their non-dominant hand*** to simulate beginner players.
- The ITF Play Tennis course is about training tennis coaches so that they can introduce the game to beginner players using game-based practices. All instruction should be based on the three tactical intentions (strategy and tactics) within the three game situations (phases of play) for singles play. This forms the basis of encouraging beginner players to play the game at the introductory level. Participants on the course should therefore be discouraged from spending long periods of time giving detailed technical information. The most important part of the tennis coach's work is to have the beginner players playing the game from their first lesson.
- The ITF Play Tennis manual was updated in May 2018 to support the updated ITF Play Tennis course and is provided for all participants. The manual provides the essential information covered during the ITF Play Tennis course and includes additional information that is relevant to introducing tennis to beginner players in a club or tennis facility's coaching programme.
- The course participants should be informed that all additional information for the course can be downloaded via [www.itf-academy.com](http://www.itf-academy.com). Further information and resources regarding the ITF Tennis Play and Stay programme can be accessed via [www.tennisplayandstay.com](http://www.tennisplayandstay.com)

## **FACILITIES AND EQUIPMENT REQUIRED FOR THE ITF PLAY TENNIS COURSE**

The ITF Play Tennis course is based on the use of slower red, orange and green balls for beginner players of all ages, and the use of smaller courts especially for young beginner players i.e., 10-and-under. The use of the standard yellow ball is not required for the duration of the course. It is therefore essential that the following tennis specific equipment is available for the duration of the course:

- Red, orange and green balls. The amount of equipment required depends on the number of participants, but the following ratios can be used as a guide:
  - For up to 18 participants – 2 dozen of each ball e.g., 24 red, 24 orange and 24 green balls, 3 ball baskets and at least 16 small rackets (19-27 inch)
  - For up to 24(+) participants – 4 dozen of each ball e.g., 48 red, 48 orange and 48 green balls, 6 ball baskets and at least 24 small rackets
- At least 50 cones, lines or markers
- At least 4 small nets and / or barrier tape / rope

Tennis facility / lecture room requirements for at least 24 participants, include:

- hiring of at least 3-4 tennis courts, adjacent if possible
- hiring of a lecture room large enough to accommodate the total participants i.e., nearby the tennis courts

Additional equipment required for the course includes:

- laptop
- DVD player (within the laptop or external)
- speakers (within the laptop or external i.e., PA system)
- an overhead or LCD projector, with the appropriate adapter for the laptop to be used
- a TV screen or plain wall area to project the images from the laptop
- photocopying facilities available
- black or white board or flip chart for use in lecture room and on-court

Resources that the National Tennis Association and / or participants can download for the ITF Play Tennis course can be accessed via: [www.itf-academy.com](http://www.itf-academy.com)

1. ITF Play Tennis Course – Participant Profile
2. ITF Play Tennis Course – Schedule for Candidates
3. ITF Play Tennis Course – Participant Evaluation Checklist
4. ITF Play Tennis Course – Competition Formats
5. ITF Play Tennis Course – PowerPoint resource
6. ITF Play Tennis Course – General Course Characteristics and Guidelines
7. ITF Tennis Xpress Implementation Manual (Electronic)
8. ITF Coaching Code of Ethics

## COMPETENCIES INCLUDED WITHIN THE ITF PLAY TENNIS COURSE

Figure A provides a breakdown of the competencies included within the ITF Play Tennis Course for all participants and for tutors.

AREA OF COMPETENCY	TRAINING	COMPETITION AND COMPETITIVE GAMES
<b>Conducting training/ running competition and competitive games</b>	<ul style="list-style-type: none"> <li>✓ know how to set up the red and orange courts for training.</li> <li>✓ know the tactical intentions (strategy and tactics) in the three game situations (phases of play).</li> <li>✓ set up activities and rotations for each of the three game situations.</li> <li>✓ complete a simple lesson checklist for a group lesson.</li> <li>✓ understand the importance of dressing and acting in a professional manner at all times.</li> <li>✓ operate a safe playing environment i.e., use of equipment, organisation of activity).</li> <li>✓ is able to explain the difference between the standard yellow ball and the three stages of slower balls.</li> <li>✓ use targets or cones to help players play the game.</li> <li>✓ feed the ball in different ways (hand, basket, rally, live feed).</li> <li>✓ understand differentiation and optimal challenge.</li> <li>✓ adapt exercises and tasks to help players play the game.</li> <li>✓ communicating effectively using verbal and non-verbal methods, which is understood by all players.</li> <li>✓ understand the importance of animation i.e., passion, smiling, fun, enthusiasm.</li> <li>✓ understand the differences in how children and adults learn.</li> <li>✓ demonstrate practical tasks and activities.</li> <li>✓ give simple teaching points to help beginner players improve effectiveness in the three game situations.</li> <li>✓ know what to consider when progressing players from red, to orange to green.</li> </ul>	<ul style="list-style-type: none"> <li>✓ be able to set up the red and orange courts for competition.</li> <li>✓ set up and run simple competitive activities and games, with an understanding of how competition can be introduced as cooperative, competitive or as both.</li> <li>✓ set up and run simple competitions.</li> <li>✓ able to explain the rules of tennis and different scoring methods.</li> <li>✓ introduce the rules to beginner players, as well as understand how a point is won or lost, and how to score.</li> <li>✓ know about the International Tennis Number (ITN), the description of standards and ITN rating levels for beginner players.</li> </ul>

Figure A: ITF Play Tennis Course competencies

## BLENDED LEARNING: COMPLETE PLAY TENNIS COURSE SCHEDULE

### PRE-COURSE SCHEDULE: ONLINE SUBJECTS

NO	DURATION	MODULE	SUBJECT	FREE / PAID FOR
1	20 minutes	Management & Education	ITF Play Tennis Course - Introduction	Free
2	20 minutes	Management & Education	ITF Play Tennis Course - Introduction to Safeguarding Children	Free
3	20 minutes	Management & Education	ITF Play Tennis Course - Introduction to the ITF Play & Stay Campaign	Free
4	20 minutes	Sports Science & Training	ITF Play Tennis Course - Introduction to Equipment	Free
5	20 minutes	Competition	ITF Play Tennis Course - Introduction to Tennis10s	Free
6	20 minutes	Sports Science & Training	ITF Play Tennis Course - Introduction to Strategy & Tactics	Free
7	20 minutes	Sports Science & Training	ITF Play Tennis Course - Introduction to Communication Skills (1)	Free
8	20 minutes	Sports Science & Training	ITF Play Tennis Course - Introduction to Communication Skills (2)	Free
9	20 minutes	Sports Science & Training	ITF Play Tennis Course - Introduction to the Different Types of Drills	Free

## FACE-TO-FACE COURSE SCHEDULE

### DAY 1 (8 hours)

KEY THEMES	CONTENT/OBJECTIVES	TIME	RESOURCES	SPECIFIC OUTCOME
<b>Introduction to the Course (Lecture Room)</b>	Introduction to course Tutor to cover the following aspects: <ul style="list-style-type: none"> <li>• Timetable, course content</li> <li>• Expectations of the participants</li> <li>• Course manual, participant schedule and ground rules (punctuality, professional appearance, animator, motivator etc.)</li> </ul>	30 min	PowerPoint: Introduction to the course	<ul style="list-style-type: none"> <li>✓ Describe the course structure incl. the number of days &amp; hours.</li> <li>✓ List and describe the (3) assessments for the ITF Play Tennis Course.</li> <li>✓ List the assessment(s) to pass the ITF Play Tennis Course.</li> <li>✓ List the criteria to be accepted into the ITF Coaching Beginner and Intermediate Players Course.</li> </ul>
<b>Tennis...Play and Stay Campaign (Lecture Room)</b>	<ul style="list-style-type: none"> <li>• PowerPoint introductory presentation on Play and Stay</li> <li>• Show ITF Tennis...Play and Stay, Tennis 10s and Tennis Xpress DVDs and Play and Stay website</li> <li>• Defining the role of the coach of beginner players – not just techniques, but helping players to play the game better</li> </ul>	60 min	PowerPoint: Play and Stay campaign  ITF Tennis...Play and Stay DVD	<ul style="list-style-type: none"> <li>✓ List the key messages of the Play &amp; Stay campaign.</li> <li>✓ List the supporting programmes of the ITF Play &amp; Stay campaign.</li> <li>✓ At the end of the first session, players should be able to... (3)</li> <li>✓ (.....) drives sport?</li> <li>✓ Please describe the game-based approach.</li> <li>✓ Which type of competition should be promoted with beginner players?</li> </ul>

<b>Introduction to Balls and Courts</b>	<p>Tutor to introduce the different balls and court sizes.</p> <p>By the end of this session all participants should understand:</p> <ul style="list-style-type: none"> <li>• that slower balls are available around the world</li> <li>• why they are important for beginner players and young higher-level players</li> <li>• that the balls correspond to different court sizes</li> <li>• that many countries now have a system of player development using progressive court sizes which correspond with red, orange and green balls</li> <li>• that slower balls and smaller courts can also help introduce tennis to beginner adults</li> <li>• the different ways to set up the courts for practice and competition</li> <li>• that all activity must be conducted in a safe environment, and that coaches are responsible for ensuring the safety and welfare of all player</li> </ul>	45 min	ITF Court line manual	<ul style="list-style-type: none"> <li>✓ List the different balls (3) and their characteristics.</li> <li>✓ List the different racket sizes and their characteristics associated with the campaign.</li> <li>✓ List the different court sizes associated with the campaign.</li> <li>✓ List the different net height at red, orange and green.</li> </ul>
<b>Setting-up Courts</b>	<p>Tutor-led session to show how to set up red and orange courts in different ways. This should include:</p> <ul style="list-style-type: none"> <li>• Showing how to make the most of available space</li> <li>• Show how to set up micro courts (any space with a boundary or target area)</li> <li>• Explaining the different between court set up formats for coaching/activity compared to competition (safety and space, number of players required to be active at one time, requirement for 'official' court sizes in competition but not for coaching/activity)</li> <li>• Showing how to set up 4 red courts for competition or 6 red courts for coaching/activity sessions on one tennis court</li> <li>• Showing how to set up 2 orange courts on one tennis court for coaching/activity sessions</li> </ul>	30 min	ITF Court line manual	<ul style="list-style-type: none"> <li>✓ Know how to set up the red, orange and green courts for training and competition.</li> <li>✓ Operate a safe playing environment (use of equipment, organisation of activity).</li> </ul>



<b>Introduction to Competition for Beginners</b>	<p>By the end of this session participants should know that:</p> <ul style="list-style-type: none"> <li>• competition is not just for good players; beginners of all ages can compete too</li> <li>• competition should be appropriate to age and ability of the players</li> <li>• some competition formats are better suited to beginners than others</li> <li>• whilst many players play tennis for competition, others don't like to compete</li> <li>• competition for beginner players is primarily at local level</li> <li>• resources exist to help coaches set up and run competition in clubs</li> <li>• competition could be during a lesson or as a separate event</li> <li>• coaches are responsible for organising competition in their programmes</li> </ul>	60 min	<p>PowerPoint: Intro &amp; role of competitions</p> <p>Manual: Section 8</p>	<ul style="list-style-type: none"> <li>✓ Who is competition for?</li> <li>✓ (.....) drives sport?</li> <li>✓ What type(s) of competition is preferred for beginner players?</li> <li>✓ Where/how does Tennis10s fit into the Play &amp; Stay campaign?</li> <li>✓ What is the ITF rule regarding competition for players aged 10 &amp; under?</li> </ul>
<p><b>Serve rally and score from the first lesson, using red, orange and green courts (Introduction to Game Situations)</b></p> <p><b>Introducing progressions for baseline game</b></p>	<p>How to get beginner players of all ages to serve, rally and score quickly</p> <ul style="list-style-type: none"> <li>• Kids</li> <li>• Juniors</li> <li>• Adults</li> </ul> <p>Note that this session should cover principles to be used with beginner players, and not become specific to a particular age group.</p> <p>Introducing 3 game situations:</p> <ul style="list-style-type: none"> <li>• Serve and return</li> <li>• Baseline game</li> <li>• Approaching and passing the net player</li> </ul>	60 min	Manual: Section 5, 6, 9 & 11	<ul style="list-style-type: none"> <li>✓ List the 5 game situations in tennis.</li> <li>✓ List the 3 game situations for the Play &amp; Stay campaign.</li> <li>✓ Give reasons why the game situations are combined in this phase of development.</li> <li>✓ List the 3 zones of the court and explain how it relates to the game situation.</li> <li>✓ Show how you can adapt the game situation (10 steps) to help players 'serve, rally and score' from the first lesson.</li> <li>✓ Develop 10 steps (from rolling to hitting with the racket – rally) in the (identified) game situation.</li> </ul>
<b>Playing the Game – Strategy &amp; Tactics</b>	<p>Introduce strategy, tactics, phases of play &amp; zones of the court. Consider the following:</p> <ul style="list-style-type: none"> <li>• starting or staying in the point</li> <li>• building the point</li> <li>• finishing the point</li> </ul> <p>Explain that within these phases, players need to be conscious of the need to:</p> <ul style="list-style-type: none"> <li>• be consistent</li> <li>• move the opponent</li> </ul>	60 min	Manual: Section 6 & 9	<ul style="list-style-type: none"> <li>✓ What is the definition of strategy?</li> <li>✓ What is the definition of tactics?</li> <li>✓ Please list the phases of play</li> <li>✓ Develop/work on 3 x drills, one in each game situation combined with a specific strategy/tactic and deliver these drills within the group (as per table to the left)</li> </ul>

	<ul style="list-style-type: none"> <li>• recover position</li> <li>• use their best shot</li> <li>• play to weaknesses</li> </ul> <p>Clear definition of: Game situations, phases of play, zones of the court, strategy and tactics</p>			
<b>Different Types of Practices</b>	<p>Tutor-led session to show the difference between cooperative and competitive practices (hourglass structure), and how an activity can be quickly and easily changed from cooperative to competitive.</p> <p>The tutor should also use this as an opportunity to highlight at least 2 different scoring systems which can be used for competitive activity.</p>	60 min	Manual: Section 5, 8 & 9	<ul style="list-style-type: none"> <li>✓ Show 3 examples of a cooperative drill.</li> <li>✓ Show 3 examples of a cooperative/competitive drill.</li> <li>✓ Show 3 examples of a competitive drill.</li> <li>✓ At the end of the session: Deliver a 20-minute group lesson incorporating: Introduction, assessing the players, drill 1, drill 2, &amp; drill 3 and successfully closing of the session.</li> <li>✓ Deliver multiple lessons within groups.</li> </ul>
<b>Organising Activities for Beginner Players</b>	<p>Aim is to help participants understand how to organise and rotate a group of beginners on a tennis court so that everyone is active and playing the game.</p> <p>The tutor should also point out that more time will be spent on communication for children and adults in days 2, 3 and 4 of the course.</p>	30 min	Manual: Section 3 & 4  ITF Court line manual	<ul style="list-style-type: none"> <li>✓ List the benefits of group coaching (4).</li> <li>✓ List the possible ways to rotate players within a lesson (3).</li> <li>✓ List the guidelines for setting up effective and safe activities for groups (6).</li> <li>✓ List the different types of feeding (5).</li> <li>✓ Deliver a lesson(s) and demonstrate effective organisation (no waiting in lines) with various group sizes (4 to 8 players per court – sessions with even and uneven numbers).</li> </ul>
<b>Communication Skills for Coaching Beginner Players</b>	<p>Aim is to help participants understand the importance of good communication skills and energy, and the ability to animate a beginner tennis lesson for players of all ages.</p> <p>Participants should understand what it means to be “an animator” and to understand the importance of animation in beginner coaching.</p> <p>The tutor should also point out that more time will be spent on organising activities and competition for children and adults in days 2, 3 and 4 of the course.</p>	30 min	Communication checklist from Manual: Section 3	<ul style="list-style-type: none"> <li>✓ List the (2) types of communication.</li> <li>✓ List the (3) learning styles and provide an example of each.</li> <li>✓ List the laws of learning (3).</li> <li>✓ List some possible roles of the coach.</li> <li>✓ List and describe the coaching styles (3) and provide an example of where the style can be used (which situation).</li> <li>✓ What are the stages of learning (3) and how does this relate to the lesson structure?</li> <li>✓ List the rules (6) for demonstrating task to beginner players.</li> </ul>

**DAY 2 (8 hours)**

KEY THEMES	CONTENT / OBJECTIVES	TIME	RESOURCES	SPECIFIC OUTCOME
<p><b>Recap from Day 1</b></p> <p><b>Introduction of ITF Tennis 10s</b></p>	<p>Tutor to explain the ITF Tennis 10s programme, using the Tennis 10s presentation:</p> <ul style="list-style-type: none"> <li>• Importance of slower balls and smaller courts for 10 and under players</li> <li>• The ITF rule change from 2012</li> </ul>	30 min	<p>ITF Tennis 10s DVD</p> <p>Tennis 10s Parents leaflet</p>	<ul style="list-style-type: none"> <li>✓ Questions about the most important topics of day 1.</li> </ul>
<p><b>Introducing Key Rules and How to Score for Beginners</b></p>	<p>Tutor-led session to show participants how to introduce the important rules of the game through simple throw-catch and rally activities for kids.</p> <p>Tutor-led session to show participants how to check that adult beginners know the important rules of the game</p>	60 min	<p>PowerPoint Scoring progressions</p> <p>Manual: Section 8</p>	<ul style="list-style-type: none"> <li>✓ List the key rules to introduce to beginner players (4 minimum).</li> <li>✓ List competition formats suitable for beginner players.</li> <li>✓ List scoring methods suitable for beginner players</li> </ul>
<p><b>Serve, Rally and Score at Red</b></p> <p><b>Introduction Progressions for Net Game and Serving/Returning</b></p>	<p>Participants practice / show how young beginner players can serve rally and score from the first lesson, including:</p> <ul style="list-style-type: none"> <li>• emphasis on playing the game using small courts, red balls and creative use of equipment and space</li> </ul> <p>This session should build on session 4 from day 1.</p>	90 min	Manual: Section 5, 6, 7, 9 & 11	<ul style="list-style-type: none"> <li>✓ Group lesson application: Deliver sessions on the red court covering all sections of the lesson with a specific game situation and strategy identified before the start of the session. (session planners)</li> </ul>
<p><b>Adaptation of Activities for Young Children</b></p>	<p>Tutor to explain that in a group of young children it is likely that there will be different abilities.</p> <p>Therefore, differentiation and adaptation of the activity is important.</p>	60 min	Manual: Section 5	<ul style="list-style-type: none"> <li>✓ Why do the majority of players stop tennis?</li> <li>✓ List the methods/ways to adapt a session to create optimal challenge (7).</li> <li>✓ Apply differentiation in a lesson / create optimal challenge.</li> </ul>
<p><b>'5Rs' and Receiving Skills</b></p>	<p>Tutor to explain that the ability to rally with simple technique relies on the ability of players to:</p> <ul style="list-style-type: none"> <li>• receive the incoming ball</li> <li>• control the outgoing ball</li> </ul> <p>Participants should also understand that many of the errors made by beginners are because of problems in receiving the ball, and specifically to:</p> <ul style="list-style-type: none"> <li>• lack of balance</li> </ul>	60 min	<p>Explain the ready, read, react, racket, recover process</p> <p>Manual: Section 7</p>	<ul style="list-style-type: none"> <li>✓ List and describe the 5Rs.</li> <li>✓ Identify if tennis is a sending or receiving sport. Please motivate/give reasons.</li> <li>✓ List/show ways to develop reception skills with beginner players.</li> <li>✓ List/show equipment we can use to accelerate and assist players with reception skills.</li> </ul>

	<ul style="list-style-type: none"> <li>• poor positioning</li> </ul> <p>5 R's:</p> <ul style="list-style-type: none"> <li>• Ready</li> <li>• Read</li> <li>• React</li> <li>• Racket</li> <li>• Recover</li> </ul>			
<b>Sending Skills &amp; Basic Biomechanics</b>	<p>Tutor to explain and demonstrate PAS – <i>path, angle and speed of the racket</i> - and, how they can use it to help players develop simple technique</p> <p>The tutor should also briefly explain the importance of the following in developing simple technique in young players:</p> <ul style="list-style-type: none"> <li>• balance during contact</li> <li>• grips primarily to achieve consistency</li> <li>• contact point – this should include the height, distance in front and to the side, and the timing (falling ball) of the contact</li> <li>• basic phases of the stroke</li> </ul> <p>Cover the Basics of BIOMECH with practical examples</p> <p>The tutor should then show the simple checklist shown in the manual to help players to play better.</p> <p>Tutor to conclude by explaining that PAS will also be applied to coaching adult beginners in day 3.</p>	90 min	<p>Tutors to refer to path, angle and speed (PAS)</p> <p>Manual: Section 7</p> <p>Manual: Section 7</p>	<ul style="list-style-type: none"> <li>✓ List &amp; describe BIOMECH – related to basic movement for beginner players (run, jump, hop, skip, etc.).</li> <li>✓ Be able to demonstrate the basics strokes by showing modern technique and good biomechanical principles.</li> <li>✓ Know the progressions (game based/live ball) to develop strokes with good principles applied (biomechanics, grip, etc.).</li> </ul>
<b>Serve, Rally and Score at Orange</b>	<p>Participants should understand that:</p> <ul style="list-style-type: none"> <li>• beginners will benefit from playing on the red court before they progress to orange</li> <li>• it is not a race to yellow!</li> <li>• Players should be able to start and then maintain the rally before moving to the next court/ball</li> </ul>	30 min	Manual: Section 5, 6, 7, 9 & 11	<ul style="list-style-type: none"> <li>✓ Group lesson application: Deliver sessions covering all sections of the lesson with a specific game situation and strategy identified before the start of the session (session planners).</li> </ul>

	<ul style="list-style-type: none"> <li>• simple 'player competencies' are suggested for coaches to know when players are ready to move to green</li> <li>• once a good foundation has been developed at red, the bigger orange court and the faster ball allow the game to develop further</li> <li>• in practice it is possible to have 2 orange courts on one full court</li> </ul>			
<b>Serve, Rally and Score at Green</b>	<p>Participants should understand that:</p> <ul style="list-style-type: none"> <li>• beginners will benefit from playing on the orange court before they progress to green</li> <li>• it is not a race to yellow!</li> <li>• players need to have simple but sound technique before they move to the next level</li> <li>• simple 'player competencies' are suggested for coaches to know when players are ready to move to using a yellow ball</li> <li>• once a good foundation has been developed at orange, the bigger green court and the faster green ball allow the game to develop further</li> </ul>	30 min	Manual: Section 5, 6, 9 & 11	✓ Group lesson application: Deliver sessions covering all sections of the lesson with a specific game situation and strategy identified before the start of the session. (session planners).
<b>Demonstrations</b>  <b>(if time allows – to follow sending skills and basic biomechanics)</b>	<p>Participants should understand the importance and key aspects of demonstrations for all beginners, but especially for children:</p> <ul style="list-style-type: none"> <li>• people learn most by watching and copying</li> <li>• children rely even more on visual learning</li> <li>• demonstrations should be simple and appropriate to the player</li> <li>• coaches will need to demonstrate activities and tasks, organisation/rotations and simple technique at any stage during a lesson</li> <li>• to understand the value of checking understanding by getting one of the players to show what coach has demonstrated</li> </ul>	30 min	Manual: Section: 3 & 7	✓ Be able to demonstrate the basic strokes by showing modern technique and good biomechanical principles.

**DAY 3 (8 hours)**

KEY THEMES	CONTENT / OBJECTIVES	TIME	RESOURCES	SPECIFIC OUTCOME
<b>Recap from Day 2</b>	Tutor to recap on day 2 and check for understanding of the key themes. This could be done as a simple group quiz.	15 min		
<b>Competition Formats for Tennis 10s</b>	Tutors run through principles of competition for Tennis 10s: <ul style="list-style-type: none"> <li>• children can compete through rally-based activities, through throw-catch or other modified games</li> <li>• formats which allow children to play many short matches are better than those with a few longer matches</li> <li>• no elimination formats</li> <li>• keep rules and scoring very simple</li> <li>• Children may need help from older juniors or adults</li> <li>• Coaches should explain and insist on fair play between players</li> </ul>	60 min	PowerPoint: Competition formats for Tennis10s  Manual: Section 8	<ul style="list-style-type: none"> <li>✓ Describe how Tennis10s fit into the Play &amp; Stay campaign.</li> <li>✓ What is the ITF rule with regards to competition for players 10 &amp; under? When (which year) was this rule implemented?</li> <li>✓ According to the ITF rules of tennis, please list the ball/court/racket combinations players should be using at: a) up to 8 years, b) between 8 &amp; 10 years and c) 9 to 10 years old?</li> </ul>
<b>Preparing for a Practical Session</b>	Objective is to give participants time to prepare a lesson for between 4 and 6 children on a red court, and which is specific to a game situation covered earlier in the course. The activity may be one already shown on the course, or a new idea thought up by the participant.	30 min	Manual: Section 11	<ul style="list-style-type: none"> <li>✓ Prepare to deliver a practical lesson – including planning using the provided session planners.</li> </ul>
<b>Practical Session</b>	Objective is to allow participants to implement ideas covered so far in the course. It is suggested that participants are used as players, some of whom may use dominant hand and some using non-dominant hand (to require differentiation): <ul style="list-style-type: none"> <li>• setting up activities using game situations and intentions</li> <li>• organisation and rotation of players</li> <li>• demonstrations and communication suited to young children</li> <li>• simple teaching points using the 5 Rs and PAS</li> </ul>	120 min	Manual: Section 5, 6, 7, 9 & 11	<ul style="list-style-type: none"> <li>✓ Deliver planned sessions (according to session planners).</li> </ul>

<b>Introduction to ITF Tennis Xpress</b>	Tutor to explain the ITF Tennis Xpress programme, using the Tennis Xpress presentation: <ul style="list-style-type: none"> <li>• Importance of slower balls and smaller courts for beginner adults</li> <li>• Take them through the website and the hour by hour schedule so they see how user friendly it is (videos etc.)</li> </ul>	30 min	Tennis Xpress DVD  PowerPoint: Tennis Xpress presentation  Tennis Xpress leaflet (if available)  Tennis Xpress course schedule  Manual: Section 10	<ul style="list-style-type: none"> <li>✓ What do adults want from tennis?</li> <li>✓ Please explain the preferred course format for the Tennis Xpress course.</li> <li>✓ Where can you find/download the Tennis Xpress programme?</li> <li>✓ List the follow-up programmes (6) for beginner adults after the Tennis Xpress course.</li> </ul>
<b>Tennis Xpress – Serve, Rally and Score for Adults</b>	Tutor-led session to present and go through course content for Tennis Xpress. By the end of this session the participants should: <ul style="list-style-type: none"> <li>- know about Tennis Xpress</li> <li>- understand the course philosophy and course content</li> <li>- have experienced 2 sessions from the Tennis Xpress course as players</li> </ul>	60 min	Tennis Xpress course schedule  Manual: Section 10	<ul style="list-style-type: none"> <li>✓ Deliver the sessions as described in the Tennis Xpress manual.</li> </ul>
<b>Practical Session</b>	Objective is to allow participants to implement ideas on Tennis Xpress. Players should be course participants. In addition to familiarising themselves with the content and delivery of Tennis Xpress, tutor should check that they can <ul style="list-style-type: none"> <li>• set up activities using game situations and intentions</li> <li>• organise and rotate players</li> <li>• demonstrations and communication suitable for adults</li> <li>• give simple teaching points using the 5 Rs and PAS</li> </ul>	90 min	Tennis Xpress Schedule & Course  Manual: Section 10	<ul style="list-style-type: none"> <li>✓ Deliver planned sessions (according to session planners).</li> </ul>

<b>Differentiation &amp; Adaptation of the Drill</b>	<p>Tutor to remind participants of the simple ways shown on Day 2, in which activities can be made easier or harder.</p> <p>By the end of this session, participants should be able to differentiate activities for beginner adults, and know that the progression from red, to orange and green is not always simple because:</p> <ul style="list-style-type: none"> <li>• beginners may start playing at different ages</li> <li>• beginners vary in size, strength and athleticism</li> <li>• players progress at different rates</li> <li>• adults come to tennis with different life and sporting experiences</li> <li>• the red, orange and green ball can be used as learning tools for all beginners</li> </ul> <p>Tutors show ways to differentiate rally activities for adults.</p>	60 min	Manual: Section 5	<ul style="list-style-type: none"> <li>✓ List the methods/ways to adapt a session to create optimal challenge (7).</li> <li>✓ Show how to create the optimal learning environment in a lesson (practical session with session planner).</li> </ul>
<b>Summary of the Day</b>	<ul style="list-style-type: none"> <li>• Tutor-led summary of the day: What have we learnt?</li> </ul>	15 min		



**DAY 4 (8 hours)**

KEY THEMES	CONTENT / OBJECTIVES	TIME	RESOURCES	SPECIFIC OUTCOME
<b>Recap from Day 3</b>	Tutor to recap on day 3 and check for understanding of the key themes. This could be done as a simple group quiz.	15 min		
<b>Competition Formats for Tennis Xpress</b>	Tutors run through principles of competition for Tennis Xpress: <ul style="list-style-type: none"> <li>reminder that the aim of Tennis Xpress is that beginner adults can play a friendly or fun match on an orange or green court by the end of the course</li> <li>whilst many adults don't want coaching, but do want to compete, there are others who are not so keen on competition</li> <li>formats which allow adults to enjoy playing in a social environment are very popular and important</li> <li>competition for adults should be kept short and arranged at convenient times to fit in with busy lifestyles.</li> </ul>	45 min	PowerPoint: Competition formats  Manual: Section 8	✓ Plan and deliver competitions for beginner adults.
<b>Preparing for and Running a Competition</b>	Preparation is from homework on day 3	60 min	6 Primary school children  Competition organisers training book  Manual: Section 8	✓ Plan and deliver a competition for beginners
<b>Brief Explanation of the World Tennis Number (WTN)</b>	Tutor-led explanation of WTN	15 min	Manual: Section 8	✓ Know about the WTN, the description of standards and WTN rating levels for beginner players.
<b>Level of Play Test</b>	Orange Court with Orange Ball: All participants complete the test, with following exceptions: Players who had an ITF Junior Ranking or a Professional Ranking (ATP/WTA Points).	45 min	All Course Content	✓ Consistent demonstration of modern technique in all game situations.

<b>Written paper</b>  (Lecture Room)	All participants to complete the written paper which accompanies the course.	45 min (15 min for instructions and preparation 30 min for written paper)	All Course Content	✓ 30-point written test.
<b>Group Lesson Test</b>	All participants complete the Group Lesson Test as part of the course. 20min Red Court with 2 to 4 players.	240 min	All Course Content	✓ Deliver group lessons according to assessment criteria of the course.
<b>Summary of the Course</b>  (Lecture Room)	Tutor-led course summary and conclusions: <ul style="list-style-type: none"> <li>• summary of the day - what have we learnt?</li> <li>• reminder of key principles covered on the course.</li> <li>• reminder of ITF Tennis Play and Stay campaign, including key objectives.</li> <li>• information about CBI course.</li> <li>• presentation of certificates.</li> </ul>	15 min	Course summary presentation	✓ Course summary & closing.