

COURSE OVERVIEW



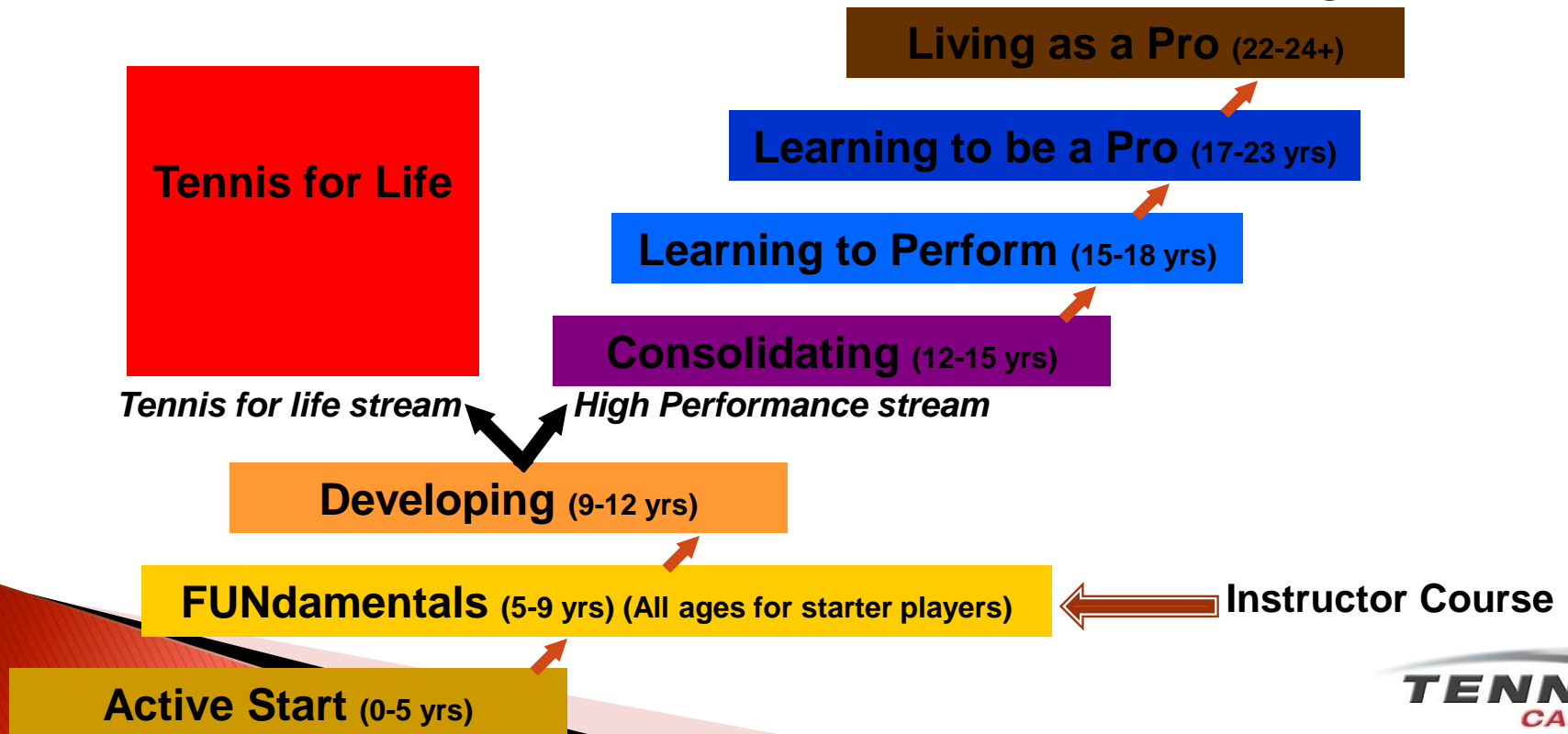
Version 7.5

INSTRUCTOR COURSE RESOURCES

TENNIS CANADA LONG TERM ATHLETE DEVELOPMENT

LTAD 'Ages & Stages' pathway

- ▶ This Instructor Course is designed to implement the development required for the **FUNdamentals Stage**.
- ▶ The full document is available at www.lovemmeansnothing.ca



INSTRUCTOR COURSE MAP

Course Mission

To create a positive motivating Instructor who will stimulate tennis growth & retention by creating playing and practice environments where starter players can meet, mix and experience enjoyment & improvement

COMPETENCIES REQUIRED TO CREATE ENJOYMENT & IMPROVEMENT

1. Lead and Communicate Effectively

- a. Display professionalism and enthusiasm
- b. Control the focus and attention of a group
- c. Present clear and correct visual demonstrations with concise explanations
- d. Provide positive interventions that apply **Tactical & Technical Tools** to improve performance

2. Manage Play & Practise Environments

- a. Plan & implement LTAD **"FUNDamentals Stage"** curriculum employing **"Progressive Tennis"** so starter players can successfully serve, rally & score.
- b. Set-up and maintain a group environment that is *active, safe, and challenging* by applying **Group Organization Tools**
- c. Organize play and apply **Competition Tools** using a variety of competitive formats, set-ups and scoring

Follow a process for making ethical decisions consistent with the Tennis Canada Code of Ethics

PRE-COURSE WORKBOOKS

The Instructor course requires candidates to complete two workbooks prior to the course.

- ▶ Workbook A: General Coaching knowledge
- ▶ Workbook B: Specific Course Knowledge

Candidates will not be eligible to take the course until these workbooks are completed.

All candidates are expected to be familiar with all terminology and concepts prior to beginning the course.

COURSE TOOL KITS

To achieve the competencies, the instructor Course equips candidates with 5 “Tool Kits” to build groups of FUNdamental Stage players:

1. **Progressive Tennis**
2. **Communication & Leadership**
3. **Group Organization**
4. **Competition**
5. **Tactical/Technical**



Each of the tool kit competencies are practiced during the course and have online resources available.

SCHEDULE

The Instructor Course is 2 weekends long:

Weekend #1:

- ▶ Friday 6:30–10:00pm
- ▶ Saturday 9:00–5:00pm
- ▶ Sunday 9:00–5:00pm

Weekend #2:

- ▶ Friday 6:30–10:00pm
- ▶ Saturday 9:00–5:00pm
- ▶ Sunday 9:00–5:00pm (Evaluations)

EVALUATIONS

Evaluations are performed at various times:

- ▶ **Professionalism:** Evaluated throughout course
- ▶ **Instruction Competencies:**
(Evaluated on final Sunday of course)
 - Point Play Demonstration
 - Technical Fundamentals Demonstrations
 - Group Lesson
 - Technical Analysis (Video)
- ▶ **Making Ethical Decisions:**
(Evaluated online)

EVALUATION RESULTS

Candidates will receive one of four grades based on their evaluations:

- ▶ **Met Standard with Honours**
- ▶ **Met Standard**
- ▶ **Met Standard (Marginal)**
- ▶ **Incomplete**

Candidates who receive an incomplete must be re-evaluated, on the evaluation components they did not meet standard on to attain certification.