

INSTRUCTOR PRE-COURSE WORKBOOK B

NAME:

EMAIL ADDRESS:

PHONE #:

CELL#:

Due Date:

IMPORTANT: This workbook **MUST** be completed before the course begins. Candidates will not be eligible for the course until this workbook is completed and handed-in to the Course Facilitator before the required deadline. Please type in the boxes under each question.

RESULT:

COMPLETE

INCOMPLETE

The National Coaching Certification Program is a collaborative program of the Government of Canada, provincial/territorial governments, national/ provincial/territorial sport federations, and the Coaching Association of Canada.

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ANSWER KEY

Partners in Coach Education



SPECIFIC KNOWLEDGE –WORKBOOK B

To answer the questions in this workbook, please refer to the Instructor Course Resource Tool Kits on the TPA website.
Click: [Resources/Certification Materials/Instructor Course Resources](#).
You must be a member of the TPA to access the materials.

COURSE OVERVIEW

1. What does 'LTAD' stand for and what stage is the Instructor Course geared for?

2. What two things will players experience if an Instructor accomplishes their mission?

3. List 5 competencies that will be trained in the course.

4. What happens if a candidate comes to a course and they have not completed both Pre-Course workbooks?

5. What are the 5 Tool Kits trained in the course?

Progressive Tennis tool kit, Competition tool kit, Communication & Leadership tool kit, Tactical/technical tool kit, Group Organization tool kit

PROGRESSIVE TENNIS TOOL KIT

6. Describe what Progressive tennis is.

7. Give 3 reasons why Progressive Tennis is a preferred method of development?

8. List the 3 stages of Progressive Tennis with their international colours, court sizes, ball types, and recommended ages (recreational Stream):

Colour	Court size	Ball type	Age
Red	36 foot ½ court	Red felt or foam	5-8
Orange	60 foot ¾ court	Orange low compression	9-10
Green	78 foot/full court	Green transition	11+

9. What year will the International rules of tennis change?

2012

10. What are the, "4 Integrated Components" in Progressive Tennis?

11. What size range of racquet should a 7-9 year old have? How can the racquet be judged as the appropriate length?

12. What is the size of a ½ Court (Red)?

13. For training, how many Red courts fit onto one regulation court ?

14. What is the scoring for official Orange Tennis Competition?

15. What is the length of an official Orange court?

16. What is difference between Green tennis and regulation tennis?

17. List some advantages of adults learning through a progressive tennis approach?

View the Adult Progressive tennis video at: www.youtube.com/instructorcert

18. What would be the advantage of using Progressive Tennis for wheelchair players?

19. All Progressive Tennis Tournaments should be what kind of format?

COMMUNICATION & LEADERSHIP TOOL KIT

20. What are the two words that describe what a player will experience if the Instructor communicates and leads well?

21. What are 3 main characteristics of good Instructor communication?

Motivating, Positive, Professional

22. What are 3 elements that help motivating communication?

23. Why is it important to be positive? Why shouldn't an instructor just tell people what they are doing wrong?

24. Why is it important to be professional as an Instructor?

25. What are the 3 elements needed to be 'professional'?

26. What are the 3 discipline steps?

27. Would you discipline a player in front of the whole group? Why or why not?

GROUP ORGANIZATION TOOL KIT

28. What are the 3 key tools required for effective group organization?

Unfolding of a Lesson

29. List the 4 steps in a Lesson structure?

Meet & Greet, Warm-up, Play & Practice, Wrap-up

30. List 3 types of games that can be played for Warm-up (From InstructorCert Youtube channel)?

31. What is the 1st step in organizing Play & Practice?

32. Why should play precede practice activities?

33. What is the top priority for the Play & Practice step of a lesson?

34. What are 3 groups of skills that can be practiced?

Court Management

35. List the 5 Court Management tools?

Court, Instructor Position, Rotations, Formations, Feeding

36. How many Orange Training courts can be set-up on one regulation full court?

37. What are some advantages of taking the 'Instructor-out' position?

38. Which formation would be best for practicing changing direction of a groundstroke?

39. What key piece of equipment would be required for an Instructor who is basing rotations on time?

40. List 6 typical problems that could occur with a group of players and match the Group Organization Tools that could be employed to solve the issue.

Problem	Group Organization solution

41. What is the best rotation to use when 'Instructor-in'? Why?

42. What rotation would you use if you wanted a group to work on many different skills?

43. What are the two main types of feeding that will be used in this course?

44. Should an Instructor feed to students in a group lesson? Why or why not?

45. What is the best way to help participants understand the organization of the activity?

Practice Activity Management

46. What are the three 'Scanning Questions' an Instructor must constantly ask about the Practice Activity to keep it on track?

47. What should an Instructor do if they see the answer to any of the 'Scanning' questions is "no"?

48. List 3 ways an environment could be unsafe and the corresponding injury that might occur as a result.

49. What are the 2 elements that the Instructor must ensure are correct?

50. List 3 ways an Instructor could make the activity more fun.

TACTICAL/TECHNICAL TOOL KIT

51. What is a “Game-based Approach” to instruction?

52. What are the 4 basic tactics for starter players (and any sub-categories)?

53. What is the #1 tactic in tennis? Why?

54. Name three phases of play.

Defense, Neutral, Offense

55. Name the four positions in doubles.

56. What is the ‘two-fold’ definition of technique?

57. List 5 ways the ball can be controlled in tennis.

58. What does PAS refer to?

Path, Angle, Speed of racquet

59. Give specific PAS recommendations to help a player do each of the following:

a. Send a forehand further to the left

b. Send a backhand higher over the net

c. Send a forehand with more power

d. Send a backhand with less distance

60. Describe an appropriate PAS to send a flat groundstroke to a partner with medium arc and speed.

61. What is the relationship between the PAS principles and tactics?

62. What are the 3 stroke families?

63. What are the two main components of a Shot Cycle?

64. List the 5 Technical Fundamentals.

Grip, Set-up, Impact, Hitting Zone, Recovery

65. Describe the appropriate set-up on the forehand groundstroke.

66. Describe the top and bottom hand grips for a two-handed backhand?

67. Describe the location of a good Impact Point on the backhand volley.

68. Why is a Hitting Zone advantageous?

69. What are the 3 footworks used in recovery and what is each one good for?

70. What stance is recommended on groundstrokes for starter players?

71. What 4 blocks of skills are used for 'pre-rally' players?

Track/ Catch/ Throw Skills, Racquet skills, Bodywork Skills, Rally Skills

72. When developing the serve, what key skill is it based on?

73. List 3 recommendations for demonstrating technique.

COMPETITION TOOL KIT

Note: To see the reference video for completing this chapter, go to:
www.tennisplayandstay.com/competitions

74. What is the definition of competition (playing) for starter tennis players?

Serve, Rally, Score

75. Why is it important for players to have competition in lessons?

76. What type of competition format is recommended for starter players and why?

77. Name a tournament that is single elimination.

78. How many chances does a player have to lose in a Compass draw?

79. What is a NET event?

80. What is Community Team tennis all about?

81. What are the roles required to run a successful Community Team Tennis League?

Convener, Instructor, Team Leader

82. In the competition, "Team Cones", how does a player move courts?

83. In the competition, "Stop", how does a player move courts?

Escalator system, one side moves one way the other side moves the opposite direction

84. What are the benefits of Self-competition verses Team Competition?

85. What is the definition of a 'Short set'?