

COACH COMPETENCIES PROFILE ITF LEVEL 3 COACHES COURSE

1. JOB DESCRIPTION

- 1.1. The coach works predominantly from national to international level.
- 1.2. The coach works mostly with national teams.
- 1.3. The coach is able to do group and individual work with professional players.
- 1.4. The coach is in charge of the overall programme in a National Association (tennis, fitness, competition, etc.)
- 1.5. The coach probably has coaches working for him.
- 1.6. The coach runs the advanced programmes (tournament players, training camps, etc.).
- 1.7. The coach takes teams to international events and tournaments.
- 1.8. The coach plans the advanced players' annual training and competitive programmes.
- 1.9. The coach is possibly a tutor for the level 1 and 2 courses.
- 1.10. The coach attends international workshops on behalf of the National Association.

2. KNOWLEDGE

- 2.1. Technical: Knowledge of advanced techniques (stroke production and movement) that are appropriate for professional players.
- 2.2. Tactical: Knowledge of advanced tactics that are appropriate for professional players.
- 2.3. Adequate knowledge of the various levels of the game (national, junior international, professional international).
- 2.4. Diagnosis and correction: has a detailed knowledge of diagnosis and correction (biomechanical principles) which then allows them to make sound diagnosis and correction of advanced techniques.
- 2.5. Teaching ability: Understanding of how professional players perform, how to conduct an advanced training session, group and individual, using technical aids and advanced teaching styles, understanding of the coaching process, progressions, correct use of advanced demonstrations, correct use of the five game situations through appropriate drills and exercises specially during tournaments.
- 2.6. Organisation ability: Ability to organise safely any lesson with professional players (leadership, space, group exercises, etc.).
- 2.7. Knowledge of tennis rules and professional tournament regulations.
- 2.8. Knowledge of advanced elements of recovery after matches, jet-lag, nutrition, injury prevention and advanced knowledge of physiology applied to tennis.
- 2.9. Knowledge of advanced elements of fitness as they relate to professional players.
- 2.10. Psychology: Knowledge of mental training techniques that are appropriate for professional players.
- 2.11. Knowledge of periodisation principles including training and competitive aspects.
- 2.12. Ability to speak in public: Ability to present information to coaches in a useful and clear manner.

3. PLAYING LEVEL

- 3.1. Experienced tournament player at national/international level.
- 3.2. Ability to be a sparring partner with professional players.
- 3.3. Ability to demonstrate all of the advanced techniques.
- 3.4. Ability to feed as appropriate to the situation.

4. PERSONAL ATTRIBUTES

- 4.1. Interest/enthusiasm in being an advanced coach. Quest for new information.
- 4.2. Good personality/motivator.
- 4.3. Good advanced communication skills (voice, body language, feedback, humour, language, etc.).
- 4.4. Good appearance/presence on the court (confident).
- 4.5. Professional attitude (time keeping, reliable, interest in the students).