



WELCOME TO THE
INSTRUCTOR CERTIFICATION
COURSE

Version 7.7

Course Facilitator



INSTRUCTOR & COACH CERTIFICATION SYSTEM

Instructor
35 hours over 2 weekends

CLUB Professional 1
67 hrs over 3 weekends

High Performance Coach Stream

Club Professional Stream

Coach 2
25 days over 1 year

Coach 3
25 days over 1 year

National Coach 4/5

Club Professional 2
57 hrs over 3 weekends

Club Professional 3



EVALUATION PROCESS

OFF COURT:

- ▶ Pre-Course Workbook A & B (Due prior to course start)
- ▶ In-Course Workbook C (Checked on evaluation day)
- ▶ Making Ethical Decisions Online Evaluation
(By Sunday of final weekend)

ON COURT:

- ▶ Professionalism (Evaluated throughout course)
- ▶ Demonstration Evaluation (Final Sunday Afternoon)
- ▶ Teaching Evaluation (Play & Practice Activities on Final Sunday Afternoon)

PROFESSIONALISM

The Webster's Dictionary definition of Professionalism is:

“Engaged in, or worthy of the high standards of a profession.”

Professionalism will be evaluated during the course through matching Instructor Candidate behaviors with the following:

INSTRUCTOR COURSE PROFESSIONALISM ‘CODE’

“I will:”

- ▶ Display an open, engaged and positive attitude in all course activities
- ▶ Treat all participants and Course Facilitators with respect/dignity
- ▶ Present a professional image (attire/grooming/body language)
- ▶ Be punctual & on-time for all course modules and assignment deadlines
- ▶ Give and received feedback in a positive & constructive manner
- ▶ Lead groups with confidence and clear communication

Sign ‘Professionalism Code’ in Workbook C (page #2)



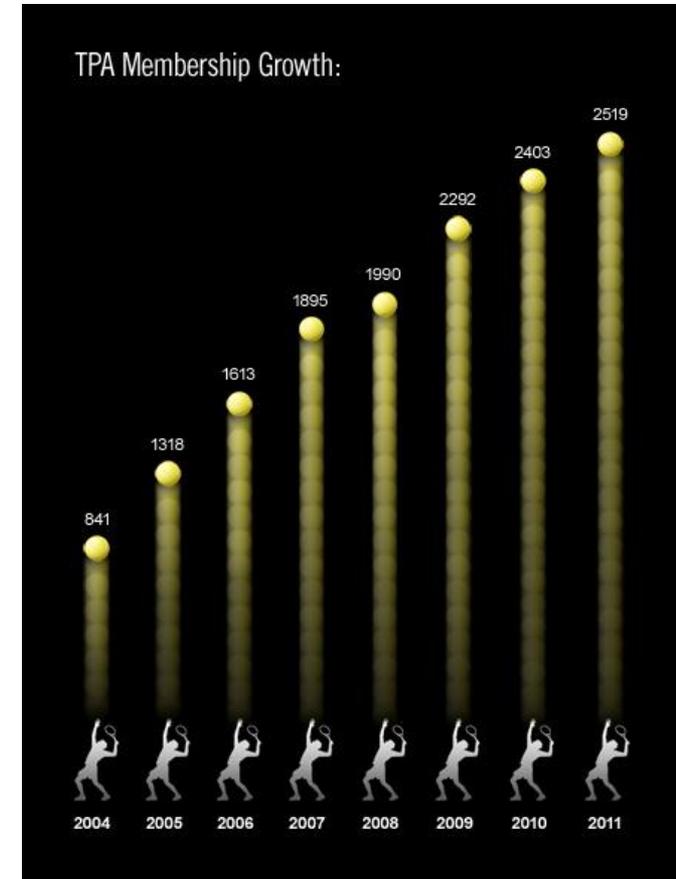
TENNIS
CANADA



SO NOW YOU'RE A
MEMBER – BUT
WHY?

YOU ARE NOW PART OF:

- An Association for Canadian certified instructors, coaches and club professionals who's goal is to educate, communicate and provide benefits, services and resources to you!
- A Membership of over 2500 members across the country (and growing!)
- The list of active certified coaches



What are Your Benefits as a TPA Member?

Communication

The TPA staff constantly ensures there is regular communication with members via monthly newsletters and e-mails

Insurance (\$2 Million Liability)

Whether you work part time, full time, or on a contractual basis, these insurance benefits travel with you on and off-site

Job Postings

Need a job? This section of the website, available only to TPA members, is the most visited section of our website

Professional Development

- Access to upcoming conferences, workshops, seminars and certification courses to ensure your coaching practices remain up-to-date

Resources

- Free access to ITF Tennis iCoach
- Free access to tennisplayer.net, Tennis One and Tennis pro for level 2 members (value of over \$200 - upgrade cost only \$30!)
- Free access to written and video resources via the TPA website

Discounts

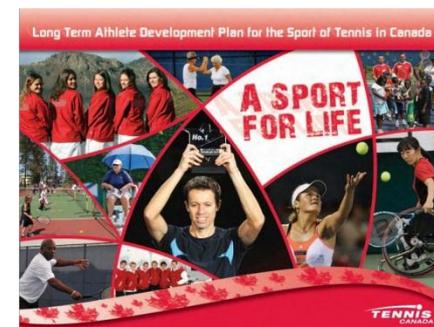
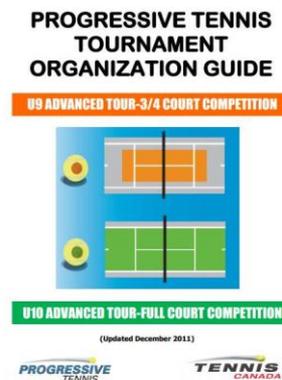
- Tennis products from companies such as: **Wilson, Head, Dunlop**
- Tennis.com magazine subscriptions
- Hilton Hotels
- National & Enterprise Car Rentals
- TPA Merchandise (hats, polos, tracksuits, clipboards)
- Rogers Cup tickets in Toronto & Montreal
- Discounts off health and dental insurance programs through Manulife



Orientation:
Friday Night

Access to Educational Resources

- Videos/DVDs
- Articles
- Books
- Manuals
- Certification Materials
- Interviews
- Websites
- Wheelchair Tennis
- **Progressive Tennis** (Equipment & Resources)



**TENNIS CANADA 3/4 COURT CURRICULUM
(7-9 YEARS OLD)**
Last updated July 2009



How Do You keep Your Membership Active?

- **Auto-Renew!** (Under Update your Personal Info)

The screenshot shows a web form titled "BILLING INFO" with the following fields: Address, Suite, City, Province (dropdown menu set to Ontario), Country (Canada), Postal Code, Auto Renewal (dropdown menu set to Yes), Membership Fee (50.00), and Penalty (0). A red circle highlights the "Auto Renewal" dropdown menu. Below the form is a "SUBSCRIPTIONS" section with checkboxes for Jobs, News, Special Offers, and Conferences, all of which are checked. At the bottom of the form are "Submit" and "CANCEL" buttons. A small note at the bottom of the form reads: "Pls. only click once, this might take time to process. Upon clicking the 'Make Payment' button you will be taken to a secure site to have your payment processed. Upon completion of your payment you will be brought back to the TPA site. Thank you."

Set Auto Renewal to "Yes", to automatically be renewed at the end of the year & to receive a FREE TPA t-shirt (once completed, contact the TPA at tpa@tenniscanada.com with your shirt size and mailing address)

-You will need to enter a credit card # but you will NOT be charged

LESSON OBSERVATION

In-Course WORKBOOK C EXERCISE:

- ▶ Watch Lesson #1 and fill out “Lesson Observation” (page #3)
- ▶ Watch lesson #2 and fill out “Lesson Observation” (page #3)



THE BIG PICTURE

What is our Mission as Tennis Instructors?



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

TWO TYPES OF METHODS

- ▶ Which lesson (#1 or #2) achieves our goals and objectives more effectively?



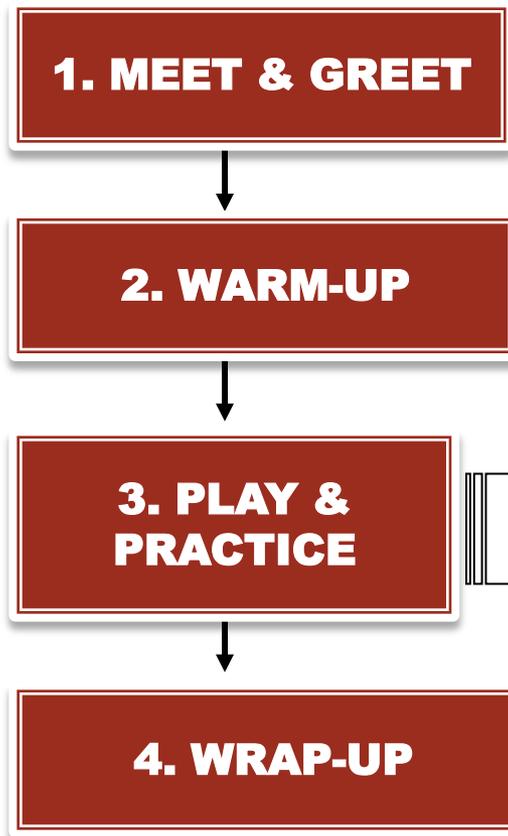
ACCOMPLISHING THE MISSION

▶ Progressive Tennis

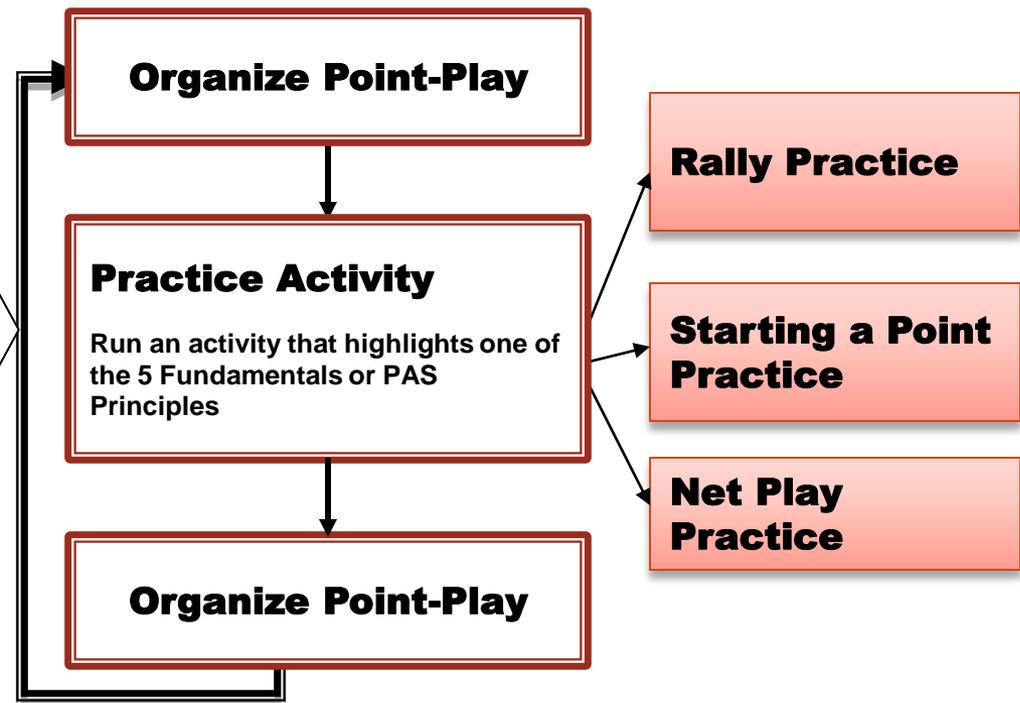


UNFOLDING OF A LESSON

Lesson Steps



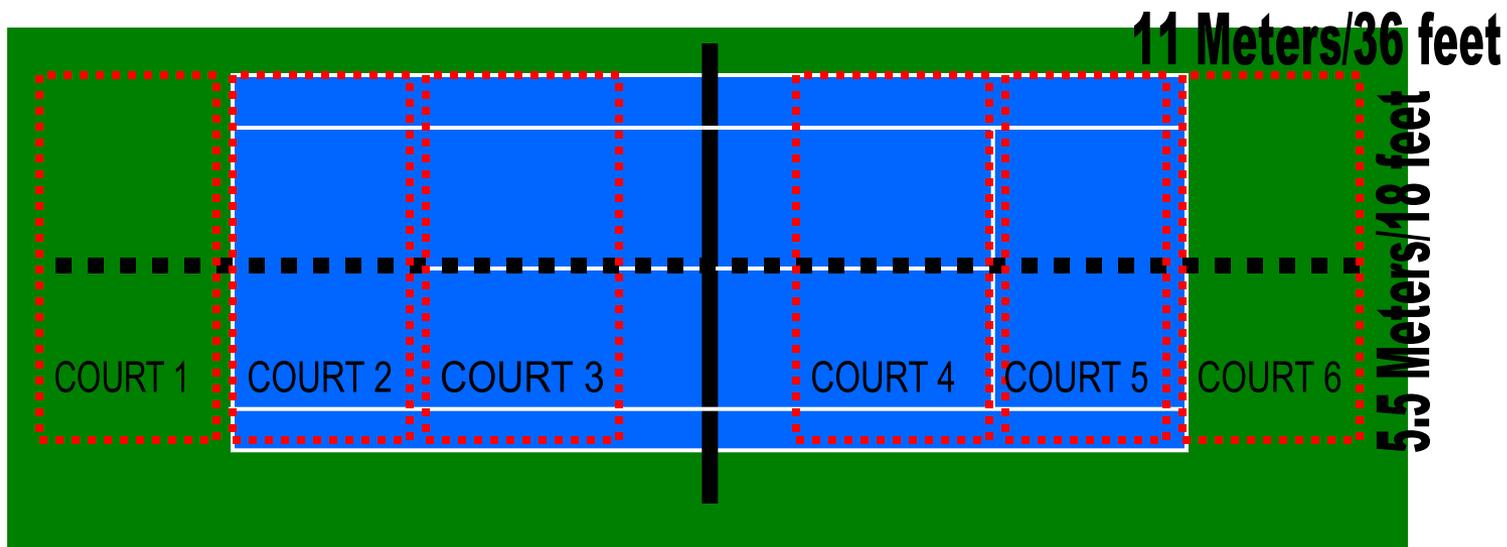
Play & Practice Steps



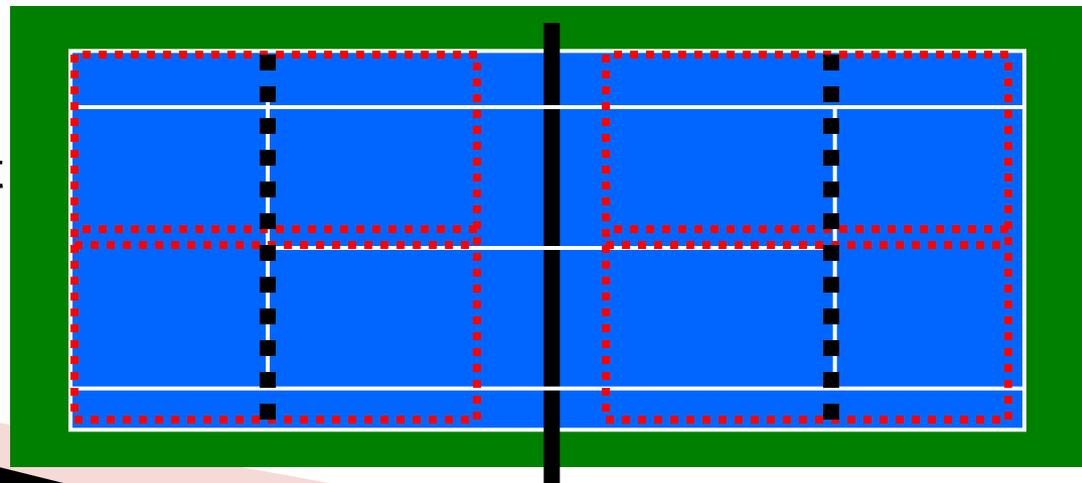
Workbook C:
Lesson steps page #9
Lesson Planner page #10)

RED ½ COURT

▶ TRAINING COURT SET-UP:



Alternative set-up for courts that do not have the option to play sideways



POINT-PLAY GAMES

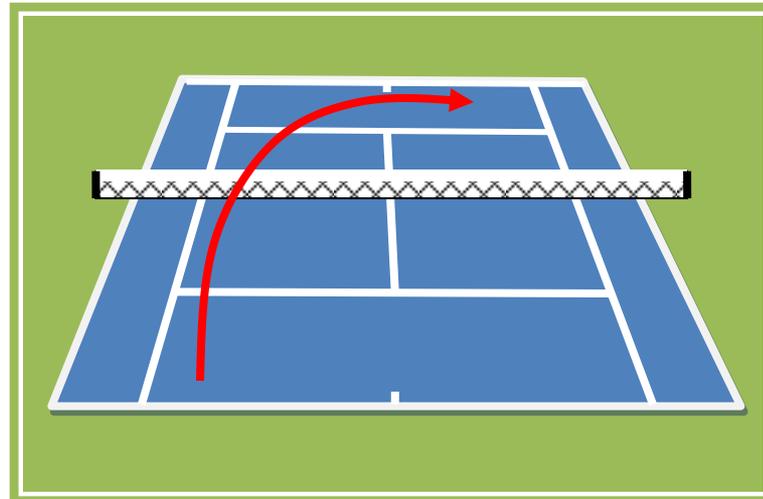
- ▶ “Team Cones”
- ▶ “Stop Tennis”
- ▶ “Tag Team”
- ▶ “Up & Down”

Feedback:

- ▶ Reflect on the experience of Progressive tennis
- ▶ “Unpack” the organizational principles going on

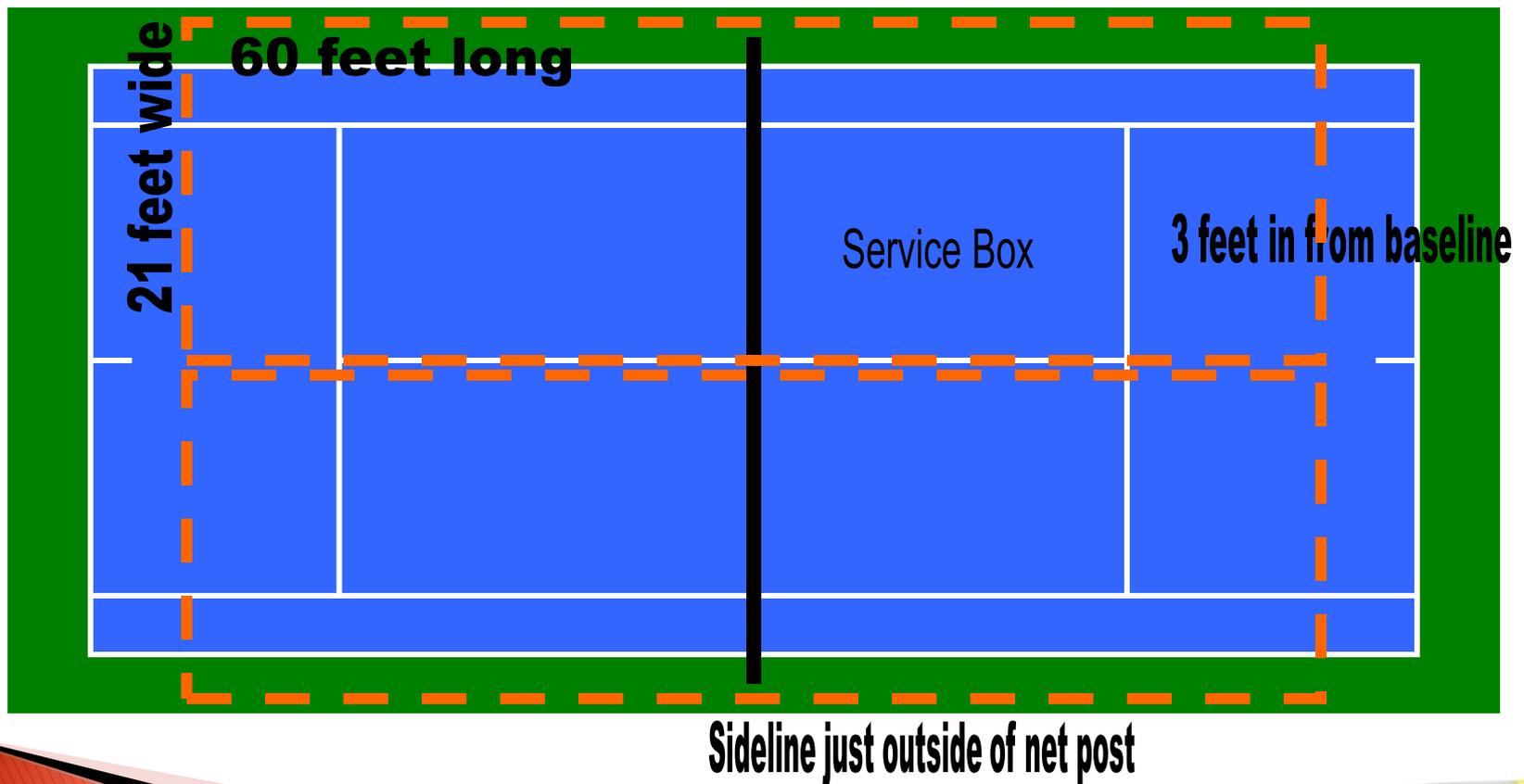
FUNDAMENTAL TACTICS

1. Keep the Ball in Play
2. Place the Ball
 - To open court
 - To a weakness
3. Control Height for Defense
4. Take the Net



3/4 COURT (ORANGE)

Set-up 'Double' Orange Courts:



FRIDAY NIGHT LEARNINGS:

- ▶ Progressive Tennis maximizes achieving the goal of *Enjoyment & Improvement*
- ▶ Playing Point–play games during lessons maximizes fun and tennis tactical understanding (far more than traditional ‘line–feeding’ type lessons)
- ▶ Understand Unfolding of a Lesson steps
- ▶ Red Court Set–up
- ▶ ‘Double’ Orange court Set–up
- ▶ Exposure to principles involved in setting–up a variety of Point–play games

**Homework: review Warm-ups for Starter
Junior Players youtube video**

WARM-UPS

- ▶ Raise body temperature to minimize injuries
 - ▶ No static stretching
 - ▶ Build coordination
 - ▶ Start a healthy habit
 - ▶ FUN
-
- ▶ **Jogging Groups** (Introduce attention control)
 - ▶ **Court Parts** (Learn the parts of the court)
 - ▶ **Shadow Strokes** (FHGS, Split & Volley, Side Shuffle, Sprint)
 - ▶ **Throw/Track/Catch Coordination** (Toss & Catch, underhand/overhead)
 - ▶ **Tag Games** (can use 'fast walk' for safety)

Note: In all these activities, players should experience different footworks (Run, Shuffle, Crossover)

5 FUNDAMENTALS

Experiencing the 5 Technical Fundamentals

- ▶ Grip
- ▶ Set-up
- ▶ Impact Point
- ▶ Hitting Zone
- ▶ Recovery



Record any elements you need to practice for the evaluation on the Checklist in Workbook C (page #4)



RUN PRACTISE ACTIVITIES

COURT MANAGEMENT TOOLS

- ▶ **Court** (Red / Orange / Green)
- ▶ **Instructor Position** (In / Out)
- ▶ **Formations** (Lane / Triangle)
- ▶ **Rotation** (Big Circle / Little Circle / Anchor / Wave / Stations)
- ▶ **Feeding** (Live-ball / Dead-ball)

SATURDAY LEARNINGS

- ▶ Standard Warm-up Activities
- ▶ Fundamentals Practise Activities
- ▶ Group Organization Tools to set-up Practise Activities for 5 Fundamentals



REFLECTIONS

WORKBOOK C EXERCISE:

- ▶ Day 1 & 2 Reflections page #5 & 6

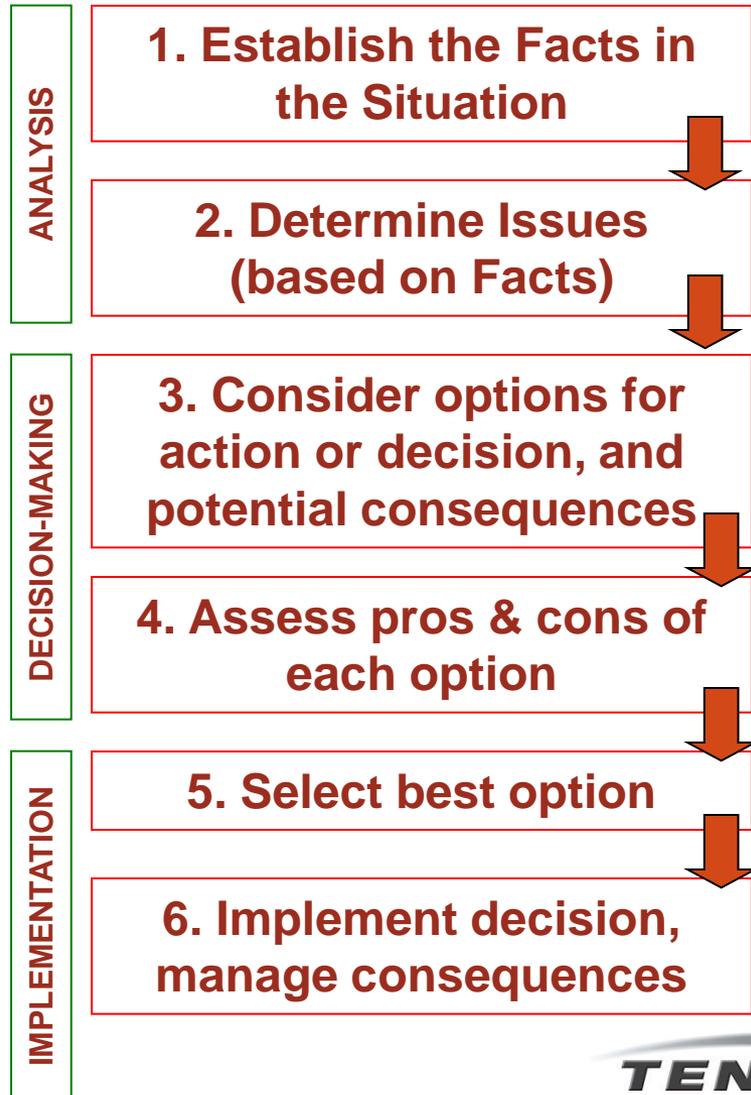


MAKING ETHICAL DECISIONS (MED)

NCCP MED WORKBOOK:

MED Online Evaluation:

- ▶ 1–1.5 Hours
- ▶ 2 Attempts
- ▶ 70% required



INTERVIEWING

WORKBOOK C EXERCISE:

(page #7)

- ▶ Group into pairs
- ▶ Partner “A” is Instructor
- ▶ Partner “B” is Community Centre Coordinator
- ▶ Use questions on page #7 to role play



'SELLING' PROGRESSIVE TENNIS

WORKBOOK C EXERCISE:

(page #8)



- ▶ Group into pairs
- ▶ Partner "A" is Instructor
- ▶ Partner "B" is Parent
- ▶ Use questions on page #8 to role play



COMMUNICATING WITH PARENTS

WORKBOOK C EXERCISE: (page #, 9)



- ▶ Group into pairs
- ▶ Partner “A” is Instructor
- ▶ Partner “B” is Parent
- ▶ Use questions on page #, 9 to role play
- ▶ Switch roles

MAKING A LESSON PLAN

WORKBOOK C EXERCISE: (page #10, 11)

- ▶ Work individually
- ▶ Make a Lesson Plan using the sheet on page # 11



LESSON PLANNER (1 hour)

Instructor:

Date:

1. MEET & GREET (5 min.)

Key Notes:

2. WARM-UP (10 min)

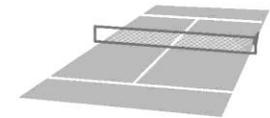
Warm-up Activity description (1-3 activities)

3. PLAY & PRACTICE (40 min.)

PLAY ("I Can Play Points") ACTIVITY:

Set-up:

Rules:

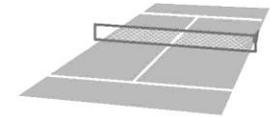


PRACTICE ACTIVITY:

Tactic:

Technical Highlight:

Activity Description:

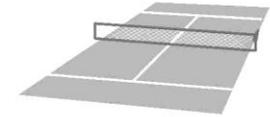


PRACTICE ACTIVITY:

Tactic:

Technical Highlight:

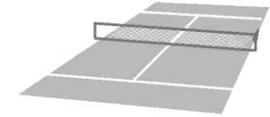
Activity Description:



PLAY ("I Can Play Points") ACTIVITY:

Set-up:

Rules:



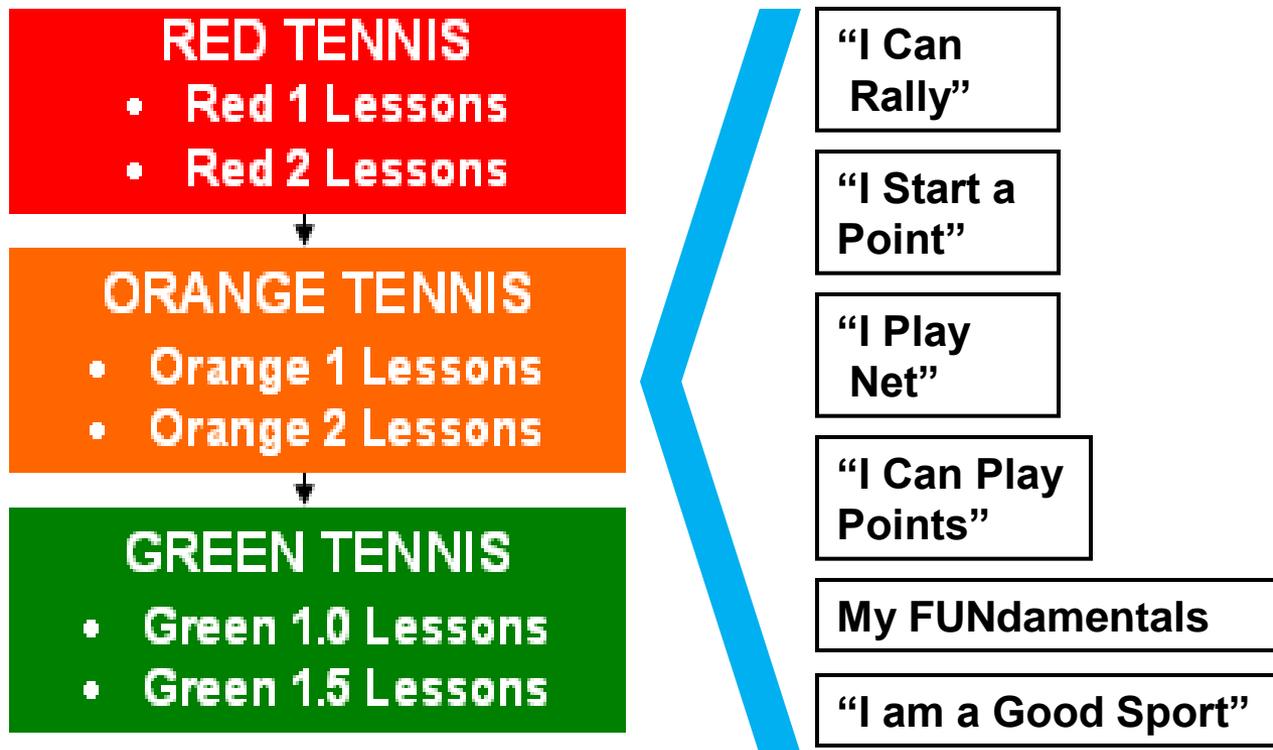
5. WRAP-UP (5 min.)

Key Summary Points:

LEARN TO PLAY PROGRAM

(FUNdamentals curriculum)

- ▶ Pre-done Lesson Plans & Certificates of Achievement created by Tennis Canada)



LEARN TO PLAY PROGRAM

(FUNdamentals curriculum)

- ▶ Certificates of Achievement
- ▶ Skills observed during play activities

My tennis is Progressive Tennis

Progressive Tennis is a system of court size, racquet length, and specialized balls scaled appropriately for the age and size of children. The system is endorsed by the International Tennis Federation (ITF) and has been adopted by the top tennis nations world-wide.



RED
1/2 COURT
6-8 yrs



ORANGE
3/4 COURT
9-10 yrs



GREEN
FULL COURT TRANSITION
11+ yrs



DRAFT

www.lovemearsomething.ca

RED 2

NAME _____ INSTRUCTOR _____ DATE _____



All skills are assessed during match play:

- Observed infrequently = Developing (DV)
- Observed 3 times in a row = Well done (WD)

I Can Rally

GROUNDSTROKE RALLY
I can maintain a 3 ball rally during play using my forehand and backhand.

I Can Start Points

OVERHEAD SERVE
I can start a point with an overhead serve into the court.

I Can Play Net

VOLLEY
I can play the net using my forehand and backhand volley.

I Am a Good Sport

- I hug my racquet when listening to the Instructor.
- I cooperate with partners during the practice.
- I shake hands after each game.

My Fundamentals

- I use a side-shuffle to recover after every shot.
- I impact the ball at waist level and out in front on groundstrokes.
- I impact the ball at chest level and out in front on volleys.
- I am in a balanced sideways position when sending the ball.
- I use a throwing action for my overhead serve.

I Can Play Points

I can play a game of Red Tennis:

- I can set-up my own Red court.
- I can keep score and call it out loud.
- On 3 different occasions, I have played a game up to 7 points with a friend or with my parents.

WHAT SHOULD I DO NEXT?

- Recommended next session: Red Level 2
- Only if appropriate age, move to Orange 1

LEARN TO PLAY PROGRAM (FUNdamentals curriculum)

▶ Lesson Plans & Menus of Activities

6 x 1 hr

RED 2 LESSON 1 **TENNIS CANADA**

Meet & Greet INTRODUCTION & ATTENDANCE (5 min.)
Introduce yourself and get everyone's names. Ask who their favourite tennis player is (if they don't know anything about tennis, ask them what their favourite sport is)?

Warm-up COURT SET-UP/LINE RACES (10 min.)
Instructor familiarizes players with lines and court parts by introducing them and then asking players to run and place a foot on them. Once they know a number of court parts, keep them moving continuously for 2.5 minutes to warm-up.

Play & Practice "I Can Rally": PRACTICE ACTIVITY R1: THROW RALLY (10 min.)
Players attempt a consistent Throw rally. Introduce Technical elements to improve consistency.
Technical Highlights: - Movement Cycle - Use body rotation to send ball
"I am a Good Sport": - Hug racquet and adopt 'listening position' whenever
Instructor asks for attention

"I Can Rally": PRACTICE ACTIVITY R3: FLOOR RALLY (10 min.)
Players pass the ball along the ground to each other. Forehands first, then backhands.
Technical Highlights: - Hitting Zone - Impact Point (out front)
"I am a Good Sport": Cooperate with a partner

"I Can Rally": PRACTICE ACTIVITY R7: RED RALLY (10 min.)
Players attempt a consistent rally using their racquets. Reinforce technical elements introduced in Throw Rally.
Technical Highlights: - Introduce Continental Grip - Movement Cycle
"I am a Good Sport": Cooperate with partner

"I Can Compete": THROW TENNIS R17 (10 min.)
Play another game of Throw ball. Incorporate new skills learned. Continue to make the connection to actually playing tennis. Introduce rules & simple scoring. Rotate players every 5 min.
"I am a Good Sport": Make clear and fair line calls. NOTE: Instructors can evaluate players in this activity

Wrap-up SUMMARIZE AND ENCOURAGE (5 min.) (Court take-down)
Encourage all players to play & practice outside of lesson time if possible. Ask questions to review key points for this lesson.
- Tactic of consistent rally - Movement Cycle - Continental Grip
- Impact Point in front

DRAFT 24 **TENNIS CANADA**

"I CAN RALLY"
PRACTICE ACTIVITY R1

Throw Rally

Goal: To understand the concept of a rally.

Rules of the Game: Cooperatively throw underhand back and forth with a partner. Players in pairs (each pair is a team). Team with the longest rally wins. The rally is over when:

- The ball bounces twice
- The ball goes out of the designated play area or in the net
- A player catches it in the air (doesn't let it bounce)

Players must recover to a marker placed in the appropriate recovery position ("Home base")

TACTICAL/TECHNICAL DEVELOPMENT
During the activity only highlight one technical element. The activity may be repeated multiple times to cover other elements.

TACTIC: To understand the tactic of keeping the ball in play and outlasting your opponent with consistency

TECHNICAL KEY #1:
Coordination: Help players develop coordination by throwing underhand back and forth with a partner with these variations:
➢ Throw and catch with different amount of bounces (after 1 bounce, after 2 bounces, etc.)
➢ Throw and catch with 1 hand (dominant, non-dominant)

TECHNICAL KEY #2:
Movement Cycle: Set up a marker at the player's baseline (Red Court). This is their Recovery Position ('Home Base'). The players must return to the marker (using side-shuffles) before throwing the ball to their partner. Help players to understand the 'Movement Cycle' of going to the ball, setting-up with balance, and recovering before their partner catches.

TECHNICAL KEY #3:
Set-up & Impact Point: By having players catch the ball in a sideways position (exploring FH & BH sides) and only at waist level, the concept of impact point is reinforced.

I AM A GOOD SPORT:
➢ Hug the racquet when the Instructor is speaking

KEY: Instructor **I** Player **P** Feeder **F** Hitter **H** Server **S** Returner **R** Target **T**

Marker **▲** Drop Down lines **- - -** Ball flight **→** Red Court Net **■** Player movement **→**

DRAFT 23 **TENNIS CANADA**

MENU OF PLAY & PRACTICE ACTIVITIES
RED OVERVIEW

RED LESSON ACTIVITIES			
"I Can Rally"	"I Can Start a Point"	"I Can Play Net"	"I Can Compete"
Activity R1: Throw Rally	Activity R9: Sky Ball	Activity R13: Catch Ball	Activity R17: Throw Tennis
Activity R2: Throw Cross-courts & Down-the-lines	Activity R10: Flying Target	Activity R14: Grip Flip	Activity R18: Floor Tennis
Activity R3: Floor Rally	Activity R11: Underhand Serve & Return	Activity R15: Throw to Volley	Activity R19: Skill Olympics
Activity R4: Floor Footwork	Activity R12: Overhead Serve & Return	Activity R16: Groundstroke to Volley	Activity R20: Rally Ball
Activity R5: Floor Cross-courts & Down-the-lines			Activity R21: Team Cones
Activity R6: Self Rally			Activity R22: 7 point game
Activity R7: Red Rally			
Activity R8: Groundstroke feed			

NOTE: Wheelchair players can let the ball bounce twice on all activities and competitions.

'PRE-RALLY' PLAYER DEVELOPMENT (Bronze level)

SKILL BLOCKS

BLOCK 1:

Track/Catch/Throw Skills

- Throw & Catch
- Throw & Catch (Recovery)
- Throw & Catch (Direction)
- Overhead Throw (serve)

BLOCK 2: Racquet Skills

- Rolling ball
- Pushing ball
- Pushing ball (with footwork)
- Pushing Ball (with direction)
- Floor Tennis

BLOCK 3: Body Work Skills

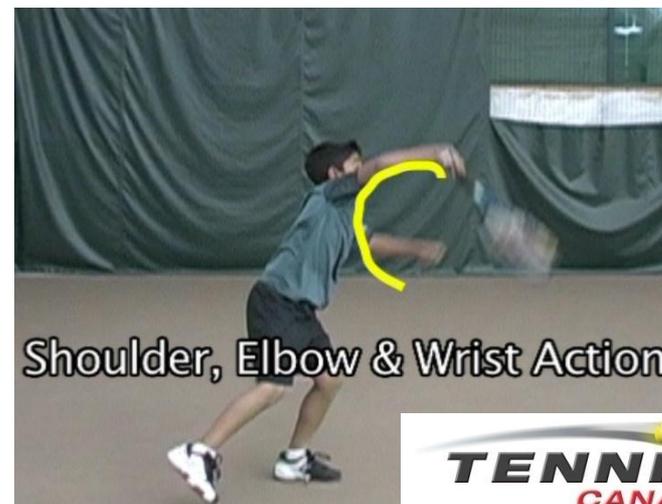
- 'Medicine' Ball toss
- 'Tube Twists'

BLOCK 4: Rally Skills

- Develop both FH & BH sides
- Develop all 3 Stroke Families
- Self Rally
- Partner Rally (mutual target)
- Partner Rally (No net)
- Partner Rally (over net)

DEVELOPING SERVE through THROWING

1. Throw (pairs or 'throw-ball game)
2. Wrist engagement
3. 'Turn & reach' from 'Trophy' position
4. Elbow direction
5. 'Double ball' \ Toss & throw coordination
6. Full serve action



SUNDAY LEARNINGS

- ▶ Process for Making Ethical decisions
- ▶ Presenting a good image when Interviewing for jobs
- ▶ Solid reasoning for Progressive Tennis
- ▶ Understanding and applying the 4 Pre-Rally 'Bronze' Skill blocks
 - Throw/Track/Catch Skills
 - Racquet Skills
 - Body work Skills
 - Rally Skills
- ▶ Development Progression for Throw-Serve development

REFLECTIONS

WORKBOOK C EXERCISE:

- ▶ Day 3 Reflections (page #12)





WELCOME TO WEEKEND #2

Weekend #2
Friday Night

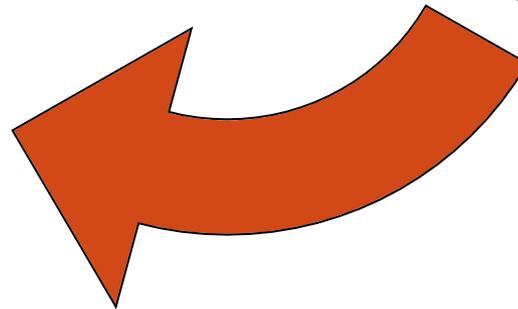
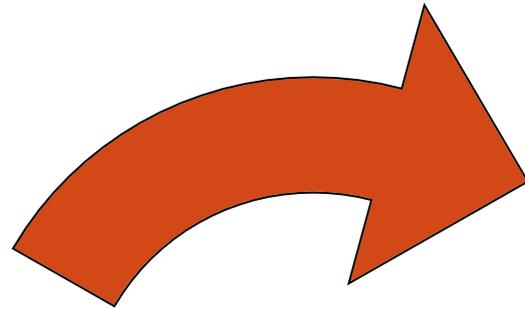
TECHNICAL TOOLS: Reception vs Projection



RECEPTION



PROJECTION



ORGANIZE PRACTICE

WORKBOOK C EXERCISE: (page #13)



- ▶ Design a drill using the sheet on page #13
- ▶ TOPIC: “Receiving Wide Groundstrokes”

SET-UP & RECOVERY FOOTWORK

▶ 3 Footworks

- Run
- Shuffle
- Crossover

▶ Movement Directions

- Side to side at baseline
- Up & back at baseline
- Approach the Net
- Side to side at Net
- Chase a Lob



TWO-FOLD DEFINITION OF TECHNIQUE

What the Player Does (5 Fundamentals)

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

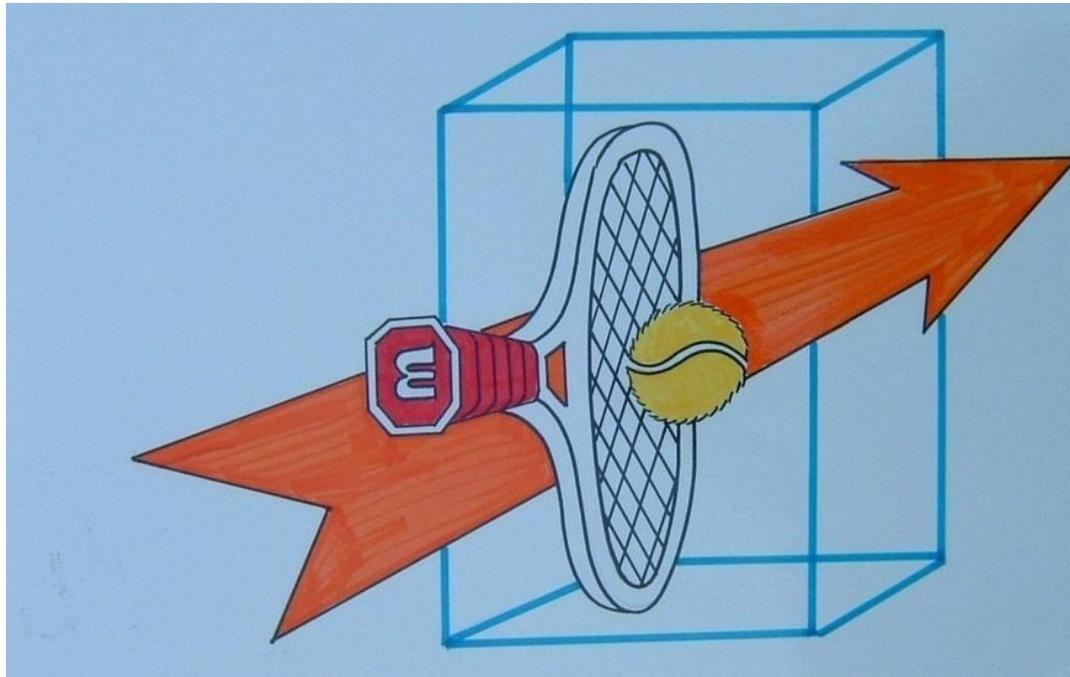
What the Ball Does (Ball Control)

- Height
 - Direction
 - Distance
 - Speed
 - Spin
- ▶ The first 3 are the most relevant for starter players

TECHNICAL TOOLS:

Ball Control: P.A.S. Principles

- ▶ Path of Racquet
- ▶ Angle of Racquet
- ▶ Speed of Racquet



FRIDAY NIGHT LEARNINGS:

- ▶ Improving **Set-up & Recovery** through footwork
- ▶ Using **PAS Principles** to improve effectiveness



UNFOLDING OF A LESSON

Lesson Steps

1. MEET & GREET

2. WARM-UP

3. PLAY & PRACTICE

4. WRAP-UP

Play & Practice Steps

Organize Point-Play

- Demonstrate Game
 - Rules
 - Scoring
 - Rotation

Practice Activity (Run an activity that highlights one of the 5 Fundamentals or PAS Principles)

- **Connect to Tactic**
- **Technical Demonstration**
- Demonstrate Practice Activity
- Scan Practice activity

Organize Point-Play

Rally Practice

Starting Points Practice

Net Play Practice

TECHNICAL DEMONSTRATION

▶ Connect a Tactic

- Keep the Ball in Play
- Place the Ball
 - To the open court
 - To a weakness
- Control Height for Defense
- Take the Net

Visual Demonstration

- ▶ One element at a Time
- ▶ Word & Image Together
 - 3-5 hits
- ▶ Correct Demonstration
 - Location
 - Technique
- ▶ ‘Belly-button’ rule



TECHNICAL DEMONSTRATION TOPICS

SERVES

- ▶ **Grip**
(Continental)
- ▶ **Set-up**
(Coordinated toss up to 'trophy' position)
- ▶ **Impact Point**
- ▶ **Hitting Zone**
(Pronation/'Throwing action')

GROUNDSTROKES

- ▶ **Grip**
(Eastern FH & BH)
- ▶ **Set-up**
(Feet/Racquet/Body)
- ▶ **Impact Point**
- ▶ **Hitting Zone**
- ▶ **Recovery**

VOLLEYS

- ▶ **Grip**
(Continental)
- ▶ **Set-up**
(Feet/Racquet/Body)
- ▶ **Impact Point**
- ▶ **Hitting Zone**
(‘Catching Action’)

SCANNING PRACTISE ACTIVITIES

▶ **Is it Safe?**

- Court
- Balls
- Equipment
- Space

▶ **Is it Correct?**

- Drill correct?
(appropriate repetition)
- Skill correct?

▶ **Is it Enjoyable?**



GROUP ORGANIZATION PROBLEM-SOLVING

Challenges

- ▶ Unequal levels
- ▶ Odd numbers
- ▶ Lack of Engagement
- ▶ Insufficient Repetition
- ▶ Inadequate Equipment
- ▶ Discipline Issues

Solutions (Tools)

- ▶ Court (Red/Orange/Green)
- ▶ Instructor Position (In/Out)
- ▶ Formations (Lane/Triangle)
- ▶ Rotation
 - Big Circle
 - Little Circle
 - Anchor
 - Wave
 - Stations
- ▶ Feeding (Live-ball/Dead-ball)

TEACHING EVALUATION TOPICS

Topics from the Tennis Canada “Learn to Play” curriculum

▶ Red Court

- Activity R2: Throw Crosscourts & Lines (Set-up & Recovery)
- Activity R7: Red Rally (Impact Point)
- Activity R8: Groundstroke Feed (Set-up)

▶ Orange Court

- Activity O1: Orange Rally (Grip Change)
- Activity O2: Rally Crosscourt (Hitting Zone)
- Activity O5: Overhead Serve & Return Teams (Serve ‘Throwing action’)
- Activity O8: Groundstroke to Volley (‘Catching Action’ on volley)

▶ Green Court

- Activity G1: Green Rally (Set-up)
- Activity G3: ‘Over & Under’ (Height Control with PAS)
- Activity G8: Lob to Overhead (Set-up on overhead)

SCANNING PRACTISE ACTIVITIES

▶ Is it Safe?

- Court
- Balls
- Equipment
- Space

▶ Is it Correct?

- Drill correct?
(appropriate repetition)
- Skill correct?

▶ Is it Enjoyable?

▶ FUN FACTORS

- Add Competition
- Add Movement
- Optimal Challenge
- Activity
- Enthusiastic Instructor



SATURDAY LEARNINGS

- ▶ Use a 'hitting' warm-up to maintain skills
- ▶ Unfolding of the Play & Practise step of a lesson
- ▶ Components of good Technical demonstrations
- ▶ Scanning Play & Practise Activities for 'Safe', "Correct" and "Enjoyable"
- ▶ Using the 'Fun Factors' to increase enjoyment
- ▶ Group Organization Tools can be used to solve Problems

REFLECTIONS

WORKBOOK C EXERCISE:

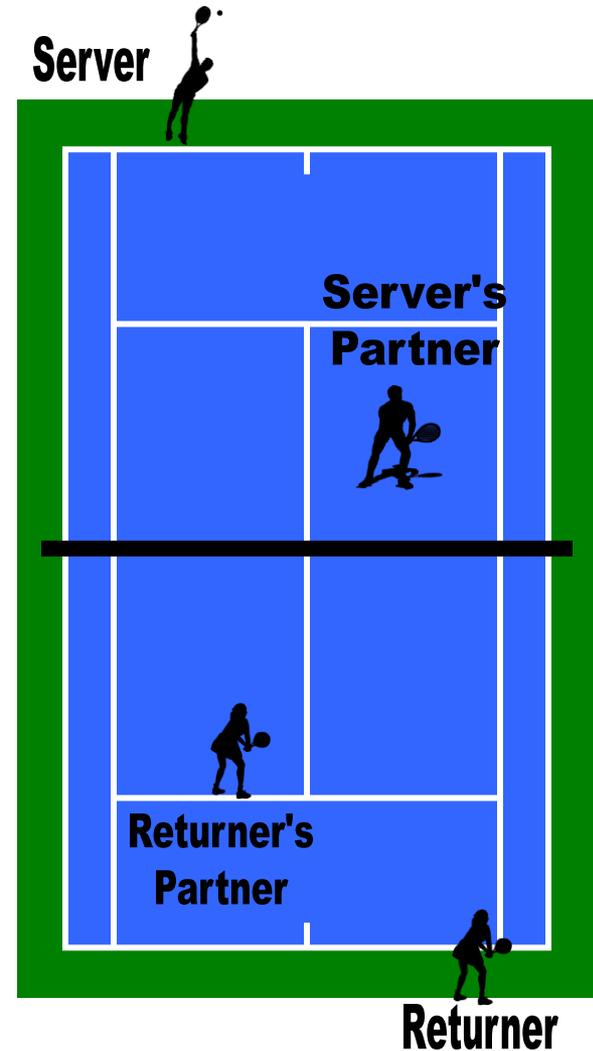
- ▶ Day 4 & 5 Reflections (page #14)



DOUBLES PLAY

DOUBLES PLAY:

- ▶ Starting Positions & Roles
- ▶ Making the 'Wall'
 - Coming in on a short ball
- ▶ Who Covers the lob?
 - When Both Up
 - When Both Back
- ▶ Who takes the Middle?



COURSE REFLECTIONS

WORKBOOK C EXERCISE:

- ▶ Course Reflections (page #15)



**The Training Course is over.
Good luck on the evaluations!**