

BARBADOS TENNIS ASSOCIATION PLAY TENNIS COURSE

DATES:- September 5th - 8th , 2020 (4 days - Sat, Sun, Mon, Tue)

DAILY TIMES:- 8.30 am – 5.30pm (35hrs in total)

VENUE:- National Tennis Centre (Wilkey)

TUTOR:- Damien Applewhaite (Level 3 Coach)

COST:- \$80 towards course materials (please bring your own lunch)

TARGET AUDIENCE: Tennis coaches, School teachers, Sport leaders, Officials, Parents

PARTICIPANT LEVEL OF PLAY: Minimum (ability to have a basic rally with a starter player using slower balls)

OVERVIEW:-

The BTA Play Tennis Course is one of a series of courses that the ITF (International Tennis Federation) has developed to help participants introduce other persons to playing tennis. Participants can include teachers interested in introducing tennis in their schools, parents desirous of encouraging their children to play tennis, camp leaders and volunteers seeking to include tennis in their programs or persons exploring a tennis coaching career and any other persons who want a chance to develop knowledge and understanding in a range of specific topic areas. The course aims to provide participants with ideas on how to work effectively with starter players of all ages, including Mini Tennis, using a game-based approach. It covers areas such as:

- Ideas on how to introduce the game to starter players in a stimulating and simple way.
- Use of different balls and court sizes to allow all starter players to play the game.

- Effective communication and organisation, including methods of organising groups of players.
- Simple competition formats.

No previous qualification is required to attend the course. The course holds no qualification, but participants will be given a certificate of attendance. However, the course is a prerequisite to anyone wishing to pursue the level 1 coaches certification with the ITF.

OBJECTIVES:-

By the end of the course, participants should be able to:

- show they can get starter players to play tennis quickly (serve, rally and score)
- run stimulating and entertaining sessions for starter players
- use excellent verbal and non-verbal communication skills
- rotate players efficiently so that all players have equal chance to perform the tasks and drills
- adapt tasks and drills to the level of students
- differentiate the activity for different abilities of players within the same lesson
- demonstrate each practice effectively and quickly so players know what to do
- run cooperative and competitive practices
- use equipment (balls, courts, rackets) suitable for the level of the students
- give simple technical and tactical instruction that can help starter players play tennis more effectively
- organise Mini Tennis and starter adult group sessions
- run simple competitions using a variety of formats and scoring systems.