

JERSEY TENNIS ASSOCIATION

Newsletter

September 2016

Coaching Courses in Jersey

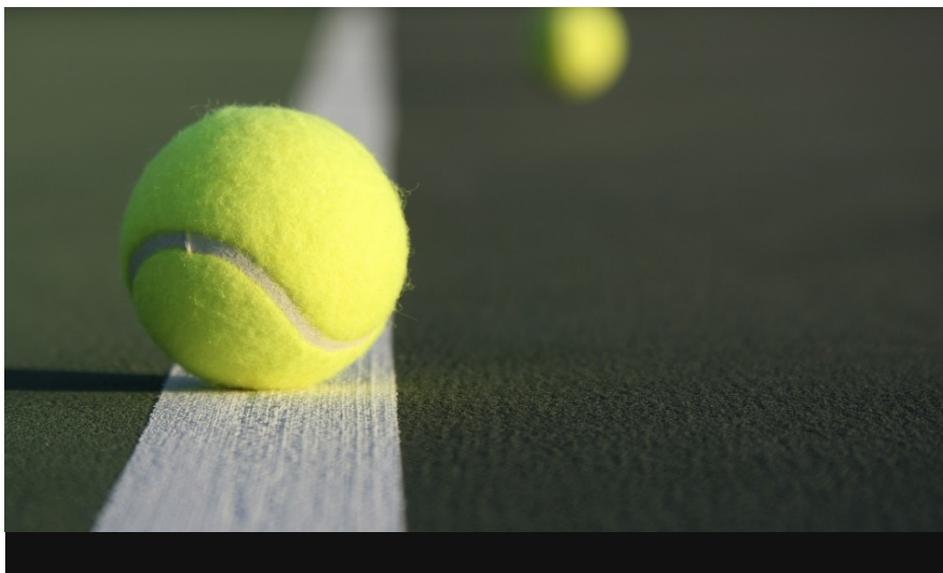
Have you ever fancied learning how to coach?

If tennis is your passion then a career as a tennis coach may be perfect for you? Or perhaps your interest in sport is more general, but you want to be able to teach others?

Read further to learn about an exciting opportunity coming to Jersey

Coaching Partnership

The Jersey Tennis Association are pleased to announce that we have been offered a partnership with Exeter University to provide LTA Level 1 & Level 2 coach training. There are also an number of other courses available depending on interest.



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LTA Level 1

The Level 1 Coaching

Assistant course is the

starting point for

people who want to get

into tennis

coaching and become a

coaching assistant

LTA Level 1

Will train people to:

- Organise tennis activity constructively and safely.
- Plan and deliver a structured lesson under the guidance of an accredited coach.
- Have basic knowledge of tactics, techniques and rules of tennis.
- Have a full understanding of the structure of Mini Tennis.

Organised over 3 days with 3 hours of coaching experience required between day 2 & 3.

Day one

- Introduction
- Mini Tennis
- Lesson structure
- Basic tactics
- Basic technique
- Feeding
- Demonstrations

Day two

- Organisation
- Communication
- Initial assessment
- Tutorial
- Action plan

Mentored experience

Minimum of three hours experience assisting an LTA licensed coach during the 3-6 week break.

Completion of Level 1 Portfolio.

Day three

- Mini Tennis awards
- On court assessment

Course Assessment

- On court practical assessment using course materials.
- Portfolio of evidence.
- Candidates must attend all the sessions on the course at the same venue and pass all elements of assessment to be successful.

LTA Level 2

The Level 2 Coaching

Assistant course is aimed at coaching assistants who want to improve their coaching skills

LTA Level 2

Will train people to:

- Lead the delivery of group coaching and tennis activity sessions under the umbrella programme of an accredited Level 3 coach.
- Coach groups of beginners using different equipment.
- Plan and deliver a structured lesson using LTA Level 2 coach resources.
- Give advice on tactical and technical improvement for beginners of Mini Tennis.
- Organise competition for groups of beginners.

Organised over 5 days with 4 hours of coaching experience required between day 2 & 3 and again between 4 & 5

Module one (days 1& 2)

- Warm ups.
- Organisations/communication.
- Technical and tactical.
- Lesson structure.
- Teaching progressions.

Mentored experience

Minimum of four hours experience assisting an LTA licensed coach during the 3-6 week break. Work on Level 2 Portfolio.

Module two (days 3 & 4)

- Core coaching skills.
- Schools.
- Competitions.
- Working with disabilities.

Mentored experience

Minimum of four hours experience assisting an LTA licensed coach during the 3-6 week break. Completion of Level 2 Portfolio.

Module three (days 5)

- Practical & portfolio assessment

Course Assessment

- On court practical assessment using course materials.
- Online portfolio of evidence.
- Candidates must attend all the sessions on the course at the same venue and pass all elements of assessment to be successful.

Course Pre-requisites

Level 1

- Be a minimum of 16 on the first day of the course.
- Have a signed letter of deployment from the club where coaching experience will be undertaken or request a letter of deployment from the course provider.
- Have coaching assistant experience organised before the course starts

Level 2

- Hold the level 1 coaching assistant qualification OR the LTA tennis assistants OR hold a 1st4sport level 2 certificate in coaching another sport with UKCC endorsement.
- Be LTA registered or hold a criminal record check through the LTA less than 12 months old.
- Hold a valid certificate of competence in either First Aid at Work (FAW) or Emergency First Aid at Work (EFAW), or will have successfully completed the OFQUAL Level 2 in First Aid.
- Candidates are required to have their mentored coaching experience organised before the course starts.

Other Courses

Our partnership with Exeter University means that we can offer the following training course alongside the Level 1 & 2 courses.

- LTA Mini Tennis CPD
- Cardio Tennis Course
- Disability Awareness Course
- Activators and Park Activators Course

All CPDs will carry LTA Coach CPD licence points.

Next Steps

The candidate costs for these courses is £250 (Level 1) and £420 (Level 2).

The dates have yet to be arranged as the JTA need to gauge demand. At the same time as running the single day sessions we would look to run another one of the courses list above over the same weekend.

If you are interested in any of the courses please contact the JTA.

Contact Us

The JTA can be contacted via

Our website at www.jerseytennis.org

Our Facebook page [Jersey Tennis](https://www.facebook.com/JerseyTennis)

Or by e-mail using

info@jerseytennis.org