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Disclaimer
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How to use this workbook

This workbook has been designed to assist you on your journey to becoming an ITF Coach of beginner and intermediate players of the activities you will cover during the course on-court sessions is outlined in this workbook. There are also sections where you can reflect on your coaching knowledge and skills and how you think you are going at different stages of the course.

The ITF Coach of beginner and intermediate players’ course is made up of four units. The assessment tasks for many of the units have been integrated (that is, several performance criteria from several units are assessed at the same time). This Off-Court Workbook focuses on all units of competency.

You will be required to bring this workbook to all on- and off-court sessions and it should serve as a useful resource in completing your course assessment tasks and during your coaching career.

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<thead>
<tr>
<th>PERSONAL DATA</th>
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<tr>
<td>Contact details:</td>
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<td>- e-mail:</td>
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<td>- phone:</td>
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<td>Course venue:</td>
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<td>Well-being, Awareness, Personal development, Anti-doping, Educational programmes</td>
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ACTIVITY 3

Title  
Strategy and tactics for beginner tennis players

Unit  
1. Coaching beginner and starter players

Sub-unit  
1.1. Training theory – sport science – teaching methodology
1.2. Training practice – individual and group – teaching methodology and tactics

Resources  
ITF Manual Coaching beginner and intermediate players – Chapters 6 and 13 –

Content title  
Strategy and tactics

Competencies  
Demonstrate tactical / strategical knowledge and application of relevant tennis contents to the session:

- **Knowledge**: Demonstrate fundamental basic knowledge of the fundamental aspects of strategy and tactics for beginner - starter.
- **Drills**: Outline and apply through drills the basic tactical fundamentals for beginner - starter tennis players.
- **Game situations**: Understand and apply through drills the 5 basic game situations (serve, return, baseline game, approaching and playing the net, passing the net player) for beginner - starter tennis.
- **Zones of play**: Outline and apply through drills the basic zones of play for beginner - starter tennis (back court-red, mid court-yellow, net court-green).
- **Phases of play**: Outline and apply through drills the phases of play (attacking, neutral, defending) in the basic tennis game situations and their strokes.
- **Tactical intentions**: Outline and apply through drills the main tactical intentions (hit, over, in, deep, etc.) in the basic tennis game situations and their strokes.
- **Other factors that influence tactics**: Outline and apply through drills the phases other factors that may influence tactics (physical, technical, tactical, psychological, and environmental) in the basic tennis game situations and their strokes.
- **Singles and doubles**: Outline and apply through drills the basic strategies and tactics for singles and doubles play in both singles and/or doubles training sessions.
- **Demonstrations and explanations**: Demonstrate and explain the basic fundamental tactical fundamentals of the basic game situations for beginner - starter.
- **Progressions**: Apply basic tactical progressions/ regressions for beginner - starter players.
- **Analysis and improvement**: Analyse and improve the basic tennis strategies and game styles using a variety of methods in the different game situations.

Time allocated  
120 minutes

Materials needed  
Pen and paper
1. Strategy is the development of a game plan. Give one example of a possible game plan for a beginner tennis player. Justify your example.

1. 

2. Provide three tactical examples for the strategy you have set up above.

1. 

2. 

3. 

3. Explain how the different factors listed below can affect the tactics of a match.

1. Level of play: 

2. Surface: 

3. Conditioning: 

4. Wind: 

5. Sun: 

6. Psychological factors: 

4. Examine the list of factors above and include another factor(s) that in your opinion may affect the tactics of a match.

1. 

2. 
5. Consistency is crucial for tactics. Provide three examples on how to play consistently at beginner level.

1. 

2. 

3. 

6. Players should avoid making unforced errors.

1. Define “unforced error”:

2. Write down one example of an unforced error:

7. In tactics we can also talk about forced errors.

1. Define “forced error”:

2. Write down one example of a forced error:

8. When players improve their confidence and skills they can concentrate more on risk taking. Provide three examples on players can increase risk at experienced beginner level.

1. 

2. 

3. 

9. Provide three examples on how experienced beginner players can force their opponents to make a mistake.

1. 

2. 

3. 
10. Players should try to hit the ball deep.

1. Why?

2. Where?

3. When?

3. How?

11. Players should try to exploit their opponents’ weaknesses. Provide three examples on how beginner players can find out where or which are their opponents’ weaknesses.

1. 

2. 

3. 

12. Players should develop a high margin for error. Provide three examples on how beginner players can do this.

1. 

2. 

3. 

13. Recovery for the next shot positioning is very important. Write two drills that will help players understand this tactical concept.

1. When, where and how to recover in the baseline:

2. When, where and how to recover at the net:
14. Game situations in beginners’ tennis. Fill in the following table with the appropriate information.

<table>
<thead>
<tr>
<th>Game situation</th>
<th>Main tactical goal(s)</th>
<th>How/Where to play</th>
<th>Which stroke(s) to use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serve</td>
<td>Play the serve in</td>
<td>Baseline</td>
<td>Deep</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Lob</td>
</tr>
</tbody>
</table>

15. Zones of play in beginners’ tennis. Fill in the following table with the appropriate information.

<table>
<thead>
<tr>
<th>Game situation</th>
<th>Zone where I play from</th>
<th>Zone where my opponent plays from</th>
<th>Time I have to react to the oncoming ball</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baseline</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Return</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Approaching the net</td>
<td></td>
<td></td>
<td>Less</td>
</tr>
</tbody>
</table>

16. When both players are rallying from the baseline, beginners should try to wait for their opponents’ to make a mistake. Write one drill that will help players understand this tactical concept.

1. When, where and how my opponent makes a mistake from the baseline:
17. Shot identification in beginners’ tennis. Fill in the following table with the appropriate information.

<table>
<thead>
<tr>
<th>Game situation</th>
<th>Example of an easy shot for me</th>
<th>Example of an easy shot for my opponent</th>
</tr>
</thead>
<tbody>
<tr>
<td>In the middle of the service box</td>
<td></td>
<td></td>
</tr>
<tr>
<td>In the middle of the court</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Baseline game</td>
<td></td>
<td></td>
</tr>
<tr>
<td>High and short ball</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Opponent at the net</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

18. Shot selection in beginners’ tennis. Fill in the following table with the appropriate information.

<table>
<thead>
<tr>
<th>Type of ball</th>
<th>Type of shot for me</th>
<th>How to play</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>Green</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Moderately difficult</td>
<td></td>
<td>Very carefully</td>
<td></td>
</tr>
</tbody>
</table>

19. Give one tactical tip to a beginner player when:

- Playing against a stronger opponent:

- Playing against a weaker opponent:

- Playing against a risk taker/attacker:

- Playing against a retriever /defensive player:

- Playing against a player who moves very well:
- Playing against a player who does not move well:

- Playing on a clay court:

- Playing on a hard court:

- Playing on a windy day:

- Playing with the sun:

20. Doubles tactics in beginners’ tennis. Fill in the following table with the appropriate information.

<table>
<thead>
<tr>
<th>Player role</th>
<th>Where to stand</th>
<th>How to play</th>
<th>Where to move</th>
</tr>
</thead>
<tbody>
<tr>
<td>Server</td>
<td>To the net if possible</td>
<td>Keep the volley in</td>
<td>To the net if possible</td>
</tr>
<tr>
<td></td>
<td>At the baseline</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Receiver’s partner</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

21. When playing doubles it is important to try to get to the net as soon as possible. Write one drill that will help players understand this tactical concept.

1. When, where and how to get to the net as soon as possible in doubles:

22. When playing doubles it is important to play as a team. Write one drill that will help players understand this tactical concept.

1. When, where and how to get to play as a team in doubles:
23. When playing doubles it is important to vary the returns. Write one drill that will help players understand this tactical concept.

1. When, where and how to get to vary the return in doubles:

24. When playing doubles it is important to play well at the net. Write one drill that will help players understand this tactical concept.

1. When, where and how to get to play well at the net in doubles:

25. When playing doubles it is important that players in the team communicate. Write one drill that will help players understand this tactical concept.

1. When, where and how to communicate with my partner in doubles:

26. What is new? Write 3 new ideas you have learned from this chapter and indicate how you will apply them in your coaching.

1. 

2. 

3. 

27. Write down where you can access information that will help you continue your knowledge on this area when working with beginner and intermediate tennis players.

1. 

2. 

3. 