

Olympic Solidarity Programme



Olympic Scholarships for Coaches In Tennis



International Tennis Federation Proposed Online Coaching Scholarship Structure / Outline

2022 – COVID-19 Adapted Programme



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1. Introduction and Rationale

The measures taken regarding the COVID-19 situation make it necessary to adapt the general proposal for the structure and organisation of the Olympic Solidarity Programmes for Coach Education.

The main principle overriding the proposal is to offer to the scholarship candidates the best coach education programme possible considering the circumstances. Therefore, the proposal will ensure that the adaptation of the programme respects the criteria of quality of delivery, quantity of education load and availability of the certification offered.

The proposal is also based on the methodology of blended learning. The adaptation to the new conditions will mean that the candidates will not be able to take both the theoretical and practical sections of the course at the same time.

The hours of practical coaching experience and the theoretical and practical exams will be delivered and taken once the relevant authorities allow this to happen. The delivery of these contents will happen in Valencia or in the venue agreed by the ITF and the candidate following the conditions set above.

The following document presents the most relevant information with regards to the structure and organisation of the Olympic Solidarity Programmes – Online ITF Tennis Coaching Scholarships for 2022.

This Online ITF Tennis Coaching Scholarship will provide coaches with the opportunity to:

- ✓ Gain more than 50 hours of online (ITF Academy) theoretical study.
- ✓ Gain more than 20 hours of private work/study.

Olympic Solidarity Programmes: Online Coaching Scholarships	
Persons responsible for the delivery of the programme	Dr. Miguel Crespo: Head, Participation & Coaching, for the Tennis Development Department of the International Tennis Federation
	Dr. Rafael Martínez: International Tennis Federation Course Tutor
	Pancho Alvariño: Academy Director Carlos Valle: Physical Conditioning specialist
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Duration	Six consecutive weeks
Teaching Load	Practical face-to-face: During 2022 in Valencia
	Theoretical virtual: Over 90 hours, including online presentations and private work/study
Certification	The ITF will be certifying the number of hours and units completed by the coaches. In addition to this the coaches will be given the opportunity to



	undertake the ITF CHP (level 3) practical and theoretical exams.
Resources provided	ITF online Academy resources: short courses, Q&A courses, presentations, I-coach resources, CSSR issues, workbooks, etc. App ebooks: ITF Biomechanics of Advanced Tennis; ITF Strength and Conditioning for Tennis; ITF Tennis Psychology; ITF Technique development in tennis stroke production.
Material coaches should have	Internet connection Computer with webcam and microphone (recommended) Mobile electronic device (phone, laptop,)

2. Staff

2.1. Course Tutors

Dr. Miguel Crespo

Miguel is the Head Participation & Education for the Tennis Development Department of the International Tennis Federation (ITF). Based in Spain since 1997, Miguel is responsible for the ITF Coaches Education Programme and has been involved in the writing of many of the ITF's coach education publications including: ITF Biomechanics of Advanced Tennis; Strength and Conditioning for Tennis; the ITF Advanced Coaches Manual; the ITF School Tennis Initiative Teachers Manual; the ITF's "Being a Better Tennis Parent", and "The Tennis Volunteer" among other publications. He also travels the world conducting coaches' workshops and reporting on the latest developments in the field of coaching. Miguel holds a Ph.D. in Sports Psychology, a Ph.D. in Law, and a B.A. in Philology. He is former Director of the National Coaching School for the Royal Spanish Tennis Federation. Between 1984 and 1989 Miguel was travelling coach and captain of Spanish National Junior Teams. Miguel has taught coaches at all levels and has written articles and books for coaches, players and officials of the game.

Dr. Rafael Martínez-Gallego

Rafael is the ITF Tutor for Coaching Advanced Players (level 2) and Coaching High-Performance Players (level 3) Courses. He holds a Ph.D. in Sport and Exercise Science from the University of Valencia. He is currently coaching several top junior players in his club. He is also an Associate Professor in the Faculty of Sport Sciences and Physical Activity at the University of Valencia. In addition, he is a qualified Royal Spanish Tennis Federation (RFET) coach, and he is a tutor for the coaching courses of the RFET and different Regional Federations in Spain. Rafa has authored several articles in ITF Coaching and Sport Science Review and has been a keynote speaker at different ITF Regional Coaches Conferences.

Miguel and Rafa are responsible for the production of the ITF coach education material. This includes the writing and editing of books, the production of the ITF Coaching and Sports Science Review, the writing and editing of ITF Academy courses. In addition to this they are also heavily involved in organising ITF coaching courses and ITF Regional and Worldwide coaches Workshops.



They are also involved in research projects undertaken by the ITF and in the upkeep of the ITF Coaching weblet.

2.2. Academy Tutors

Pancho Alvariño

Pancho is owner of the Academy by Pancho Alvarino. He was previously owner and director of the Tennis Academy 'TenisVal' in Valencia (Spain), one of the top tennis academies in the country. Several world class tennis players such as David Ferrer, Marat Safin, Dinara Safina, Igor Andreev, Anabel Medina and many others train or have trained at the Academy. Pancho, a former top national player himself is a National Coach certified by the Spanish Tennis Federation (RFET). He was the captain of the Spanish team that won the Fed Cup for the first time with Arantxa Sanchez and Conchita Martínez. Pancho has travelled the WTA Circuit as a coach of pro players for over 15 years. He has written tennis articles in specialized tennis journals and has given presentations at national and international conferences.

Carlos Valle

Carlos is the physical conditioning coach of the Academy. Carlos holds a Degree in Sciences of Physical Activity and Sport from the University of Valencia. He worked as a coach and physical trainer at the TenisVal Academy 2014 – 2016. He also is a certified Monitor Nacional by the RFET. He worked as a coach with the Valencia Tennis Federation and both El Collao and the Sollana Tennis Clubs. Carlos has also a certification as a Personal Trainer (FEDA) and instructor of Physical Activity in the aquatic environment (FEDA).

2.3. Expert collaborators

Dr. David Sanz Rivas

Dra. Lucía Jiménez Almendros

Dr. Machar Reid

Riaan Kruger

Jose Canós

Pepe Vendrell

3. Overview of the Programme

During the programme the coaches are expected to fulfil certain theoretical components. These components will be delivered online at the ITF Academy, and it will require some personal study hours.

3.1. Learning Outcomes

- Increase knowledge in the requirements of high-performance tennis play in the four fundamental areas of tactical, technical, physical, and psychological skills.
- Attain knowledge on the different training methods applied to train the four fundamental skills for tennis play.
- Apply knowledge on how to train the four fundamental areas for tennis play.



- Increase ability to produce and present online presentations.
- Increase understanding of player development.
- Increase understanding of the structure of National Associations and the development of tennis within their own country.
- Understand the role of the ITF in coach education and resource production.

3.2. Topics to be Covered

Coaches will complete the theoretical components during the online lessons and during their own private study. Miguel and Rafa, as well as the experts will give some presentations and it is also expected that the coaches will deliver presentations on some of the topics listed below. During the course coaches will complete in excess of 90 or hours of theoretical study.

The topics will cover the following areas:

Module 1: Tactics

- Introduction to high performance tactics
- Notational analysis
- Tactical in men's high performance and pro game
- Tactical in women's high performance and pro game
- Junior high-performance tactics
- Male vs female high-performance tactics

Module 2: Biomechanics

- Introduction to biomechanics
- Biomechanics and teaching methodology
- Analysis of advanced stroke production
- Biomechanics of on-court movement
- Generating power in the serve
- The forehand
- The backhand
- The mechanics of net play

Module 3: Psychology

- Importance of psychological factors in tennis performance
- Psychological profiling
- Self-confidence / Self-efficacy
- Motivation
- Concentration / attention
- Emotional control

Module 4: Conditioning

- Importance of physical factors in tennis performance



- Screening and testing
- Endurance
- Strength and power
- Speed
- Coordination and agility
- Flexibility

Module 5: Periodisation and planning

- Importance of periodisation and planning
- Player development path
- Models of periodisation in modern tennis
- Planning of the technical and tactical contents
- Planning of the conditioning contents
- Planning of the psychological contents
- Planning the season at different levels of play
- Session programmes

Module 6: Methodology and skill acquisition

- Introduction to teaching methodology and skill acquisition for tennis
- Classification of teaching methods
- Traditional methods
- Game based coaching
- Teaching and coaching methodology at different levels of the game

4. Theoretical Delivery Methodology

Each module will be delivered through the following online resources and structure:

1. Initial test (ITF Academy Q&A courses)
2. Initial short courses (ITF Academy)
3. Online case-studies (ITF Academy)
4. Tutors' online presentations (ITF eBooks and ITF Academy slides)
5. Module workbooks
6. Group discussion
7. Expert presentation
8. Mock test assessments
9. Online module assessment
10. Individual or group work/presentation
11. Presentations from different organisations (Federations, Academies, tournaments) (TBC)

5. Practical Delivery Methodology



Due to the current situation. It is proposed that the delivery of the practical content of the course (i.e., on-court sessions and assessments) could be done according to the following options that will be agreed once there are more data available to take the appropriate course of action.

- **OPTION A** – The practical course hours and assessments – 2 weeks (80 hours app.) will be done in Valencia in the second half of 2022.
 - With the ITF tutors of the regular ITF/OS programme
 - If a minimum of 5 coaches per course attend this part of the course

- **OPTION B** – If this is not possible. The practical course hours and assessments will be done in the home country or in another country nearby (80 hours app.) when possible.
 - During a regular national or regional ITF Coaching High-performance players (level 3) course
 - Using national or ITF tutors
 - On a mentorship scheme – with an already ITF CHP (level 3) certified coach if a course is not available

6. Weekly Online Programme

Each week will be delivered one of the modules mentioned above. Each day, from Monday to Friday, coaches will have to attend a 2-hour online presentation on the corresponding module. Coaches will have to attend at least 80% of the presentations to be accepted in the practical (face-to-face) stage of the course. Also, tutors will ask for some individual or group activities (workbook activities, presentations, short courses) that coaches will have to fulfil at other times.

The online delivery mode will also be face-to-face, albeit digital. It can also be delivered as follows:

1 week per module – 6-week course

	Previous work	Monday	Tuesday	Wednesday	Thursday	Friday	Total hours
Online Short Courses	Minimum 6 x 20 min courses						2
Online presentation (face-to-face)		2 hours	2 hours	2 hours	2 hours		8
Expert presentation (*)						1 hour	1
Individual tasks - Workbook	1 hour			1 hour		1 hour	3
Group tasks - Case study			1 hour		1 hour		2
Total							16

(*) See expert list above

Total theoretical load per course: 16 hours x 6 modules= 96 hours

7. Certification

The ITF will be recognising the hours that the coaches spend training during the six-week period. The hours they undertake and the credits that they complete will be certified and they will be given a certificate.

In addition to this, the coaches will be given the opportunity to undertake the ITF Coaching High Performance Players Course (former level 3) theoretical exams.



8. Implementation Schedule 2022

Theoretical Content

The theoretical modules can start not before May 2022 and will be finalised before the face-to-face stage in 2022.

Practical content

If travel is allowed in 2022, the practical content can start during the second half of the year. If this is not possible, the courses in the specific countries will be coordinated with each National Association to be delivered at the end of 2022 or during 2022 in Spain.