



Trollhättans Tennisklubb

Trollhättan TK

Tennis school - Tennis academy

Coach handbook



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Chapter 1

Training structures



Mini - tennis

once per week
45'

Three different blocks

Start

Development

End

Start

Start - Coordination 10 minutes

Warming up + stretching

Basic running technique

Run (forward - backward)

Sidesteps from the baseline till serve line

Learning to stop - sprint from serve line till the net

Basic stretching - Abductors, hamstrings and quadriceps

Development

Development - Learning 15 minutes

**Motor coordination with elements, hands, racquets,
accessories, tennis balls**

**Teamwork to stimulate the hand-eye coordination.
Cooperation.**

End

End - Competing 15 minutes

Workout in multifunctional court

Along the season it could were some changes in the time ratio.

- Begin of the season, 10'-15'-15'

- Middle of he season, 10'-10'-20'

- End of season, 10'-5'-25'



Level 1

twice per week
1 hour

Three different blocks

Start

Development

End

Start

Start - Coordination 15 minutes

Warming up + stretching

Medium advanced running technique

Run (forward - backward)

Sidesteps from baseline towards the net

Low skipping towards the net

Learning to stop - sprint from the baseline till the net

Basic stretching - Abductors, hamstrings and quadriceps

Development

Development - Learning 30 minutes

Learning - coaching in order to develop technicals or tactical skills.

The coach should have very clear which kind of training would like to set up. If is technical then only technical issues, and if is tactical then only tactic situations.

End

End - Competing 15 minutes

**Competition in order to use what the player/s has trained previously.
The goal is to try to see and use the theme trained and the ability to
recognise it by the player/s**



Level 2

three times per week
1 hour 30'

Three different blocks

Start

Development

End

Start

Start - Coordination 15 minutes

Warming up + stretching

Advanced running technique

10' aerobic.

Sidesteps from baseline towards the net

Low and high skipping towards the net, running backwards towards the baseline.

Learning to stop - sprint from the baseline till the net

Stretching - Abductors, hamstrings and quadriceps.

Arms, back and trunk.

Development

Development - Learning 45 minutes

Learning - coaching in order to develop technicals , physicals or tactical skills.

Once the training session is determinate, explain and set the goals to achieve.

Physical - Set goals.

Technical - explain and demonstrate practically.

Tactical - explain the purpose.

End

End - Competing 30 minutes

The competition it could be or not in order to use what the player/s have trained previously.

If the lesson has been determinate in tactical skills, then this part it should be completely related with it.



Elite

five times per week
2 hours + extra

Three different blocks

Start

Development

End

Start

Start - Coordination 15 minutes

Warming up + stretching

10 minutes aerobic including running technique.

Stretching in order to prepare the training session.

Development

Development - Learning 60 minutes

Workout 3 times/week

500 strokes (regularity 20-25') + specific workout 35' (Technical - tactical)

Workout 2 times/week

250 strokes (regularity 10-15') + specific workout 45' (in order to develop what the player needs)

End

End - Competing 45 minutes

Match situation explaining what the player/s have trained previously.

The training session it could be extended day by day in order to complete the planning for each player or a determinate group. This extension it could be between 45-60 minutes.

Utvecklingssamtal

Lvl1, Lvl2 and Elite

Trollhättans TK datum

Utvecklingssamtal name:

Player profile:

Age:

Forehand:

Backhand:

Volley/smash:

Serve:

Physical shape:

Attitude:

Notes: ***reflections of the tennis coach and suggestions of the player/parents***

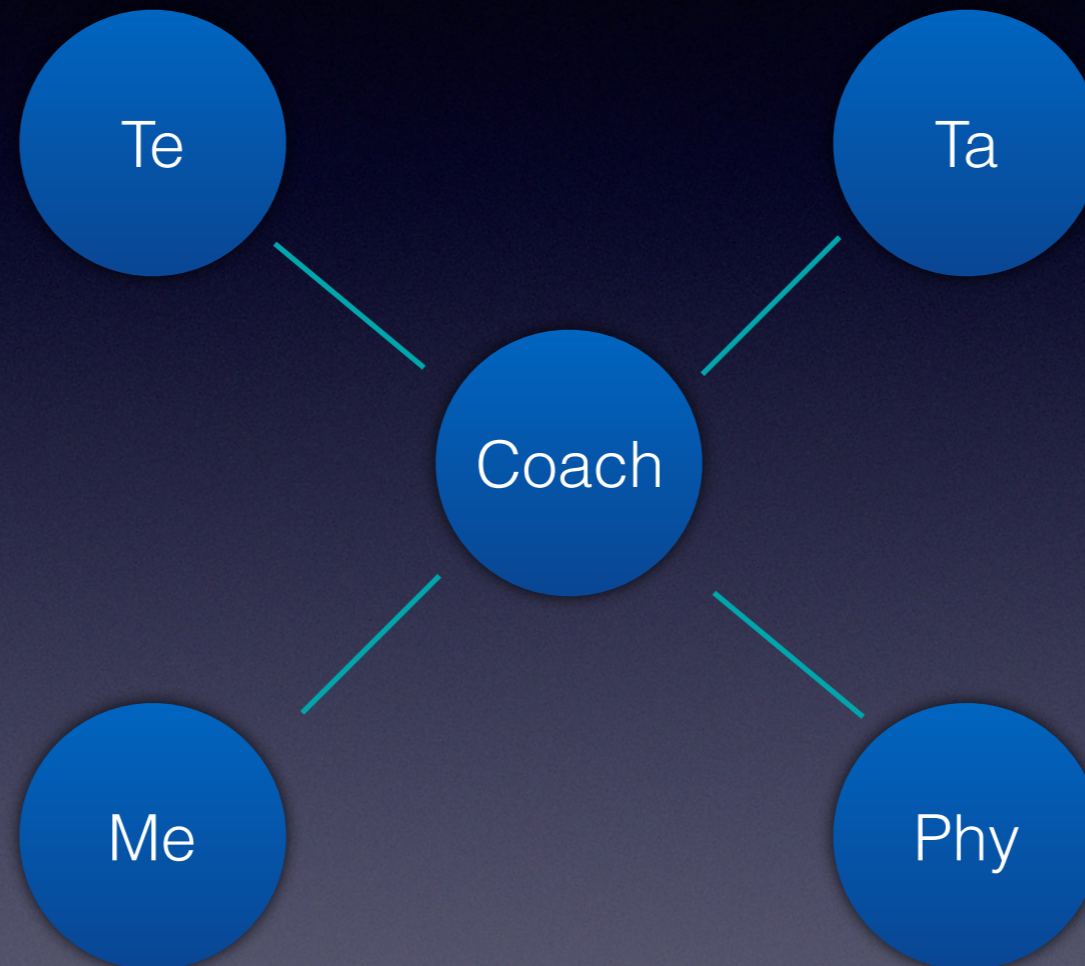
Proposal of individual goals: ***in order to process the info acquired to set new goals towards the next meeting***

Summary:

Chapter 2

The coach

Coaching coaches



System based in RPT - Registro Profesional de Tenis

Coaching coaches

Coach

Te

Technique

This is all that the coach has learned.
Tools to be used during the coaching
Experiences and courses

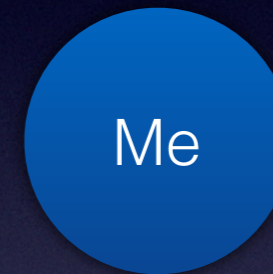
Ta

Tactic

The way that the coach can organise
itself. How can organise the Technique.

- Planification
- Punctuality
- Personal image
- Service
- Communication

Coaching coaches



Physical

- Endurance
- Feeding
- Hydration
- Equipment
- Physical shape

Mental

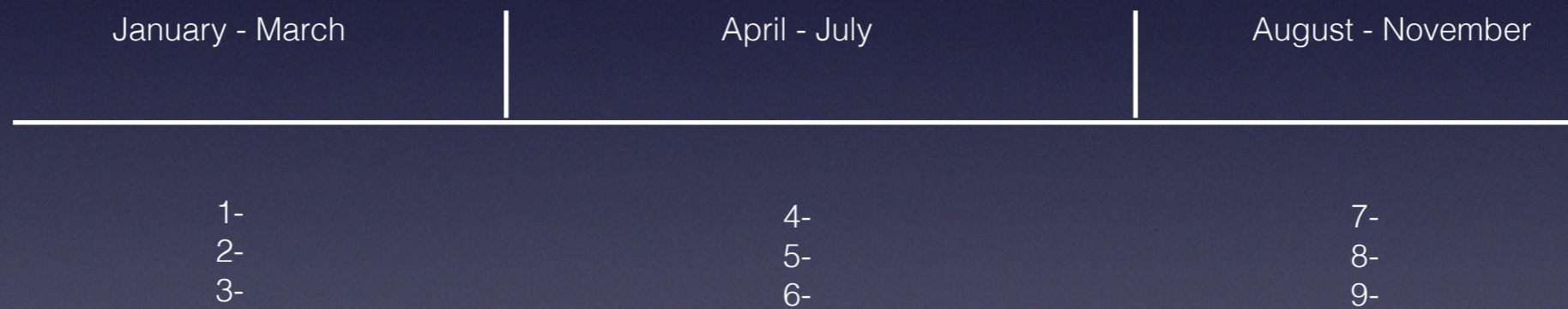
- Passion (personal reality)
- Attitude
- Motivation
- Discipline
- Commitment

Chapter 3

Planification

Competitions plan

Calendar



Preparing the training week

Training	Low intensity	Medium intensity	High intensity
Physical			
Tactical			
Technical			

Preparing the training session

Training	Day:	Workout:	Goal:
Physical			

Preparing the training session

Training	Day:	Workout:	Goal:
Technical			

Preparing the training session

Training	Day:	Workout:	Goal:
Tactical			

Notes

Sessions Groups	Day 1	Day 2	Day 3	Day 4	Day 5
Lvl 1					
Lvl 2					
Elite B B-Lag					
Elite A A-Lag					

Rapport

Training week:	Lvl 1	Lvl 2	Elite B B-Lag	Elite A A-Lag
Comments				

Rapport

- Weekly rapport to the Head Coach
- Questions and suggestions
- Feedbacks
- Communication
- Results