



# SINGAPORE TENNIS ASSOCIATION

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## STA LEVEL 1 TECHNICAL COACHING COURSE

### I. INTRODUCTION

The STA Level 1 Technical Coaching Course is based on the International Tennis Federation (ITF) Level 1 Syllabus and the course will allow participants to understand and be able to apply the basic training principles needed to coach players from beginner to intermediate levels.

### II. DETAILS

Date	23 March – 24 April 2020 (Every Monday, Wednesday, Friday, Saturday & Sunday)
Deadline	<b>Monday, 9 March 2020</b>
Venue	1. On-court sessions will be conducted at the Kallang Tennis Centre, or any other venue assigned by the STA. 2. Unless otherwise informed, lectures will be held at Sport Singapore, Gold Room. (Stadium MRT)
Course Fee	SGD\$803.00 – Singaporeans (after subsidy from STA) SGD\$1204.00 – Permanent Residents of Singapore SGD\$1,605.00 – Non-Singaporeans Inclusive of a set of 3 manuals to be collected from the STA office prior to the commencement of the course. (Fees incl. GST)
Re-Test Fee	Practical – SGD\$ 160.50 <ul style="list-style-type: none"><li>• Individual Class Test</li><li>• Group Class Test</li></ul> Theory – SGD\$ 53.50 <ul style="list-style-type: none"><li>• Written Test</li></ul> Whole Course – SGD\$ 535.00

## II. COURSE STRUCTURE

• The Basic Tennis Strokes	• Rules of Tennis
• Introduction to the Level 1 Course	• How to organize a tournament
• The Role of the Coach	• Individual teaching practice
• Singles and Doubles Tactics	• Spin
• Feeding: Demonstrations	• Fitness Training
• Simple Diagnosis and Correction Techniques	• Group Teaching Practice
• Elements of a Typical Lesson / Safety	• Tennis Drills / Practice with Juniors
• Teaching Formations for Group Lessons / Safety	• Written test
• How to Introduce the Basic Strokes to a Group of Beginners	• Individual lesson test
• Demonstration Test (first try)	• Group lesson test
• Coaching Children and Young People in Tennis	• Demonstration test
• Group Drills / Practices (Groups)	

## IV. COURSE SCHEDULE

Day	Date	Day	Type	Time	Note
1	23 March 20	Monday	Lecture	6 pm – 10 pm	Lecture
2	25 March 20	Wednesday	Court	7 pm -10 pm	On-Court
3	27 March 20	Friday	Court	7 pm – 10 pm	On-Court
4	28 March 20	Saturday	Court	9 am – 6 pm	On-Court
5	29 March 20	Sunday	Court	9 am – 6 pm	On-Court
6	30 March 20	Monday	Court	7 pm - 10 pm	On-Court
7	1 April 20	Wednesday	Court	6 pm - 10 pm	On-Court
8	3 April 20	Friday	Lecture	6 pm - 8 pm	On-Court
			Court	8 pm - 10 pm	
9	4 April 20	Saturday	Court	9 am – 6 pm	On-Court
10	5 April 20	Sunday	Court	9 am – 6 pm	On-Court
11	6 April 20	Monday	Lecture	6 pm - 8 pm	Lecture & On-Court
			Court	8 pm – 10 pm	
12	8 April 20	Wednesday	Court	6 pm - 10 pm	On-Court
13	11 April 20	Saturday	Court	9 am – 6 pm	On-Court
14	12 April 20	Sunday	Court	9 am – 6 pm	On-Court
15	13 April 20	Monday	Lecture	6 pm - 9 pm	Lecture
16	18 April 20	Saturday	Court	8am – 3 pm	On-Court <b>*Individual Practical Test*</b>
17	19 April 20	Sunday	Court	8am – 3 pm	On-Court <b>*Group Practical Test*</b>
18	24 April 20	Friday	Lecture	6 pm - 9 pm	Lecture

## VI. ADDITIONAL POINTS TO NOTE FOR STA LEVEL 1 TECHNICAL COACHING COURSE:-

- 1) SG-Coach Level 1 Theory Certification  
It is the applicants' responsibility to ensure that they obtain an **SG-Coach Level 1 Theory** certification before/after the technical course commences.
- 2) Passing Criteria
  - Pass the Course: Pass all **4 components**
  - Retest 1 module: Pass **3 components** & fail 1 component
  - Retake whole course: Fail 2 - 3 components
  - Mandatory to pass Skill Assessment Test to attain the Level 1 Certification
  - Components includes the following:
    - Skills Assessment
    - Individual Lesson Practical
    - Group Lesson Practical
    - Written Test
- 3) Attendance  
All participants must achieve a minimum course attendance of **100%** in order to qualify for the test. Those who cannot meet this requirement are advised not to sit for the course as no refund will be made.
- 4) Inclement Weather  
Lesson will be replaced should there be cancellation due to rain.
- 5) Retesters  
Retest date will be made available to participants within 6 months from the last completion date of the course or as assigned by STA.
- 6) Absenteeism  
There will be no refund for no-show candidates, and no make-up lesson for candidates who are absent.
- 7) Deferment / Withdrawal  
Withdrawal or deferment notice must be made in writing:
  - 2 weeks or more before course start date – full refund
  - Less than 2 weeks before course start date – 50% refund
  - On or after course start date – no refund