



COACH NETWORK EVENT

FOR BRITAIN





An event for coaches to share and connect

A chance for you to gain key updates, ask questions, discuss local topics, share best practice and make connections.

Order Of Play

Time	Activity
9.30-9.35	Welcome
09.35 – 10.15	LTA Youth in action - Sam Bruce, Mark Roskilly and feedback/discussion
10.15 – 10.30	UCoach - CPD for Herts Coaches
10.30 - 10.40	Supporting tennis parents – Mark Padfield
10.40-10.50	County Updates: Schools, October Coaches Forum, County Champs, Play Your Way Herts opportunities
10.50-11.00	Open Floor Discussion and Close



LTA YOUTH IN ACTION

Experience so far, feedback and discussion

LTA Youth Start - Case Studies, Gosling Sam Bruce

A great bridge from schools tennis onto junior programme

- Following on from hugely successful Tennis for Kids which was useful for bolstering participation when junior programme numbers were lower
- Very effective next step for kids participating in schools tennis as a first step to joining the junior programme
 - Removes barriers – racket, balls, T-shirt
 - high conversion rates - c65-70%
 - key is to encourage signing up with mates - same age, same class, same coach, same time - Allows for more targeted offer e.g. *“Your school slot is on Saturday at 10am”*.
 - Gosling Youth Start offered to under 8s (most are 6-7 yrs)
- Then have a follow-on offer ready to go at the end of 6 weeks
 - introductory offer e.g. half price – don’t want a big jump in price
 - Same time, same place
 - Remove barriers and make it easy for parents
- Sometimes Youth Start players integrated into programme classes with no push-back from existing parents - stickers at the end for **all** kids!

Youth Start – Gosling cont'd

The material

- Youth Start promotional material is effective at driving demand and interest in coaching programmes
 - **At Gosling the structure of the Youth Start course provides a syllabus for ensuring the basics are covered**
 - **But in practice the material can be adapted, with ‘coaching’ delivered in a flexible way through a game-based approach, rather being overly technical and prescriptive**
 - **Hence developing the players’ instinctive skills, an organic process which prevents overthinking and develops player autonomy**

Top tips

- The Youth Start URL generated by Clubspark is very long – easier to direct schools to an email address and set up an automatic link to the url which parents can then click on to get directly through to the booking site
- Essential to develop a good schools programme so that Youth Start can be the bridge that brings kids into the club programme

LTA Youth Start - Case Studies, Orchard Mark Roskilly

Word of mouth drives participants onto Youth Start courses

- Promotion has been good, driving parents to the website and postcode course finder
 - **New players who didn't know Orchard was even there!**
 - **Gives smaller clubs a presence**
 - **Conversion rates to programme are c50%**
- Tailor courses according to demand - bespoke courses can be set up on Clubspark which are only available to a group of players
- Use Youth Start to complement the programme and target age groups which are light. Balance number of courses against need to provide quality follow-on sessions

The material

- The lesson structure can be used to set the theme and the videos are good and useful. Exercises emphasise paired work
- Normal coaching 'nouse'
 - **Look at the material beforehand and pick and choose the games**
 - **If a drill isn't working, change it!**
 - **Larger purple balls and red/blue spots are useful, wristbands less so – ultimately you want kids to be able to differentiate left/right directions without them**
- Parental feedback on content is good so far

Youth Start – Orchard cont'd

Top Tips

- Welcome the kids and parents into the club when they arrive for their sessions
- Engage the parents
 - **Tell them up front that they do need to be there for at least 2 weeks and especially in the last session where they are actively involved in kids vs parents games**
 - **The flyer that goes home with the kids each session includes a practice at home exercise so make sure to cover this in the session so that kids know what to do**
- Running Youth Start sessions at the same time as programme sessions increases conversion - kids can move onto the programme but stay at the same time each week

Coach discussion

Do you run LTA Youth Start courses?

If yes, what's your experience – pros/cons?

If no, why not? How do you build alternative pathways into coaching programmes?

A photograph of a tennis coach kneeling on a court, talking to three young players. The coach is wearing a dark cap and a dark jacket. The players are also kneeling or sitting on the court. The background shows a tennis court with a net and some trees. The image has a blue tint.

UCOACH - Herts CPD Update

UCoach confirmed courses in Herts

COURSE STARTING MONTH

HERTFORDSHIRE	July	August	September	October	November	December
LTA Assistant - new level 1	BATCHWOOD	BATCHWOOD	BATCHWOOD			
	19 Jul & 16 Aug	3 Aug & 31 Aug	12 Sep & 3 Oct			
Level 2	BATCHWOOD					
	31 Jul/1 Aug & 21/22 Aug & 26 Sep					
Instructor - new level 2				BATCHWOOD		
				16 Oct start (TBC)		
Level 3			BATCHWOOD module 1	BATCHWOOD module 2	BATCHWOOD module 3	BATCHWOOD module 4
			15/16/17 Sept	6/7/8 Oct	3/4/5 Nov	15/16/17 Dec
Level 3/4 Reassessment			BATCHWOOD			
			03-Sep			
Emergency First Aid at Work	LEGENDS		BATCHWOOD			
	23-Jul		19-Sep			
Other Workshops					BATCHWOOD	
					Mastering Serve Day Two 3 Nov	

Additional LTA and UCoach Workshops

- LTA Youth Coach Foundation (also elective on Instructor course)
- Cardio (also elective on Instructor course)
- How to teach doubles to adult recreational players
- Court warrior
- Mastering the serve from U10s to pros – Day 1 of 2
- Mastering the serve from U10s to pros – Day 2 of 2
- Mastering forehands from U10s to pros – *coming soon*
- Mastering backhands and net play from U10s to pros – *coming soon*

For any UCoach courses coaches can be provided with a personalised certificate which can be uploaded to the LTA site for independent learning



SUPPORTING PARENTS

Mark Padfield – Competition Development Partner



COUNTY UPDATE – *Go Herts!*

LTA Youth Schools 2021

Primary Schools

- Teachers trained in 81 primary schools
- Emails sent out to coaches with existing links (58 schools) and to make new links to new schools (23 new links)
- Festivals, part of National School Sport Week, 21st June-25th June (but activity could have continued to 9th July)
- Aware of lots of issues around 'isolating bubbles' disrupting school sessions but does anyone have any other feedback on the success or otherwise of this initiative?
 - Any new club/school links formed – was the approach material useful?
 - Have any 10-session courses been delivered or been planned?
 - Have any coaches supported schools running festivals?

Secondary Schools

- Similar teacher training programme to be launched in September
- Same SGO network will be instrumental in driving uptake

October Coaches Forum – face to face!

SAVE THE DATE – 28TH OCTOBER 2021, BATCHWOOD

- Hosted and subsidised by the Herts Tennis Coaches Forum
- Thursday of half term
- A chance to get together again with a buffet lunch during the course of the day
- CPD points will be available
- Timing details and full course content to be finalised but will include guest speakers, practical sessions and updates from:
 - Nick Cavaday (head of Tennis Loughborough University National Tennis Academy), Tom Corrie and Ed Corrie
 - Regional LTA and county updates

STOP PRESS!

Herts Tennis Coaches Forum are once again running their popular January first aid courses - Tuesday 4th and Wednesday 5th Jan at HLTC

County Champs

SAVE THE DATE – Sunday 22nd August – Saturday 28th August

- Kindly hosted at Rickmansworth LTC
- Entries are open – HER-21-0084
- Entries close 8th August, withdrawal deadline 10th August
- Timetable
 - Red 8U – Monday 23rd
 - Orange 9U – Tuesday 24th (qualifying) and Wednesday 25th (main draw)
 - Green 10U – Friday 27th and Saturday 28th
 - 11U – Tuesday 24th and Wednesday 25th
 - 12U and 16U – Thursday 26th, Friday 27th, Saturday 28th
 - 14U and 18U – Monday 23rd, Tuesday 24th, Wednesday 25th
 - Open – all week, starting Sunday 22nd August with mixed doubles single day event
- Please encourage as many players and club members to enter as possible and we hope to see all of you there supporting your players

Play Your Way Herts – Pathways into tennis and opportunities to get involved

Play Your Way in Clubs

- Coach-led sessions for non-club members. Introductory free trial thereafter nominal charge (£2.50). Payment to coach organised through Herts
- Pilot clubs Leverstock Green, Bishops Stortford and Gosling have established regular attendees
- Good conversion into club members but equally developing a ‘club’ of non-club members
- Bookable via Clubspark – booking link promoted via social media and Hertstennis website
- Looking to expand - if any clubs/coaches are interested in setting up programmes please talk to Carole or Phil Martin

Play Your Way Community / Park Play

- Plans to develop a pilot of Play Your Way in non-club venues i.e., coach-led sessions which are promoted and bookable. Areas of lower socio-economic groups targeted first
- Coach opportunities to deliver funded sessions – again talk to Carole or Phil
- Park Play – similar initiative to Park Run, tennis delivered as part of multi-sport park sessions on Saturday mornings. Lead coach (funded) recruits volunteers to assist delivery

A photograph of a tennis coach kneeling on a court, talking to three young players who are also kneeling. The coach is wearing a dark cap and a dark jacket. The players are wearing various tennis attire, including caps and jackets. The background shows a tennis court with a net and some trees. The entire image has a blue tint.

OPEN FLOOR DISCUSSION

*Time to chat – what have you been up to? What's going well?
What do you need support with?*

Actions and summary

- **Actions from discussions (coaches/county/regional)**
- **Follow-up email with slides and survey coming (please feedback for future sessions)**
- **Any questions please get in contact
Carole Draper
Email: hertstennis@gmail.com**



Thank you!



Additional LTA and UCoach Workshops

LTA Youth – Coach Foundation

- Understand the over-arching coaching principles for LTA Youth
- Increase knowledge of the LTA Youth competencies across tactical, technical, physical, mental, competition and social domains
- Understand the skill acquisition and learning principles that underpin LTA Youth, which develop skills in a more robust way and provide children with a stronger sense of ongoing progression and challenge
- Be able to deliver a range of new fun and dynamic group exercises and sessions

Cardio tennis

- Why include in your programme?
- Group organisation and rotation methods that facilitate higher baseline heart-rates; helping players to find and work within their cardio zones
- Enhanced feeding skills and new drills and exercises for a fast-paced class environment

How to teach doubles to adult recreational players

- A new workshop which is ideal for coaches who deliver recreational doubles sessions as part of their weekly coaching and are looking for lots of new exercises and drills, alongside core coaching skills that result in quality doubles training

Additional Workshops cont'd

Court Warrior

- Would you like your juniors to play more? Practice with purpose and be more excited about competing? Learn how to develop motivation and unlock learning

Mastering the Serve Series From U10s to Pros – Day 1 of 2

- How to visually identify the norms and individual ranges (of variability) associated with effective, efficient and adaptable serves.
- How to analyse and retrain the root cause of suboptimal serves.
- How to coordinate simply the complex 244 body motions of the kinetic chain into stable serves.
- How to apply modern skill acquisition strategies for transferable competitive serve skills.
- How to optimise female serves by understanding their potential distinctive profile.

Mastering the Serve Series From U10s to Pros – Day 2 of 2

- Discover how simple and effective coaching strategies will optimally organise and develop the complex motions and forces of the serve coordination chain for U12's players.
- How to apply modern skill acquisition strategies for individualised serve skills.
- How to develop functional second serves including, slice, top-slice and topspin.
- How to analyse and retrain the root cause of injurious serve technique.
- Explore how task simplification strategies and learner-centred approaches will enhance game enjoyment