



WORKSHOPS AND INDEPENDENT LEARNING

There are various LTA and UCoach Workshops on offer as follows:

How To Deliver Cardio Tennis

What will this CPD train coaches to do?

Cardio Tennis is a high-intensity, fitness-inspired version of tennis coaching that will appeal to a wide variety of players. By combining the best elements of going to the gym (music, high intensity workouts) and tennis (running, hitting, and competing) Cardio Tennis enables players to achieve a full body, calorie-burning workout. The learning outcomes for this CPD workshop are:

- Understand the landscape of group exercise, and the value of this type of session in your programme.
- Understand and develop Cardio-Tennis specific group organisation and rotation methods that facilitate higher baseline heart-rates during sessions.
- Enhance feeding skills for a fast-paced class environment.
- Acquire a fresh set of practical drills and exercises to implement into your on-court delivery.
- Understand heart-rate zones, and how to help players find and work within their 'cardio zones'.

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.

Emergency First Aid At Work

This course is ideal for smaller workplace settings. The course covers basic life-saving first aid and workplace health and safety regulations. This is the relevant course required for Level 2/Instructor and Level 3/Coach qualifications.

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LTA Youth – Coach Foundation

LTA Youth is the flagship coaching programme for junior players aged 4-18. Building on the success of Tennis for Kids, LTA Youth is a fresh, modern and comprehensive coaching programme, offering Coaches world class content, via a suite of videos and session plans for all stages of player development. The learning outcomes for this course are:

- 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.
- In this foundation course, a small range of exercises from blue stage to green are covered.

Mastering The Serve Series from U10's To Pros – Day 1 of 2

Gain practical coaching knowledge in the following areas:

- 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 U10's To Pros – Day 2 of 2

Gain practical coaching knowledge in the following areas:

- 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 from U10's to Pros 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 over

There is one of these taking place at Batchwood on 3rd November.

Mastering Forehands – From U10's To Pro's

Coming soon!

Mastering Backhands and Net Game – From U10's to Pro's

Coming soon!

Independent Learning (taken from the LTA site)

Independent learning allows coaches to source quality and relevant CPD that is based on their needs and interests, and be awarded CPD credit upon successful reflection of learning for activities completed in the last 12 months. This will include a flexible range of formal and informal learning and can be outside of the core LTA offering.

There are two forms of independent learning, formal and informal.

Formal: Where a coach has booked onto and taken part in a structured learning course/activity with defined learning outcomes. Coaches can submit a reflection on their formal learning, along with a certificate of attendance. Subject to a satisfactory reflection, a coach will be awarded 1 CPD credit for each hour of CPD attended (with a maximum 12 credits per learning). For example, a two hour online course can be submitted for two credits.

Informal: Where a coach has taken part in unstructured learning practice. Subject to satisfactory reflection, a coach will be awarded one CPD credit per informal CPD activity. For example, watching a two hour technical coaching video. You will receive one CPD credit for the reflection of that activity and how it will impact your coaching practice.

The learning will be logged in the LTA database as 'Independent Learning' and coaches can apply through the Independent Learning form.

Please note that for any UCoach courses we can provide you with a personalised certificate which can be uploaded to the LTA site for independent learning.