



NEW ZEALAND'S TENNIS COACH DEVELOPMENT FRAMEWORK

AN EXPLANATION OF THE COACH DEVELOPMENT STRUCTURE
AND COACHING ENVIRONMENT IN NEW ZEALAND



TENNIS NEW ZEALAND VISION

Our vision is for New Zealand to consider itself a **'Tennis Nation'**. By this we mean that tennis is common in the lives of New Zealanders; tennis is being played in clubs, schools, parks and on beaches; tennis coaches are well trained and offer coaching to a consistently high standard; vibrant tennis clubs offer world class programmes that attract a wide range of participants; Kiwis are competing at professional tournaments being hosted locally and abroad and; national and international events are being viewed through a range of media platforms.





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INTRODUCTION

There are many different types of tennis coaches in New Zealand operating in different ways across a range of environments.

The thinking around what constitutes an effective coaching framework has progressed significantly. Sport New Zealand has developed a world leading sport participation and coaching model that identifies the need for depth of learning throughout key areas of participation more than just a linear progression from coaching beginners to performance athletes. This can be achieved through workshops, informal learning and mentoring programmes and is now considered an integral part of any modern coach development framework.

Tennis in New Zealand needs a coaching framework that can enthuse and empower existing and aspirant coaches in whatever environment they do, or would wish to operate. We want all coaches to feel 'connected' and to take part in the formal and informal development opportunities afforded them.

The purpose of the Framework is to provide the best possible education opportunities to current and aspirant tennis coaches so they can attain skills and receive the support necessary to provide the best possible service to players of all ages and abilities.

The creation of the Tennis Coach Development Framework is the first of several planned initiatives designed to improve the offering of development opportunities for current and future coaches in New Zealand. We realise the importance of offering both high quality short courses and professional coaching qualifications to attract new coaches and the provision of relevant ongoing development opportunities for coaches already practicing.

To put the coaching environment into context, the Framework explains the four Tennis Coaching Communities and aligns them to the four Tennis Playing Stages to ensure coaches and other



tennis stakeholders understand, and cater for, the individual needs of the different types of participants and athletes they will be coaching.

THE AIM OF NEW ZEALAND'S TENNIS COACH DEVELOPMENT FRAMEWORK IS TO PROVIDE HIGH QUALITY TAILORED DEVELOPMENT OPPORTUNITIES TO CURRENT AND FUTURE TENNIS COACHES AND TO INCREASE THE NUMBER AND QUALITY OF TENNIS COACHES IN NEW ZEALAND TO MEET THE NEEDS OF THE TENNIS COMMUNITY.

The Framework provides a clear and easy-to-understand overview of the short courses, professional coaching qualifications, and extension modules available in New Zealand. It offers:

- Short courses that encourage those considering coaching as a career and other tennis deliverers to develop or enhance specific skills to effectively teach beginner players
- Internationally recognised professional qualifications for those wishing to become professional tennis coaches
- Extension modules to ensure learning continues outside the structured courses for coaches of all ages and abilities

A condensed and customer-focused online version of this Framework has been produced alongside this document in order to present the information in a manner that is accessible and easily understood by coaches, players, parents and administrators.

The Framework has been developed by Tennis New Zealand in conjunction with, and endorsed by, the National Tennis Coaching Advisory Group.



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Chair of Tennis Coaching Advisory Group
Chief Executive Tennis Northern Region

NEW ZEALAND'S COACH DEVELOPMENT PHILOSOPHY AND GUIDING PRINCIPLES

New Zealand's tennis coach development philosophy is to 'instill a culture of life-long learning in coaches'. In order to fulfil this aim, it is our responsibility to offer coaches of all ages and abilities the opportunity to develop their skills and improve the service they provide tennis players.

The following guiding principles are taken from the National Tennis Coaching Strategy 2014-2017 and underpin the work carried out in the areas of coach development and coach engagement.

1

Good coaching focuses first and foremost on the needs of the participant/athlete.

2

Everything we do increases opportunities, enjoyment and satisfaction for tennis participants and athletes of all ages and playing stages.

3

We encourage and support mutually beneficial relationships between coaches and club or venue administrators.



4

We invest time in regular communication with all coaches to ensure awareness and understanding of development opportunities.

5

We recognise the importance of attracting and retaining the best people in tennis and are committed to continually educating our Coach Developers and coaches.

6

We use the Tennis Playing Stages and the corresponding supporting Coaching Communities to guide our coaching framework.

7

We acknowledge the different skills and levels of experience that are needed to support each stage of development of tennis participants and athletes, and we treat coaches equally regardless of the coaching community in which they operate.

8

We work in an on-going collaborative manner with all partners in the development and implementation of all strategic coaching initiatives.

TENNIS PLAYING STAGES

New Zealand's Tennis Playing Stages are similar to those contained in Sport New Zealand's Sport and Recreation Pathway model, and describe the stages of participation in tennis that most people experience.

These typical stages of participation have been used when creating the coach development material contained in the Framework to ensure coaches are provided with the requisite skills and experience to best support the needs of players with whom they work. This matching of coaching skills to the playing stage gives the coach the best chance to deliver positive and rewarding experiences that will increase the likelihood of a player's long-term involvement in tennis.

BEGINNER STAGE

A player in the beginner stage is someone of any age who is having their first tennis experiences and learning the basic technical and tactical aspects of tennis, learning the rules of tennis and developing positive attitudes towards competition. It is at this stage where players are most likely to fall in love with tennis if they are supported and develop the basic skills. Around 60% of all tennis players in New Zealand fit into this stage.

WHO ARE TYPICAL BEGINNER PLAYERS?

- Players of any age learning technical, tactical, physical and mental fundamentals of tennis. Beginner children aged 4 - 12 are likely to be participating in a Tennis Hot Shots programme and beginner teens and adults will likely be taking part in Tennis Xpress or a similar introductory tennis programme.

WHAT ARE THE CHARACTERISTICS OF THESE PEOPLE?

- Children are developing and mastering fundamental motor skills, adults are competent in this area
- Learn best by 'doing'
- Like to play games with simple rules and can also help to modify games themselves
- Respond well to feedback and praise

WHAT ARE THE COACHING SKILLS NEEDED TO BEST SERVE PLAYERS AT THIS STAGE?

Coaches need to enjoy working with both adults and children and have a specific set of skills that enables them to deliver sessions that are both fun and rewarding.

These participants respond best when coaches understand and implement the following aspects.

- How to use modified equipment (Red, Orange and Green balls etc.)
- Develop skills through play
- Can demonstrate activities with simple and limited verbal instructions
- Delivers cooperative games where everyone experiences success
- Uses a supportive caring coaching approach, praising to build confidence



DEVELOPMENT STAGE

This stage represents a broad range of players with a reasonable level of skill who can regularly execute all aspects of playing tennis. Enjoyment and competition are the key drivers for these players, but at the same time performance, challenge and improvement are often key motivators. During this stage, these aspirations across a wide age range need to be catered for through the offering of more in depth and advanced coaching and fun 'have a go' type programmes. Around 40% of all tennis players fit into this stage.

WHO ARE TYPICAL DEVELOPMENT PLAYERS?

- Players of any age who have developed relevant technical, tactical, physical and mental skills to compete in tennis to some level. This is a broad group that ranges from progressing through a Tennis Hot Shots Coaching programme, to business house and interclub players, and through to Regional Age Group representatives.

WHAT ARE THE CHARACTERISTICS OF THESE PLAYERS?

- Can master complex skills
- Can assume more responsibilities - leadership roles
- Playing tennis for both physical challenge and social pleasure
- Enjoys a variety of activities

WHAT ARE THE COACHING SKILLS NEEDED TO BEST SERVE PLAYERS AT THIS STAGE?

Development coaches need to enjoy working with a broad range of players and be able to adapt their coaching style to suit the different needs of these players.

These players respond best when coaches understand and implement the following aspects.

- Offers skill development and social engagement in the same session
- Includes competitive aspect to training sessions
- Understands the time constraints of players caused by other priorities
- Gives clear and consistent feedback

PERFORMANCE STAGE

This stage can begin from a young age and involves those athletes who have the ability to play tennis to a high level and are likely to be moving towards national representative tennis and players who are competing in international tennis competitions. It is at this stage that many performance players will become part of talent identification programmes designed to lead to High Performance tennis, and be competing on international tours as a full time professional athlete. Less than 1% of all players fit into this stage.

WHO ARE TYPICAL PERFORMANCE ATHLETES?

- Players of any age who have an advanced level of technical, tactical, physical and mental tennis skills. Performance players aged 18 and under are typically competing in National Age Group Championships and Junior ITF tournaments. Those over 18 may be competing in the US College system, or playing tournament circuits in Europe and other destinations, or may be gaining experience competing at the entry level on the pro circuit (Futures). Performance players may also be representing their region/country in inter-region or inter-national events.

WHAT ARE THE NEEDS OF THESE ATHLETES?

- Detailed technique refinements
- Fitness training and nutrition advice
- Tactical and technical analysis
- Mental skill/strength development
- Athlete lifestyle planning and organisational skills

WHAT ARE THE COACHING SKILLS NEEDED TO BEST SERVE PERFORMANCE ATHLETES AT THIS STAGE?

Performance coaches need to possess a set of skills that ensure the continual development of the technical, tactical, physical and psychological aspects of a player's game.

Performance athletes respond best when coaches understand and implement the following aspects.

- Structured and focused sessions
- A holistic approach to athlete development
- An individualised training programme
- Biomechanical analysis

HIGH PERFORMANCE STAGE

At this stage athletes are able to translate their training and technical skills into competing at a world-class level and achieving excellence in tennis. Only a handful of all players fit into this stage.

WHO ARE TYPICAL HIGH PERFORMANCE ATHLETES?

- High performance athletes have mental and physical maturity required to compete at the highest level of tennis. They exhibit the highest levels of technical, tactical, physical and mental tennis skills. High Performance athletes spend the majority of their career competing on professional tennis circuits overseas (Futures, WTA or ATP Tournaments). These athletes may also represent New Zealand playing in Davis Cup or Fed Cup.

WHAT ARE THE NEEDS OF THESE ATHLETES?

- Performance specific training
- Long term and annual planning
- Playing schedule development
- Minor technical and tactical refinements

WHAT ARE THE COACHING SKILLS NEEDED TO BEST SERVE HIGH PERFORMANCE ATHLETES AT THIS STAGE?

High Performance coaches need to create and maintain high performance training environments, manage support personnel and analyse training and match performances.

High Performance athletes respond best when coaches understand and implement the following aspects.

- An individualised training programme
- Annual planning and playing schedule development
- Physical conditioning and recovery
- Surface specific tactics





TENNIS COACHING COMMUNITIES

The following information on the Tennis Coaching Communities represents the tennis coaching environment in New Zealand and how it relates to supporting the players and athletes in each of the four playing stages.

The Tennis Coaching Communities describe the typical types of players in each playing stage and lists the usual environment where coaching takes place. The Communities also enable coaches to better understand where they fit in the tennis coaching environment.

There are no firm lines of separation between these Coaching Communities and some coaches have the skills to operate across a number of the Communities on a regular basis. However the Communities act as a useful tool to describe the type of players a coach will be teaching, explain different coaching environments and aid in the development and implementation of strategies that will help coaches within each Community develop to their full potential. Through this process it is hoped all coaches will be able to offer support and guidance that is appropriately focused to the players they are coaching.

The role of a tennis coach is the same regardless of the Coaching Community in which they operate. On any given day a coach will need to be able to fill many and varied roles, these include:

MOTIVATOR

INSTILLING IN PLAYERS AND ATHLETES
A LOVE OF TENNIS

FACILITATOR

DELIVERING PROGRAMMES
AND EVENTS

MENTOR

TRAINING AND EMPOWERING ASSISTANTS
AND OTHER HELPERS

PROMOTER

ADVERTISING PRODUCTS, SERVICES
AND PROGRAMMES

MEDIATOR

A GO BETWEEN FOR PLAYERS
AND ADMINISTRATORS



FOUNDATION COACHING COMMUNITY

THE PLAYERS THEY COACH

Foundation coaches understand the needs of beginner players and support players of all ages to enjoy their first experiences in organised tennis. The vast majority of the participants will be either primary school aged children participating at a club or primary school, or beginner adults taking part in a coach-led starter programme.

WHO ARE FOUNDATION COACHES?

Foundation coaches can come from anywhere – it's not about 'who' they are but rather whether they understand and care about the development of young people.

Typically Foundation coaches are:

- Qualified coaches operating either full-time or part-time
- Tertiary and older secondary school students
- Parents
- Teachers
- Other volunteers

The ideal Foundation coach will:

- Nurture a broad love of tennis and sport in general
- Focus primarily on fun, participation and skill development
- Understand the needs of beginner players of all ages
- Encourage multiple sports and skills
- Introduce and encourage the concept of fair play
- Understand that they are in the business of creating better young athletes & people
- Have a sense of working in a wider coaching community with similar goals

WHAT IS THE TYPICAL FOUNDATION COACHING ENVIRONMENT?

Foundation coaches teach tennis to beginner players in a wide range of venues such as:

- Tennis Clubs and Centres
- Schools (Primary and Secondary)
- Community/Council tennis courts
- Multi-sport facilities

DEVELOPMENT COACHING COMMUNITY

THE PLAYERS THEY COACH

Development coaches understand the needs of development players of all ages (the widest playing range) that includes people who are participating and/or competing but are not performance or high performance athletes; people in this group include primary and secondary school students in both the school and club setting and adults who play casual and organised tennis in a non-elite environment in competitions such as interclub and business house. Development coaches might also coach those juniors developing to play at an Association or Regional representative level.

WHO ARE DEVELOPMENT COACHES?

Development coaches can come from anywhere – it's not about 'who' they are but rather whether they understand and care about the development of young people and adult non-elite participants in sport.

Typically Development coaches are:

- Full-time professional qualified coaches

The ideal Development coach will:

- Nurture a love of multiple sports
- Focus on skill development and decision making
- Understand the needs of developing participants of all ages
- Reinforce ethical approaches to sport and recreation
- Provide for a broad range of participant's needs and aspirations
- Understand that they play a role in creating better players and people
- Demonstrate a passion for the game and the people they coach
- Have a sense of working in a wider coaching community with similar goals
- Develop and run coaching programmes and support other club operations
- Seek to broaden their coaching skills

WHAT IS THE TYPICAL DEVELOPMENT COACHING ENVIRONMENT?

Development coaches teach tennis to development players in venues such as:

- Tennis Clubs and Centres
- Schools (Primary and Secondary)
- Secondary School Academies

PERFORMANCE COACHING COMMUNITY

THE PLAYERS THEY COACH

Performance coaches support the narrowing range of athletes that show extra ability, are competing at regional and national level events and are likely to be moving towards national representative tennis, and/or are competing in international tournaments or competitions.

WHO ARE PERFORMANCE COACHES?

Performance coaches understand the needs of performance athletes of all ages and require considerable coaching experience and a high degree of tennis knowledge. They are often in roles where they are contracted by Tennis Associations or Regions, or Tennis New Zealand.

Typically Performance coaches are:

- Full-time professional qualified coaches, possibly with a national/international playing background
- Former performance tennis players who have shown a desire to become involved in coaching
- Former high performance coaches who are no longer involved at a high performance level

The ideal Performance coach will:

- Nurture a love of competing and striving for continuous improvement
- Focus on skill development and decision making in a competitive environment
- Understand the needs of performance athletes – primarily youth and adult athletes competing at representative level

- Reinforce an ethical approach to tennis
- Understand that they play a role in creating better athletes and people
- Tour regularly with the players they coach
- Be open to offering unpaid one-on-one support on top of paid coaching sessions
- Provide appropriate sequenced development opportunities and guidance
- Demonstrate an unparalleled passion for the game and the players they coach
- Seek to broaden their coaching skills and utilise technology

WHAT IS THE TYPICAL PERFORMANCE COACHING ENVIRONMENT?

Performance coaches train performance athletes in both tennis and non-tennis specific venues such as:

- Tennis Clubs
- Regional Tennis Centres
- Gyms/Fitness centres
- Competition venues (both in New Zealand and overseas)

HIGH PERFORMANCE COACHING COMMUNITY

THE ATHLETES THEY COACH

High Performance coaches support the few elite athletes who are competing on the international stage, playing on a professional tennis circuit overseas (Futures, Challenger, WTA or ATP Tournaments) and/or representing New Zealand in Davis Cup or Fed Cup. These athletes spend up to 11 months of the year training and competing outside New Zealand.

WHO ARE HIGH PERFORMANCE COACHES?

High Performance coaches understand the needs of High Performance athletes and are very experienced professional coaches with an unparalleled level of tennis knowledge who have generally had significant high performance playing experience (on tour). High Performance coaches

are generally based overseas due to the fact that they usually travel with an athlete full-time and the professional tennis tournaments at which the athletes compete are predominantly held overseas.

Typically High Performance Coaches are

- Coaches who have had exposure to the high performance tennis environment as a tour player (Futures, Challenger, WTA or ATP Tournaments)
- Dedicated to lifelong learning and coaching innovation
- Coaches who have an absolute understanding of competing and winning at the top international level

The ideal High Performance Coach will:

- Nurture an understanding of what it takes to win at the highest level
- Understand the needs of professional tennis players (coaching the person not just coaching tennis)
- Create training and learning environments that enable success at the highest level
- Have a singular focus and be totally dedicated to one (or very few) player(s)
- Seek to broaden their coaching skills and utilise technology

WHAT IS THE TYPICAL HIGH PERFORMANCE COACHING ENVIRONMENT?

High Performance coaches generally travel full-time with touring high performance athletes moving from one tournament to another. Due to the fact that the vast majority of professional tennis tournaments are held outside of New Zealand the typical High Performance coaching environment is at these tournament venues and/or overseas high performance academies.



TENNIS COACH DEVELOPMENT PATHWAYS



**FOUNDATION
COACHING**

**BEGINNER
PLAYERS**



**DEVELOPMENT
COACHING**

**DEVELOPMENT
PLAYERS**



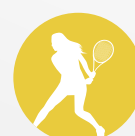
**PERFORMANCE
COACHING**

**PERFORMANCE
PLAYERS**



**HIGH PERFORMANCE
COACHING**

**HIGH PERFORMANCE
PLAYERS**



The Tennis Coach Development Pathways offer easily accessible short courses for beginning coaches, internationally recognised qualifications for those committed to coaching as a vocation and opportunities for qualified coaches to deepen their learning through extension modules.

GET STARTED



COACHING
FUNDAMENTALS

2
HOURS ONLINE
COURSE



COACHING
ASSISTANT

24
HOURS SHORT
COURSE

QUALIFY



JUNIOR
DEVELOPMENT
COACH

128
HOURS ITF LEVEL 1
QUALIFICATION



FOUNDATION
EXTENSION
MODULES



DEVELOPMENT
EXTENSION
MODULES



CLUB
PROFESSIONAL
COACH

160
HOURS ITF LEVEL 2
QUALIFICATION



PERFORMANCE
EXTENSION
MODULES



HIGH
PERFORMANCE
COACH

300
HOURS ITF LEVEL 3
QUALIFICATION



COACH DEVELOPMENT OPPORTUNITIES IN NEW ZEALAND

There are many different ways tennis coaches and deliverers develop, both formal (courses & qualifications) and informal (on-court & off-court mentoring). Listed below are the types of formal coach development opportunities offered in New Zealand and an explanation of their intended audience.

SHORT COURSES



Short Courses are the way most people new to delivering tennis first receive formal training. People attending these courses are usually beginning their coaching journey. They are curious about what tennis coaching is all about and are keen to assist qualified coaches. Affordable and short in length, these courses provide the basic tennis skills needed to deliver programmes and support the teaching of beginner players under the guidance of a suitably qualified head coach.

EXTENSION MODULES



Extension modules provide qualified coaches with the opportunity to deepen their knowledge in areas specific to the coaching communities in which they operate. These professional development modules will change and evolve over time to suit the needs of coaches and to best reflect the coaching environment in New Zealand. The extension modules should be of particular interest to coaches who have either overseas or historical qualifications who wish to continue and deepen their development/learning without the need to attain a further qualification.

PROFESSIONAL QUALIFICATIONS



Professional Qualifications are designed for people who are committed to coaching tennis as a paid vocation either in a part-time or full-time basis. The three Qualifications offered in New Zealand are accredited by the International Tennis Federation and can be used by coaches wishing to travel and coach overseas.



FOUNDATION COACHING



FOUNDATION COACHING

BEGINNER PLAYERS



GET STARTED



COACHING FUNDAMENTALS

2

HOUR COURSE



COACHING ASSISTANT

24

HOUR COURSE

QUALIFY



JUNIOR DEVELOPMENT COACH

128

HOUR QUALIFICATION

SPECIALISE



FOUNDATION EXTENSION MODULES

Foundation coaches support players enjoying their first experiences in organised tennis.

FOUNDATION COACHING SHORT COURSES

COACHING FUNDAMENTALS

This 2 hour online course is for anyone interested in getting into coaching or to gain a better understanding of the tennis coaching set-up in New Zealand. Completion of this course is a prerequisite for all other courses in the Coach Development Framework. The course is split into four areas:

1

The tennis environment in New Zealand

explains the structure of tennis administration in New Zealand, the coach development framework (playing stages and coaching communities)

2

The key principles of coaching

covers the role of the coach, how people learn, communication and behaviour, coaching styles, group management and safety.

3

Rules and etiquette of tennis

covers the basic tennis rules (court dimensions, the order of service and scoring) and correct tennis etiquette.

4

National participation programmes

Tennis Hot Shots, Cardio Tennis and Tennis Xpress.



COACHING ASSISTANT

This 24 hour practical course is designed for people who intend to assist a head coach delivering to beginner players or for volunteers delivering tennis in rural/remote areas. The course flows on from the Coaching Fundamentals Course, applying key aspects of coaching to practical situations. The course educates coaches to enable effective delivery of lessons to Blue, Red, Orange and Green stage (beginner) players, and provides information on competencies at each of these stages.

Coaches will gain an understanding of the characteristics of players at different stages of physical and mental development (developmental readiness), and connecting the technical and tactical components of tennis at these various stages. The course provides practical opportunities in delivering activities to players in each stage, explains the different types of communication required and also covers working with beginner adults.

FOUNDATION COACHING PROFESSIONAL QUALIFICATION

JUNIOR DEVELOPMENT COACH

The Junior Development Coach course is recommended for experienced players and coaching assistants 17 years and older who wish to assist or to lead Tennis Hot Shots Coaching, Tennis Xpress or Cardio Tennis programmes. This 128 hour course is run over 4 - day blocks spread over a period of four to five months. The course also features assignments and an hours log to be completed outside of course hours with support from a supervisor coach and the Coach Developer.

During the Junior Development coaching course participants learn to develop the skills of beginner tennis players through the delivery of the Tennis Hot Shots and Tennis Xpress programmes. There is a major focus on planning, delivering and reflecting on coaching sessions and creating positive learning environments for beginner players of all ages. The course covers technical and tactical fundamentals, all national participation programmes, legal and ethical responsibilities of a coach, risk management, programme planning, tennis rules, personal development and using technology.

Participants who complete this course are recognised as qualified coaches, are able to become Tennis New Zealand Registered and can sign up to deliver Tennis Hot Shots Coaching, Tennis Xpress and Cardio Tennis Programmes. Junior Development Coaches will predominantly coach beginner players but may also coach some developing players under the guidance of a head coach.

FOUNDATION COACHING EXTENSION MODULES

These development modules are offered to qualified Junior Development coaches to establish a deeper understanding of areas specific to coaching beginner players (both children and adults).



Transitioning players from Red to Orange ball

Red ball players are typically 5-8 year olds and the main focus of this stage for the players is on the ball – sending and receiving concepts, flight of the ball, a range of movement skills related to the ball, striking skills, fundamental swing shapes and rallying. With the Orange ball being 25% faster and higher bouncing than the Red ball and with the court being larger and net higher, the focus in the Orange Stage shifts to a combination of the ball and the court.

This module covers:

- Tactical concepts utilising the larger court space and how this can work in the player's favour
- How to combat tactics by an opponent
- Stroke development in the form of use of the Continental grip on the serve and volleys
- Enhancing swing shapes on groundstrokes
- Applying skills such as approach shots required for the larger court



Transitioning players from Orange to Green ball

Players who have spent time in the Orange ball stage have gained extensive rallying experience and usually some competitive experience (formal or informal). Because the court becomes larger again (full court) and the Green ball is 25% faster and bounces higher than the Orange ball, tactical awareness for the larger court and faster ball is a feature. In addition, because the player tends to be a little older and able to comprehend more complex concepts, an awareness of the opponent is a theme.

This module covers:

- Stroke and spin development (topspin and underspin)
- Increased awareness of tactics and fundamental set plays
- Connecting technique and tactics
- Fundamental tactics of doubles



Transitioning players from Green to Yellow ball

Now that the player is using the fastest, highest bouncing ball, an understanding of how to play with this knowledge is important.

This module covers:

- Court management and tactics
- Point construction
- Set play principals
- Understanding various game styles and the tactics
- Stroke development connected to tactical situations



DEVELOPMENT COACHING



DEVELOPMENT
PLAYERS



CLUB PROFESSIONAL
COACH

160 HOUR
QUALIFICATION



DEVELOPMENT
EXTENSION MODULES

Development coaches support the wide range of players of all ages who have developed the basic technical, tactical, physical and mental aspects of tennis.

DEVELOPMENT COACHING PROFESSIONAL QUALIFICATION

CLUB PROFESSIONAL COACHING COURSE

The Club Professional coaching course prepares experienced Junior Development coaches to become head coaching professionals at tennis clubs and centres. The course focuses on coaching tennis to development players and growing a small business. Participants will further develop their ability to plan and deliver coaching sessions with an increased emphasis on developing tactical skills and analysing and correcting technical skills of development players. Applying sport sciences, such as sport psychology, nutrition, strength and conditioning, using technology to analyse performance and planning programmes for players of all ages are also covered. The course equips coaches with skills in small business planning and finance, managing risk, providing customer service and customising programmes for customers.

This 160 hour course is run over four or five-day blocks spread over a period of five to six months. The course also features assignments and an hours log to be completed outside of course hours with support from a supervisor coach and the Coach Developer.



Participants completing this course are recognised as qualified coaches and have the required knowledge to manage a small business, provide a range of coaching programmes & services and manage and train staff. Club Professional coaches may also be coaching emerging local and regional level players. Club Professional coaches will mainly teach development players but also have the ability to deliver to beginner and performance players if they choose.

- Green ball - progressions for speciality shots, and, understanding a game plan and how to implement this
- Connecting tactics and game plans to stroke development



How to set up and run a successful tennis competition

DEVELOPMENT COACHING EXTENSION MODULES

DEVELOPMENT COACHING EXTENSION MODULES

These development opportunities are examples of what will be offered to qualified Club Professional coaches to establish a deeper understanding of an area specific to development coaching.

This module covers:

- How to operate Tournament Planner
- Draw structures and options



Business diversification and development



Developing competitive young players at Red Orange Green stages and Yellow ball juniors

This module covers:

- Red ball - creative competitive formats appropriate for developing red ball players
- Orange ball - Progressions for serve, groundstrokes and volley techniques

This module covers:

- Programme development
- Meeting the needs of your current market and attracting prospective markets
- Running a pro-shop – basic retail and restringing
- Running a facility
- Managing People - hiring staff

PERFORMANCE COACHING



PERFORMANCE PLAYERS



CLUB PROFESSIONAL COACH
160 HOUR QUALIFICATION



PERFORMANCE EXTENSION MODULES

Performance coaches support the narrowing range of athletes who have shown extra ability and are likely to be moving towards national representative tennis and/or are competing in international tournaments or competitions.

Performance coaches usually have the same coaching qualifications as a development coach but have a more specific focus of developing a smaller number of players to a higher level. Performance coaches are generally playing (or have played) at a high level and have a first-hand understanding of what it takes to become a performance player. Performance coaches often face the challenge of balancing their focus between running a successful coaching business (Development) and developing performance athletes (Performance).

PERFORMANCE COACHING PROFESSIONAL QUALIFICATION

CLUB PROFESSIONAL COACHING COURSE

The Club Professional coaching course prepares experienced Junior Development coaches to become head coaching professionals at tennis clubs and centres. The course focuses on coaching tennis to development players and growing a small business. Participants will further develop their ability to plan and deliver coaching sessions with an increased emphasis on developing tactical skills



and analysing and correcting technical skills of development players. Applying sport sciences, such as sport psychology, nutrition, strength and conditioning, using technology to analyse performance and planning programmes for players of all ages are also covered.

The course equips coaches with skills in small business planning and finance, managing risk, providing customer service and customising programmes for customers. This 160 hour course is run over four or five-day blocks spread over a period of five to six months. The course also features assignments and an hours log to be completed outside of course hours with support from a supervisor coach and the Coach Developer.

Participants completing this course are recognised as qualified coaches and have the required knowledge to manage a small business, provide a range of coaching programmes & services and manage and train staff. Club Professional coaches may also be coaching emerging local and regional level players. Club Professional coaches will operate mainly in the Development Coaching Community but can also operate in the Foundation and Performance Communities if they choose.

PERFORMANCE COACHING EXTENSION MODULES

These development opportunities provide performance coaches the chance to establish a deeper understanding of an area specific to coaching performance athletes. The topics covered

will vary depending on the need of both the athletes and coaches but the initial modules offered will be:

- Understanding growth and development of individuals and applying appropriate training plans
- Developing a quality player-parent-coach relationship
- Effective periodisation models
- Strategies for developing player game styles
- Strength & Conditioning practical activities

PERFORMANCE COACH ADVANCE (PCA) - SPORT NEW ZEALAND

In addition to Tennis New Zealand led extension modules, the Sport New Zealand Performance Coach Advance programme is available to selected coaches and aims to improve the quality of coaches working with young performance athletes. The PCA programme will help ensure that New Zealand's talented young athletes get the coaching support they need to win on the world stage later in their sporting life. Coaches apply to get on the programme with the key requirements for selection being coach potential, the coach's current coaching role, and the commitment of the coach to self-development. All coaches have to be endorsed by Tennis New Zealand to be considered.

This module covers:

- Generic coaching development (the coaching process)
- Action learning (learn as you do)
- Self-awareness and self-development

HIGH PERFORMANCE COACHING



High Performance Coaches are very experienced professional coaches with an unparalleled level of tennis knowledge who have generally had significant high performance playing experience.

HIGH PERFORMANCE COACHING PROFESSIONAL QUALIFICATIONS

HIGH PERFORMANCE COACHING COURSE

The High Performance Coaching course prepares coaches for a career in high performance coaching. The course builds on the coach's knowledge and skills in planning, delivering and reviewing coaching sessions and programmes to ensure the continual development of an individual player in all key domains – technical, tactical, physical and psychological. Coaches learn to plan a player's individualised long-term development, create high performance training environments, manage support personnel, analyse matches and player performance, use technology to analyse movement and technical skills, apply sport science, build relationships and reflect on their coaching role and performance.

This course 300-hour course is run in four face-to-face workshops in Australia, interacting with peers and Coach Developers, completing assessment tasks, and practical coaching experience with high performance tennis players. Coaches will embark on a professional learning experience over two years.

Attendance at the course is by invitation only and is available to experienced Performance coaches with a Club Professional Qualification. Those coaches interested in attending should contact the Tennis New Zealand Coaching Team who will provide endorsement and communicate with Tennis Australia on their behalf.





RECOGNITION OF CURRENT COMPETENCE

Tennis coaches gain skills and knowledge through a range of development experiences both formal and informal.

Previous learning, however achieved, can significantly contribute towards a coach's skill level. Each of the three Tennis New Zealand coaching qualifications are made up of a number of units of competency. Each of these units consists of elements of competency that describe the essential outcomes participants must achieve.

Recognition of Current Competence (RCC) is a process that assesses the individual's formal and informal learning to determine the extent to which that individual has achieved the required learning outcomes, competency outcomes or standards for entry to, and/or partial or total completion of a coaching course.



RCC is the process of an assessment of on-court demonstration and collected evidence against the requirements of one or more units of competency contained in a course. The RCC is not a process of simply converting historical or overseas qualifications into the current New Zealand qualifications.

WHO CAN APPLY?

Coaches can apply to Tennis New Zealand for RCC if they believe their learning and experiences will meet the requirements for one or more of the units of competency for either the Junior Development Coach or Club Professional Coach Qualifications.

A key factor in this process is the provision of evidence by the candidate. This evidence must be accurate and current to allow the Tennis New Zealand RCC assessor to assess an application.

BENEFITS OF RECOGNITION OF CURRENT COMPETENCE

Completing RCC comes with some great benefits:

- Speeds up the process of attaining a current Tennis New Zealand coaching qualification
- Avoids the problem of participants having to unnecessarily repeat learning experiences
- Encourages the development of various assessment procedures
- Clarifies what relevant skills the coach does and doesn't possess so a learning programme can be tailored accordingly



COACH DEVELOPMENT DELIVERY

All Coach Development opportunities (Short Courses, Professional Qualifications and Extension Modules) are centrally organised by Tennis New Zealand and delivered by local Coach Developers.

TENNIS NEW ZEALAND COACH DEVELOPERS

Coach Developers are the people who deliver the short courses, and professional qualifications and extension modules contained in the Coach Development Framework. They are qualified professional coaches who are Tennis New Zealand Registered, with a background that includes academic work in coaching and/or education, professional development experiences, coaching qualifications and credentials (a minimum of ITF Level One or equivalent). Becoming a Coach Developer is a great way for an expert coach in any of the four coaching communities to give back to tennis and can also provide an additional income stream to a coach's business.

Coach Developers are usually still actively coaching and working with players at a stage that corresponds with the coaching courses which they facilitate. For instance, a Coach Developer who delivers the Junior Development Coach course will be actively coaching beginner players.

Tennis New Zealand is always looking for high quality Coach Developers and interested coaches can apply by filling in expression of interest forms located in the coaching section of the Tennis New Zealand website - www.tennis.kiwi/coaching.



ACKNOWLEDGEMENTS

Tennis New Zealand acknowledges the following individuals and organisations for their contribution to the creation of the National Tennis Coach Development Framework.

NATIONAL TENNIS COACHING ADVISORY GROUP

DAVID FRANK (CHAIR)

David's career in the racquets, leisure, resort, sport and education sectors spans 30 years. A tennis coach since 1985, he developed a UK company delivering tennis services, coaching programmes and wider sports management domestically and internationally – focused within schools and resorts, this included programme design and implementation, the development of facilities and coach training courses. David moved to New Zealand in 2008 and is currently Chief Executive Officer for Tennis Northern.

ADAM GARD'NER

A full time tennis coach since 1992, Adam has coached in New Zealand, Germany, USA (Van der Meer Tennis Centre), England, and from 2001-2012, in Shanghai, China, where he was the Director of Tennis at Shanghai Racquet Club and the PTR (Professional Tennis Registry) Provider for Mainland China. Adam has experience in the development of players ranging in age from 3 to 75, and from novice to touring player. Adam also has a passion for working with people with disabilities and has taught tennis skills within the ParaFed programme in New Zealand and Special Olympics in China.

MURRAY MACKLIN

A PGA Golf Professional since 1971, Murray is currently the Coach Development Manager for PGA New Zealand. He is the Primary Author of 'PGA Coach Live', 100 coaching modules and the spearhead for golf coach education in New Zealand. His previous experiences include: coaching at PGA of America National Junior Golf Academy Florida, contracted to Scottish Golf Union for development of coach education resources, contracted with Netherlands Golf Federation as a consultant on development programmes, consultant to Singapore Golf Association, Executive Director, AMP New Zealand Golf Foundation, Director of Golf, Golf Academy at St Peter's School, Cambridge.

CLINT PACKER

A tennis coach with over 20 years of experience including stints on the ITF and Professional circuits, Clint has forged a successful career as a performance coach. Based in Wellington and serving as the Tennis Central Head Performance coach Clint has coached numerous winners of National, ITF and Professional titles and is a recipient of the Tennis New Zealand Performance Coach of the Year. Clint was a national selector and Tennis New Zealand touring coach for 7 years and helped initiate and develop the 'Masters Points Race' concept for Tennis Central and Tennis New Zealand.

ANDY WHEELER

The director of his own coaching business, Andy has had over 20 years of tennis development and coaching experience and holds a Higher National Diploma in sports science majoring in sport psychology. A previous winner of the Tennis New Zealand club coach of the year (2012), Andy has coached at venues all over the world, including a placement at Nick Bollettieri Tennis Academy, Boca Raton, Florida, USA. Andy trained as a coach in the United Kingdom and holds an LTA coaching qualification.

JULIA SCOTT

Julia is a Company Director, Farmer and Professional Tennis Coach. She owns a tennis coaching business in Dunedin that employs 12 staff, running programmes from Tennis Hot Shots schools through to regional representative coaching. In addition to coaching full-time Julia is an Otago Association contract coach. She has extensive coaching experience in USA, Ireland and Australia and holds both USPTA and TNZ coach qualifications. Julia is also the Chair of Tennis Coaches New Zealand, an affiliate body to Tennis New Zealand.

KEVIN WOOLCOTT

Kevin Woolcott is one of the best known tennis names in New Zealand. He has spent a large part of his life playing and coaching tennis. He played Davis Cup for New Zealand in 1967, was the New Zealand National Coach for seven years between 1983 and 1989, held the role of Chairman of Coaching New Zealand for four years (1991 - 1994), and was the Coach Education Coordinator for Tennis New Zealand between 1995 and 2000. Kevin is also a life member of Tennis Coaches New Zealand. Kevin currently acts as a 'locum' coach at several venues around Auckland.

DALE HARRISON

An avid sportsman with an 18 year representative water polo career, Dale has also played tennis, rugby, and squash at various levels and has also enjoyed the challenges of long distance running. Dale has coached numerous teams across a range of sports at club, school and provincial level. He has served on a number of club and provincial sports committees in various capacities; most recently he was President of Northcote Lawn Tennis Club. Dale has a keen interest and passion to combine his sporting background with his business transformation expertise to assist sporting organisations to develop strategies and implement programmes that will ensure the players enjoy participating whilst being given every opportunity possible to achieve their goals and aspirations.

SPORT NEW ZEALAND COMMUNITY COACHING TEAM

A special mention and thanks to Andrew Eade for making himself available during the creation of this document. Having access to his extensive across-sport knowledge of coaching and coach development structures greatly aided the development of the Framework. His constructive and challenging questioning and honest feedback helped to produce a document that is easily read and understood by all tennis stakeholders and by other sporting codes.



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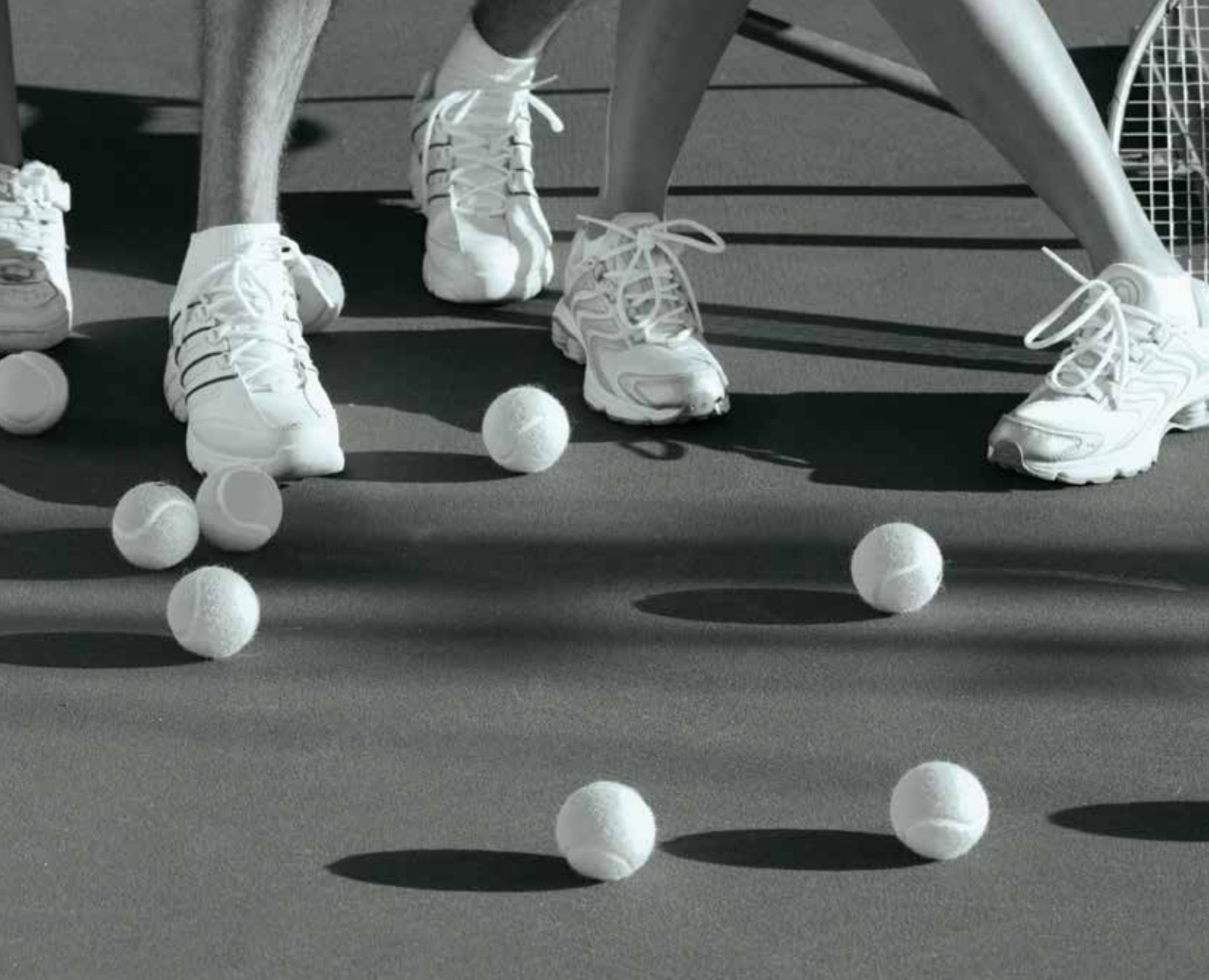
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Image on page 7 appears courtesy of the International Tennis Federation.

Images on pages 11 and 29 appear courtesy of Getty Images.





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