1. **ADVANCED TACTICS**

1. **Introduction to advanced tactics:** Why starting with tactics and not with technique? Definition of strategy. Examples of strategic thinking. Definition of tactics. Examples of tactical thinking. Definition of technique. Tactical change and evolution from yesterday’s to today’s game. Developments that have impacted tactical changes. Changes in equipment racquets, balls, surfaces. Changes in the professional game: player physiology, player’s weight relative to height comparisons. Is the men’s game too fast? Main features of tactics at top level. Evolution of tactics in the different stages of the game: 12, 14, 18 & under.

2. **Main tactical principles and objectives for advanced tournament play in the 5 game situations:** Tactics at top level: Serve tactics. Return of serve tactics. Baseline game. Approaching the net. The advanced net game.

3. **Introduction to advanced tactical game styles:** Have tactical game styles changed during the last years? Game styles today: The baseline player. The all court game player. The serve and volley player.

4. **Tactics of the women’s game:** Tactics employed by male and female professionals. The serve. The new baseline game of the women’s tennis. Approaching the net. Tactical areas to work on with pro female players.


2. **ADVANCED BIOMECHANICS AND TECHNIQUE**

1. **Biomechanics and teaching methodology:** The role of Biomechanics in the “game based approach” to coaching tennis. The use of Biomechanical principles in practical coaching through the BIOME system. The relationships between Biomechanics and mini-tennis.

2. **The development of racquet speed:** The use of elastic energy and muscle pre-tension in the enhancement of racquet speed. The distance over which racquet speed can be developed. The use of coordinated movements. The linking of linear and angular motion. The role of muscle strength, power and endurance. “Heaviness” of a stroke. The role of equipment design.

3. **Using linear and angular momentum in strokes:** Linear momentum: Serve. Forehand and


3. BODY CONDITIONING


2. Long term athlete development, trainability and physical preparation of tennis players: Models of Long-term Athlete Development and Training Requirements of Different Sports. The Six Stage Model of Late Specialization Sports.


4. PSYCHOLOGY


2. Goal setting for advanced players: Definition. Importance. Types. Why goals work. Consistent goal setting research findings. Use of goals. Barriers to use goals. Goal setting principles. SMART. Individual and group goal setting.


13. **Psychological development and planning:** Developing Mental Skills to Under 9. What Psychological Skills to learn at the age 12-14 years? Psychological periodisation. Methodological and didactical approach. Mental skills in beginners tennis. Mental skills in intermediate tennis. Mental skills in advanced tennis. Mental training Planning
5. TEACHING METHODOLOGY AND TRAINING


6. TENNIS DEVELOPMENT AND PLANNING


7. Organisations working together: clubs, federations, etc: Cooperation between Organisations. Help from the ITF.