



Postgraduate Diploma

Tennis Coach

» Modality: online

» Duration: 6 months

» Certificate: TECH Global University

» Accreditation: 18 ECTS

» Schedule: at your own pace

» Exams: online

Website: www.techtitute.com/us/sports-science/postgraduate-diploma/postgraduate-diploma-tennis-coach

Index

 $\begin{array}{c|c} 01 & 02 \\ \hline & & \text{Objectives} \\ \hline 03 & 04 & 05 \\ \hline & & \text{Course Management} \\ \hline & & & \\ \hline & & \\ \hline & & & \\ \hline & & \\$

06 Certificate

p. 32

01 Introduction

Excellence in tennis is not only a matter of talent and physical effort on the part of the players. Coaches play a very important role in their sporting performance, being responsible for promoting good practice and resolving the limitations that lead to poor results. For this reason, they must keep up to date with the latest trends in techniques and game tactics and even have a good command of the current regulations. Based on these demands for these professionals, TECH has designed a very comprehensive university degree program that delves into all these aspects. In 6 months, the program provides its graduates with key concepts on the progressive and adapted development of playing skills. Likewise, the academic itinerary is based on the innovative Relearning methodology and is 100% online.



tech 06 | Introduction

Although their names are not as well known as those of the athletes they advise, coaches play a prominent role in Professional Tennis. Among other functions, they must know how to identify the strengths and weaknesses of each competitor and recommend precise strategies in a personalized way. At the same time, they must be able to measure the potential of the athletes against their opponents and individually draw up game procedures that will help them achieve success. It is also essential that they master physical preparation mechanisms that help to avoid injuries.

Keeping up to date in all these aspects can be a real challenge for these professionals and that is why TECH offers this comprehensive academic itinerary. A 100% online Potgraduate Diploma with which graduates can learn about aspects such as the different stages of a player's development. In turn, tennis training methodologies are analyzed, from traditional approaches to modern systems.

Similarly, the current regulations of this sport and how it has evolved are addressed. In this way, coaches can ensure that the preparation of the players is carried out in accordance with the current rules.

On the other hand, patterns, tactics and other components of the collective game are addressed.

In addition to this innovative syllabus, students who complete this university program have access to a groundbreaking 100% online methodology. It implements the Relearning system, based on the reiteration of key concepts to enhance their assimilation. Similarly, the content is presented through presentations, complementary readings, explanatory videos, interactive summaries and many other multimedia resources. In addition, graduates have the opportunity to set their own schedules and pace of study in line with their other obligations and needs.

This **Postgraduate Diploma in Tennis Coach** contains the most complete and up-todate scientific program on the market. The most important features include:

- The development of case studies presented by experts in elite Tennis
- The graphic, schematic, and practical content with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- Practical exercises where the self-assessment process can be carried out to improve learning
- Its special emphasis on innovative methodologies
- Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- Content that is accessible from any fixed or portable device with an Internet connection



You will delve into the current regulations for tennis based on this exhaustive 6-month syllabus"



100% online, without fixed schedules or continuous assessments: this is the Postgraduate Diploma designed by TECH for you"

The program's teaching staff includes professionals from the field who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to prepare for real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the course. For this purpose, students will be assisted by an innovative interactive video system created by renowned and experienced experts.

You can access the study materials 24 hours a day, from your tablet, smartphone of your choice.

You will be able to update your skills using the best multimedia resources, including explanatory videos, interactive summaries and infographics







tech 10 | Objectives



General Objectives

- Distinguish the different stages of tennis instruction and know how to work in each of them
- Get to know the tennis rules and know how to apply them
- Understand the position of the tennis coach from an ethical and moral point of view, and understand the crucial role that the mental aspect has in tennis players
- Delve into the necessary physical preparation that a tennis player must have and in injury prevention
- Raise awareness of the importance of technology in today's tennis and analyze its evolution



You will address the specific dynamics and strategies in doubles, in comparison with the particularities of individual practice"







Specific Objectives

Module 1. Instruction at Different Stages, Training, Planning and Periodization

- Get to know the different stages of tennis instruction
- Learn how to work in each of the different stages
- Distinguish between the type of ball used in each stage
- Get to know the measurements of the tennis courts in each stage
- Have basic knowledge of different training systems: hand feeding, racquet feeding, coach volley

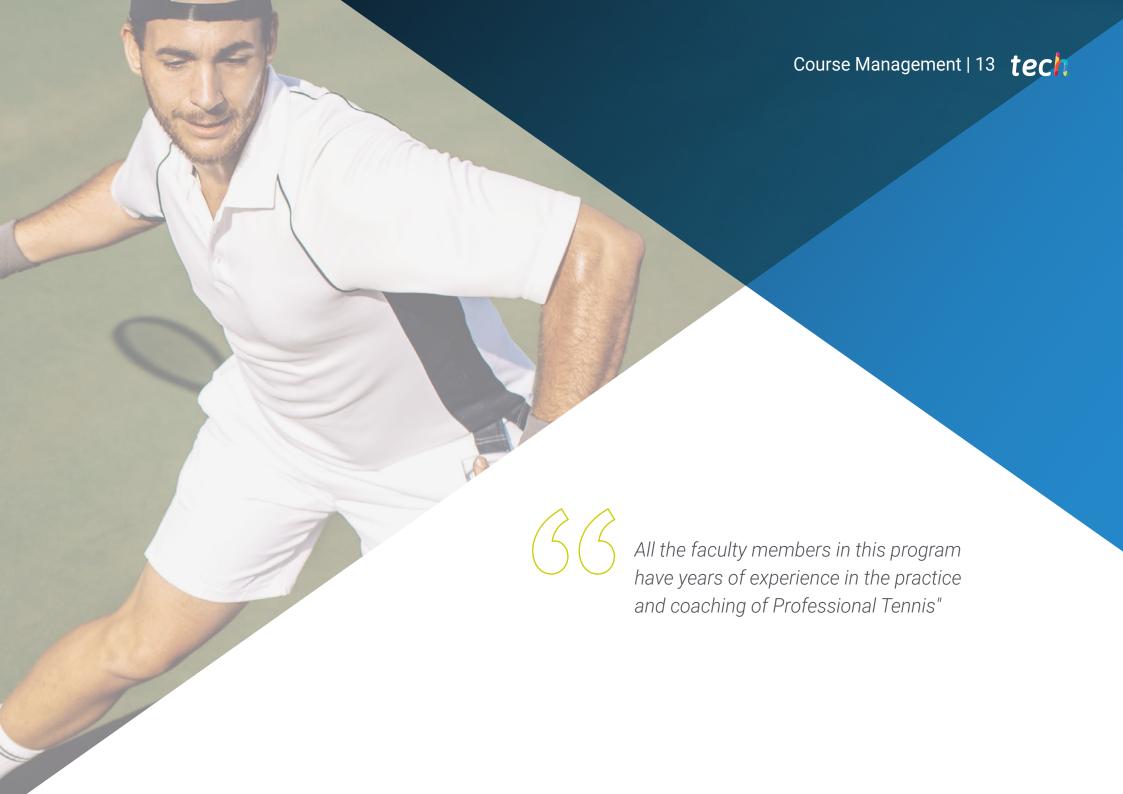
Module 2. History and Regulations

- Understand the rules that make up singles tennis
- Understand the rules that make up doubles tennis
- Learn the Code of Conduct

Module 3. Pattern of play, tactics and strategy

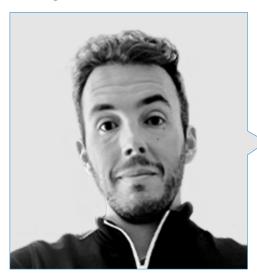
- Understand the concept of pattern of play, tactics and strategy and differentiate between each of them
- Get to know the existing game situations
- Understand at a tactical level how to play correctly depending on the position on the court and the ball that is received
- Delve into the tactics in the doubles modality
- Identify the concept of the dominant eye and its importance





tech 14 | Course Management

Management



Mr. Ramos Camacho, Alejandro

- Tennis Coach at the Rafa Nadal Academy
- Tennis Coach at the JMO Tennis Academy
- Trainer at the Valle de Aridane Tennis Club
- Degree in Primary Education Teaching
- National Monitor by the Royal Spanish Football Federation
- RPT Level 2

Professors

Mr. Manzano, Adrián

- Tennis Instuctor at Alcobendas Tennis-Padel Club
- Director of the Tennis School ProAM Tennis Academy
- National Professional by the International Coaches Institute
- National Tennis Coach by the Royal Spanish Tennis Federation
- Diploma in Sports Facilities Management from the St. Teresa of Jesus Catholic University of Ávila

Mr. Roca, Martin

- Tennis Director and Coach
- Founder of the MiniPlayers Project
- Co-founder of the charity TennisAid
- Former Head of Mini-tennis and Adult School at the Real Club de Tenis Barcelona



Course Management | 15 tech

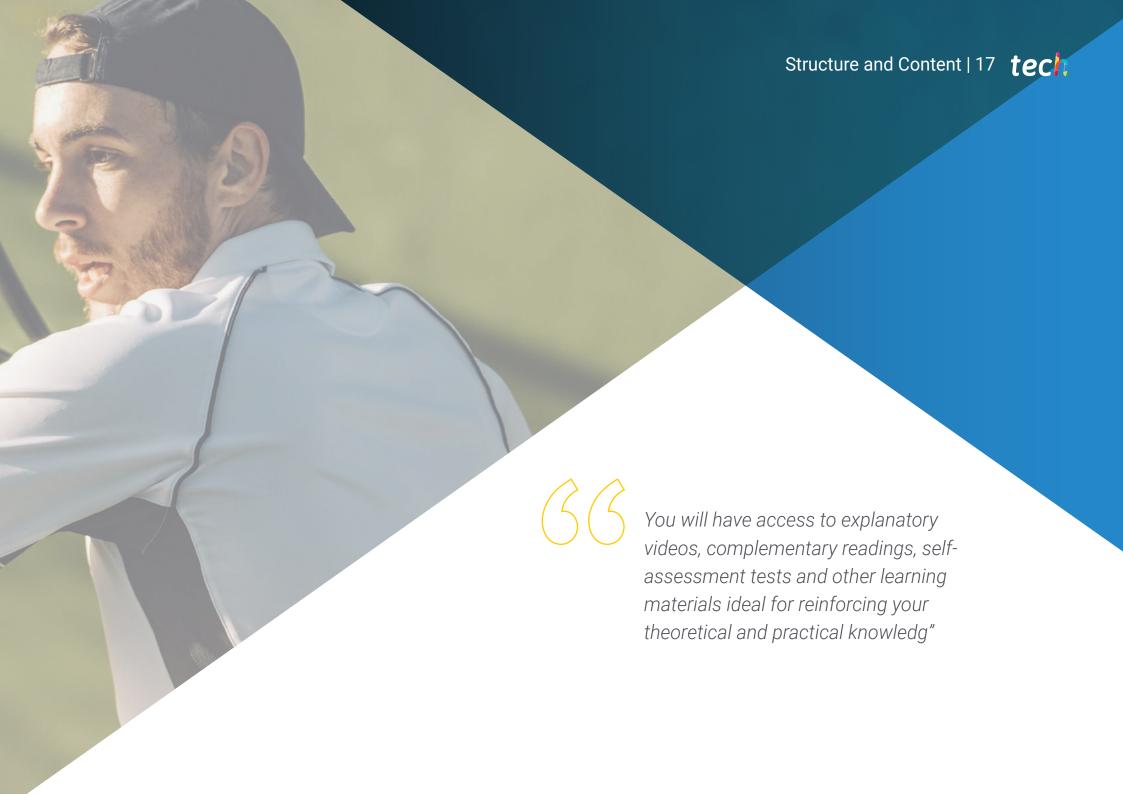
Mr. Esguevillas, Alberto

- Director of Club Deportivo Vegasport Arroyo
- Director of A Esguevillas Tennis Academy
- Director of the Excelentia Valladolid Foundation
- Master's Degree in Tennis Development, Performance and Innovation from Isabel I University
- Master's Degree in Management of Sports Organizations and Facilities from the Polytechnic University of Madrid
- Bachelor of Science in Physical Activity and Sports Sciences from the European University Miguel de Cervantes



Take this opportunity to learn about the latest advances in this field in order to apply it to your daily practice"

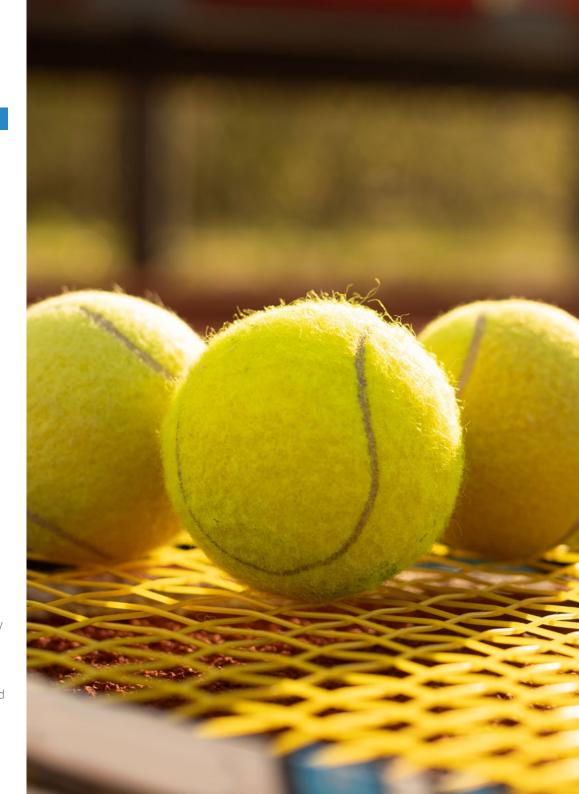




tech 18 | Structure and Content

Module 1. Instruction at Different Stages, Training, Planning and Periodization

- 1.1. General Aspects of Tennis at the Basic Level and their Importance
 - 1.1.1. Introduction to Basic Tennis
 - 1.1.2. Evolution of Tennis Training at the Basic Level
 - 1.1.3. Conceptualization and Definition of Tennis in Stages
 - 1.1.4. General Objectives of the Impulse of the Work of Tennis by Stages
- 1.2. General and Specific Objectives of Tennis Instruction
 - 1.2.1. Characteristics of Tennis in Stages
 - 1.2.2. General Objectives of Tennis Instruction
 - 1.2.3. Factors That Influence the Initiation in Tennis
 - 1.2.4. Specific Objectives of Each of the Existing Stages in Instruction
- 1.3. Stages of Tennis Instruction and How to Work in Each One
 - 1.3.1. Red Stage, Definition and Characteristics
 - 1.3.2. Yellow Stage, Definition and Characteristics
 - 1.3.3. Green Stage, Definition and Characteristics
 - 1.3.4. Coach Effectiveness at Different Stages
- 1.4. Post-training Stages, Concept and Objectives
 - 1.4.1. Pre-competition Stage, General Characteristics
 - 1.4.2. Introduction to the Competition Stage, General Characteristics and Objectives
 - 1.4.3. High-Performance Stage
 - 1.4.4. Professional Stage
- 1.5. Training Concept, Methodology and its Evolution
 - 1.5.1. Concepts of Training and Evolution Throughout History
 - 1.5.2. Modern System of Training, What it Consists Of
 - 1.5.3. What is The Methodology
 - 1.5.4. Objectives of The Methodology
- 1.6. Training Systems in Tennis
 - 1.6.1. Types of Tennis Training According to Workload, Frequency, Volume and Intensity
 - 1.6.2. Continuous and Interval Trainings and Their Main Characteristics
 - 1.6.3. Specific Training Systems (Buckets, Rallies, Points, etc.) and What Each One of Them Consists Of
 - 1.6.4. What the Exercises During Tennis Training Consist Of, the Procedure to be Carried Out, and Their Components.



Structure and Content | 19 tech

- 1.6.5. Variability in Tennis Training
- 1.6.6. The Individual Training and Group Training, Theoretical and Practical Principles
- 1.7. The Training Session from the Theoretical and Practical Point of View
 - 1.7.1. Parts of the Tennis Session and What Each One of Them Consists Of
 - 1.7.2. Elaboration of the Training Session According to the Objectives
 - 1.7.3. How to Elaborate a Training Session
 - 1.7.4. Theoretical-practical Examples of the Elaboration of the Training Session
- 1.8. Planning, its Phases and Models
 - 1.8.1. What is to Plan and What Objectives are Pursued at the Time of Doing It
 - 1.8.2. Elements to Take into Account at the Time of Planning and Raising Objectives: Facilities, Means, Characteristics of the Player, Competitions, etc.
 - 1.8.3. Advice to Follow at the Time of Planning
 - 1.8.4. Phases of the Planning and How to Elaborate It
 - 1.8.5. Current Planning Models
- 1.9. Periodization
 - 1.9.1. Concept of Periodization and Characteristics of Tennis Related to Periodization
 - 1.9.2. Differences Between Periodization and Planning
 - 1.9.3. Benefits that Periodization Bring to Training and to the Tennis Player
 - 1.9.4. Characteristics of Periodization
- 1.10. Annual Phases of Tennis Players in Training and Competition
 - 1.10.1. The Life of a Tennis Player
 - 1.10.2. The Daily Phase
 - 1.10.3. The Microcycles
 - 1.10.4. The Mesocycles
 - 1.10.5. The Annual Phase I: Preparation and Pre-Competition
 - 1.10.6. The Annual Phase II: Competition and Transition

Module 2. History and Regulations

- 2.1. Tennis and its Regulations
 - 2.1.1. What is Tennis, Where was it Invented and its Evolution Throughout History
 - 2.1.2. Tennis Timeline
 - 2.1.3. Counting, Origin and Evolution and other Normative Aspects
 - 2.1.4. Tennis Tournaments and their History and Olympic Level Tennis

- ..2. The Tennis Court, Different Surfaces and Their Classification
 - 2.2.1. The Tennis Court Evolution
 - 2.2.2. Court Measurements and General and Specific Aspects
 - 2.2.3. The Different Existing Surfaces, General and Specific Concepts
 - 2.2.4. Division of Tennis Courts According to Surface Speed
- 2.3. Racket, Ball and Permanent Fixtures
 - 2.3.1. The Tennis Racket, the Ball and its Historical Timeline
 - 2.3.2. Regulatory Aspects Regarding Tennis Rackets and Balls
 - 2.3.3. What is a Permanent Fixture and its Regulatory Aspects
 - 2.3.4. The Ball Touches the Line or the Ball Touches the Permanent Fixture
- 2.4. Service and Returns
 - 2.4.1. Server and Subtractor Selection
 - 2.4.2. Side and Serve Selection
 - 2.4.3. Side Changes, Regulations and Peculiarities
 - 2.4.4. Service Faults. Let and Repetition of the Serve
 - 2.4.5. A Return is Good
- 2.5. Side Changes, Punctuation and their Alternative Systems
 - 2.5.1. Track Side Changes and their Regulation
 - 2.5.2. Game, Set and Match Scoring System
 - 2.5.3. Alternative Scoring Systems
 - 2.5.4. A Player Loses a Point
- 2.6. Code of Conduct
 - 2.6.1. What is the Code of Conduct and its Purpose
 - 2.6.2. Benefits of the Code of Conduct and its Evolution
 - 2.6.3. General Aspects of the Code of Conduct
 - 2.6.4. Specific Aspects of the Code of Conduct
- 2.7. Competition Systems and their Alternatives and Regulations
 - 2.7.1. What Competition Systems Exist
 - 2.7.2. Rules of the Different Existing Competitions
 - 2.7.3. Modern Types of Competition and their Benefits
 - 2.7.4. Competition in Training Stages and its Regulations

tech 20 | Structure and Content

- 2. 8. Referees on the Court, their Importance and Function
 - 2.8.1. Referee's Role on the Court
 - 2.8.2. Player Instructions
 - 2.8.3. Arbitration Systems. Hawk-Eye and its Peculiarities
 - 2.8.4. Continuous Play Principle
 - 2.8.5. Hindrance
 - 2.8.6. Correction of Errors
- 2.9. Doubles Tennis and its Regulations
 - 2.9.1. General Aspects of the Doubles Tennis
 - 2.9.2. Scoring in Doubles and Existing Options
 - 2.9.3. Service and Rest in Doubles Tennis
 - 2.9.4. Doubles Competition
- 2.10. Professional Tennis Tournaments, Circuits and Regulations
 - 2.10.1. Evolution of Professional Tournaments, Circuits and their Regulations up to the Present Time
 - 2.10.2. Existing Tennis Tournaments and their Regulations
 - 2.10.3. ATP and WTA Circuits and Aspects Regulated by Guidelines
 - 2.10.4. Different Prizes in Tennis Tournaments and Aspects Determined by Regulations

Module 3. Game Pattern, Tactics and Strategy

- 3.1. Differentiation between Game Pattern, Tactics and Strategy
 - 3.1.1. General Concepts of Pattern of Play
 - 3.1.2. General Concepts of Tactics
 - 3.1.3. General Concepts of Strategy
 - 3.1.4. Differentiation Between Pattern of Play, Tactics and Strategy
- 3.2. Strategies and Positive Vision in the Singles Tennis
 - 3.2.1. Definition of Strategy
 - 3.2.2. Strategy in Tennis
 - 3.2.3. Strategic Concepts to Take Into Account when Planning a Match
 - 3.2.4. Most Used Strategies in Tennis

- 3.3. Game Pattern, Player Classification and Identity
 - 3.3.1. Definition of Pattern of Play
 - 3.3.2. Types of Patterns or Styles of Play
 - 3.3.3. Player Identity
 - 3.3.4. Profile of the Opposing Player, How to Identify Them and How to Carry out Tactics and Strategy Depending on Them
- 3.4. Tactics and General Features
 - 3.4.1. Definition of Tactics and Importance
 - 3.4.2. Evolution of Tactics Throughout the History of Tennis
 - 3.4.3. Principles of Tactics
 - 3.4.4. Professional Tactics
- 3.5. Game Situations, Tennis Moves and Types of Tennis Moves
 - 3.5.1. What is a Game Situation
 - 3.5.2. Existing Game Situations
 - 3.5.3. Definition of Tennis Moves
 - 3.5.4. Types of Moves
- 3.6. Tactical Considerations of the Baseline Game
 - 3.6.1. Introduction to Baseline Play
 - 3.6.2. Baseline Game Court Zones and How to Play from Each One of Them
 - 3.6.3. Objectives from Each Zone of the Court
 - 3.6.4. Tips to Play with a Correct Tactic in the Baseline Game
- 3.7. Tactical Considerations for Net Game
 - 3.7.1. Introduction to Net Game
 - 3.7.2. The First Four Strokes and the Approach to the Net
 - 3.7.3. Covering the Passing-shot
 - 3.7.4. Where to Play the Volley
- 3.8. Tactical Considerations for Service and Return
 - 3.8.1. General Tactical Aspects of the Service
 - 3.8.2. Tactical Intent with Service
 - 3.8.3. Service Zones
 - 3.8.4. General Tactical Aspects of the Return



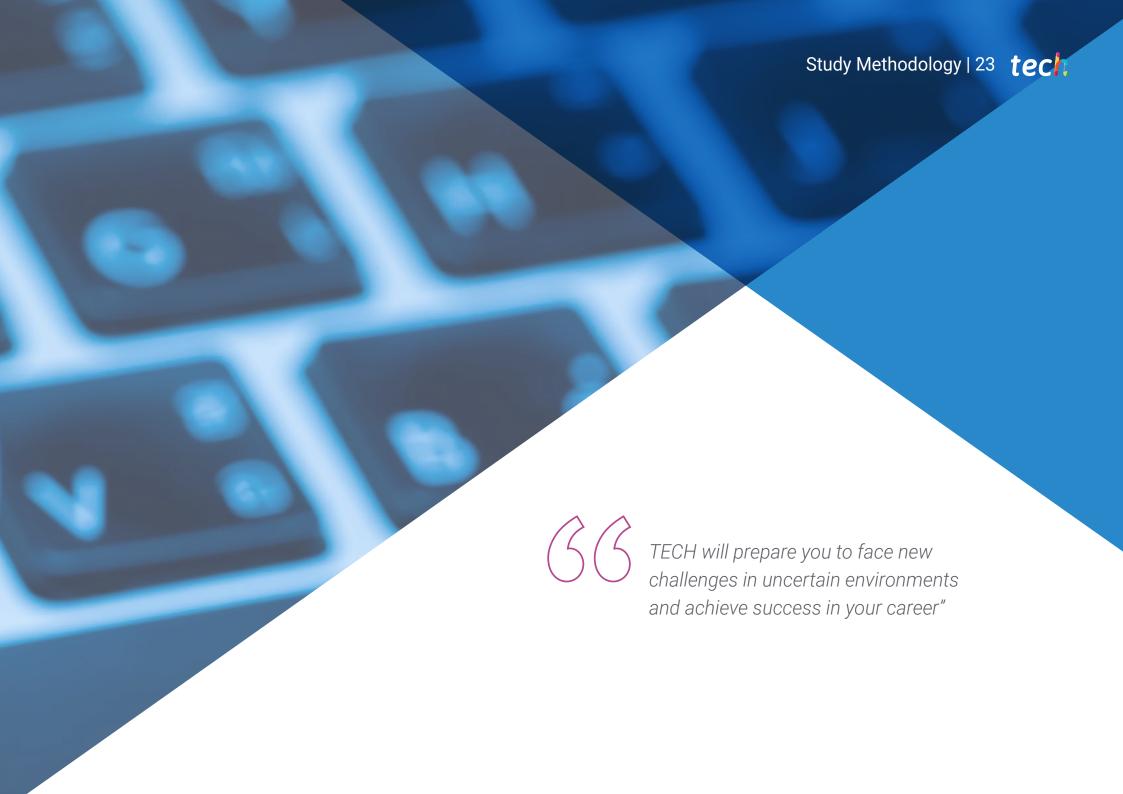
Structure and Content | 21 tech

- 3.9. Tactics and Strategy in the Doubles Modality
 - 3.9.1. The Game of Doubles and its Tactical Evolution
 - 3.9.2. Modern Vision of Doubles Tactics
 - 3.9.3. Doubles Tennis Situations
 - 3.9.4. Types of Shots in Doubles Tennis
- 3.10. Laterality and Tactical Applicability
 - 3.10.1. What is Laterality, Concept and Meaning
 - 3.10.2. Homogeneous and Heterogeneous Laterality
 - 3.10.3. Importance in Tennis and Identification of the Type of Laterality
 - 3.10.4. Use of Tactics According to One's Own and the Opponent's Laterality



Make the most of this opportunity to surround yourself with expert professionals and learn from their work methodology"



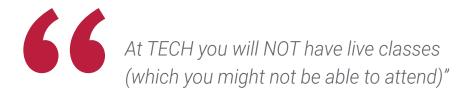


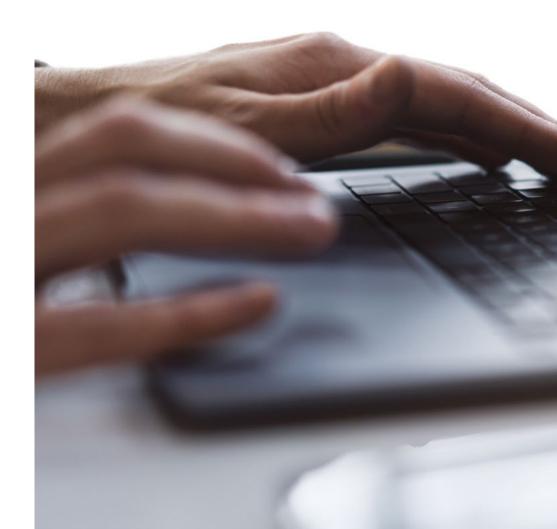
The student: the priority of all TECH programs

In TECH's study methodology, the student is the main protagonist.

The teaching tools of each program have been selected taking into account the demands of time, availability and academic rigor that, today, not only students demand but also the most competitive positions in the market.

With TECH's asynchronous educational model, it is students who choose the time they dedicate to study, how they decide to establish their routines, and all this from the comfort of the electronic device of their choice. The student will not have to participate in live classes, which in many cases they will not be able to attend. The learning activities will be done when it is convenient for them. They can always decide when and from where they want to study.







The most comprehensive study plans at the international level

TECH is distinguished by offering the most complete academic itineraries on the university scene. This comprehensiveness is achieved through the creation of syllabi that not only cover the essential knowledge, but also the most recent innovations in each area.

By being constantly up to date, these programs allow students to keep up with market changes and acquire the skills most valued by employers. In this way, those who complete their studies at TECH receive a comprehensive education that provides them with a notable competitive advantage to further their careers.

And what's more, they will be able to do so from any device, pc, tablet or smartphone.



TECH's model is asynchronous, so it allows you to study with your pc, tablet or your smartphone wherever you want, whenever you want and for as long as you want"

tech 26 | Study Methodology

Case Studies and Case Method

The case method has been the learning system most used by the world's best business schools. Developed in 1912 so that law students would not only learn the law based on theoretical content, its function was also to present them with real complex situations. In this way, they could make informed decisions and value judgments about how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

With this teaching model, it is students themselves who build their professional competence through strategies such as Learning by Doing or Design Thinking, used by other renowned institutions such as Yale or Stanford.

This action-oriented method will be applied throughout the entire academic itinerary that the student undertakes with TECH. Students will be confronted with multiple real-life situations and will have to integrate knowledge, research, discuss and defend their ideas and decisions. All this with the premise of answering the question of how they would act when facing specific events of complexity in their daily work.



Relearning Methodology

At TECH, case studies are enhanced with the best 100% online teaching method: Relearning.

This method breaks with traditional teaching techniques to put the student at the center of the equation, providing the best content in different formats. In this way, it manages to review and reiterate the key concepts of each subject and learn to apply them in a real context.

In the same line, and according to multiple scientific researches, reiteration is the best way to learn. For this reason, TECH offers between 8 and 16 repetitions of each key concept within the same lesson, presented in a different way, with the objective of ensuring that the knowledge is completely consolidated during the study process.

Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.





A 100% online Virtual Campus with the best teaching resources

In order to apply its methodology effectively, TECH focuses on providing graduates with teaching materials in different formats: texts, interactive videos, illustrations and knowledge maps, among others. All of them are designed by qualified teachers who focus their work on combining real cases with the resolution of complex situations through simulation, the study of contexts applied to each professional career and learning based on repetition, through audios, presentations, animations, images, etc.

The latest scientific evidence in the field of Neuroscience points to the importance of taking into account the place and context where the content is accessed before starting a new learning process. Being able to adjust these variables in a personalized way helps people to remember and store knowledge in the hippocampus to retain it in the long term. This is a model called Neurocognitive context-dependent e-learning that is consciously applied in this university qualification.

In order to facilitate tutor-student contact as much as possible, you will have a wide range of communication possibilities, both in real time and delayed (internal messaging, telephone answering service, email contact with the technical secretary, chat and videoconferences).

Likewise, this very complete Virtual Campus will allow TECH students to organize their study schedules according to their personal availability or work obligations. In this way, they will have global control of the academic content and teaching tools, based on their fast-paced professional update.



The online study mode of this program will allow you to organize your time and learning pace, adapting it to your schedule"

The effectiveness of the method is justified by four fundamental achievements:

- 1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that assess real situations and the application of knowledge.
- 2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
- 3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
- **4.** Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.

Study Methodology | 29 tech

The university methodology top-rated by its students

The results of this innovative teaching model can be seen in the overall satisfaction levels of TECH graduates.

The students' assessment of the teaching quality, the quality of the materials, the structure of the program and its objectives is excellent. Not surprisingly, the institution became the top-rated university by its students according to the global score index, obtaining a 4.9 out of 5.

Access the study contents from any device with an Internet connection (computer, tablet, smartphone) thanks to the fact that TECH is at the forefront of technology and teaching.

You will be able to learn with the advantages that come with having access to simulated learning environments and the learning by observation approach, that is, Learning from an expert.

As such, the best educational materials, thoroughly prepared, will be available in this program:



Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



Practicing Skills and Abilities

You will carry out activities to develop specific competencies and skills in each thematic field. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop within the framework of the globalization we live in.



Interactive Summaries

We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".





Additional Reading

Recent articles, consensus documents, international guides... In our virtual library you will have access to everything you need to complete your education.

Case Studies

Students will complete a selection of the best case studies in the field. Cases that are presented, analyzed, and supervised by the best specialists in the world.

Testing & Retesting



We periodically assess and re-assess your knowledge throughout the program. We do this on 3 of the 4 levels of Miller's Pyramid.

Classes



There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an expert strengthens knowledge and memory, and generates confidence for future difficult decisions.

Quick Action Guides



TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical and effective way to help students progress in their learning.







tech 34 | Certificate

This private qualification will allow you to obtain a diploma for the **Postgraduate Diploma in Tennis Coach** endorsed by **TECH Global University**, the world's largest online university.

TECH Global University, is an official European University publicly recognized by the Government of Andorra (official bulletin). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** private qualification, is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: Postgraduate Diploma in Tennis Coach

Modality: online

Duration: 6 months

Accreditation: 18 ECTS



^{*}Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University will make the necessary arrangements to obtain it, at an additional cost.



Postgraduate Diploma Tennis Coach

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Accreditation: 18 ECTS
- » Schedule: at your own pace
- » Exams: online

