

IRL - Level 3 Course schedule

Webinar - Day 1 / 29.05.2025

30	8.00-8.30		Introduction to the course
60	8.30-9.30		Role of the coach
90	9.45-11.15		Analysis of player characteristics (14U players - How they play?)
60	11.30-12.30		Introduction to tactics
4			

Webinar - Day 2 / 02.06.2025

60	8.00-9.00		Goal setting
60	9.15-10.15		Planning & periodisation
90	10.30-12.00		Biomechanics: an introduction
60	12.15-13.15		Introduction to technical diagnosis and correction
60	13.30-14.30		Physical Fitness for tennis
5.5			

Webinar - Day 3 / 04.06.2025

90	8.00-9.30		Psychological characteristics of tennis champions
60	9.45-10.45		First aid for tennis: injury prevention/treatment for tennis
60	11.00-12.00		Match charting
3.5			

TOTAL WEBINARS: 13

Information only

60			Travelling with tournament players
60			Nutrition for tennis
2			

Day 1 - 21.08.25			
duration	from	place	theme
30	9.00-9.30	LR	Introduction to the course
60	9.45-10.45	OC	Level of play (TEST)
	11.45-12.45		LUNCH BREAK
60	12.45-13.45	LR	Communication skills for the tennis coach
60	14.00-15.00	OC	Communication skills for the tennis coach
120	15.15-17.15	OC	Developing smart tennis player (base line, serving and returning)
120	17.30-19.30	OC	Demo and 1st practice of tactical training
7.5			
Day 2 - 22.08.25			
duration	from	place	theme
30	8.30-9.00	LR	Review of Day 1
90	9.00-10.30	OC	Biomechanics: an introduction
90	10.45-12.15	LR	Playing on the baseline: (Forehand lecture room)
	12.15-13.15		LUNCH BREAK
90	13.15-14.45	LR	Putting the ball into play: (Serve) (lecture room)
90	15.00-16.30	OC	Playing on the baseline Forehand, Serve and Smash and Return
120	16.45-18.45	OC	2nd practice of tactical training
8.5			
Day 3 - 23.08.25			
duration	from	place	theme
30	8.30-9.00	LR	Review of Day 2
90	9.00-10.30	OC	Playing at the baseline (Backhand) - Playing at the net(approach and volleys)
30	10.45-11.15	OC	Feeding techniques for tennis coaching
90	11.15-12.45	OC	Technical evaluation and improvement
	12.45-13.45		LUNCH BREAK
90	13.45-15.15	OC	Strokes - technical development (common problems and solutions)
120	15.30-17.30	OC	Technical evaluation and improvement - practice by participants
7.5			
Day 4 - 24.08.25			
duration	from	place	theme
30	8.30-9.00	LR	Review of Day 3
60	9.00-10.00	LR	Modern teaching methodology (Coaching to the level of competence and motivation!)
90	10.15-11.45	OC	Teaching methods and class organisations applied to tennis
	11.45-12.45		LUNCH BREAK
90	12.45-14.15	OC	Doubles for advance players
150	14.30-17.00	OC	Technical evaluation and improvement - practice by participants
7			
Day 5 - 25.08.25			
duration	to	place	theme
30	8.30-9.00	LR	Review of Day 4
150	9.00-11.30	OC	Skill acquisition for advanced players (types of practice, implicit learning, channels)
60	11.45-12.45	OC	Teaching styles applied to tennis
	12.45-13.45		LUNCH BREAK
120	13.45-15.45	OC	Match charting (on court)
6			
Day 6 - 26.08.25			
duration	from	place	theme
30	8.30-9.00	LR	Review of Day 4
120	9.00-11.00	OC	Physical training for tournament players
90	11.15-12.45	OC	Psychological training through drills and group exercises
	12.45-13.45		LUNCH BREAK
180	13.45-16.45	OC	Tactical and technical improvement in one lesson
7			
Day 7 - 27.08.25			
duration	from	place	theme
30	8.30-9.00	LR	Review of Day 5
120	9.00-11.00	LR	Periodization for 12U & 14U players
180	11.15-14.15	OC	Tactical and technical improvement in one lesson
	14.15-15.15		LUNCH BREAK
30	15.15-15.45	LR	Written assessment procedure explanation (lecture room)
60	15.45-16.45	LR	Practical assessment procedure explanation – how to prepare the vide (lecture room)
30	17.00-17.30	LR	Summary and review of the course
7.5			
Written Assessment - 29.08.25			
duration	from	place	theme
2.5	9.00-11.30	DCU	

TOTAL: 51.0