

**ASSISTANT COACH COURSE SCHEDULE – DAY 1**

**9.00 – 9.30 Introduction and Welcome**

* Registration
* Background to the RPT
* Outline of the Course
* Explanation of the RPT certification process
* Explanation of the RPT and You

**9.45 -10.00 Warm UP Exercises without a Ball**

**10.00-10.15 Warm UP Exercises with a Ball**

**10.15-10.45 Exercises with a ball without a bounce**

* Individually
* With a partner
* Game

**10.45-11.15 BREAK**

**11.15- 11.45 Exercises with a ball with a bounce**

* Individually
* With a partner
* Game

**11.45-12.15 Exercises with a racket and ball without a bounce**

* Individually
* With a partner
* Game

**12.15-12.45 Exercises with a racket and ball with a bounce**

* Individually
* With a partner
* Game

**12.45-1.30 LUNCH**

**1.30-2.00 Finding the correct position**

* With the feet
* With the hand
* With the racket

**2.00-3.00 Technical Progressions**

* Forehand Volley
* Backhand Volley
* Forehand Groundstroke
* Backhand Groundstroke – 2 handed

**3.00-3.30 Circuits**

**3.30-4.00 Games**

**4.00-4.30 Child Protection**

**4.30-5.00 Workbook**



**ASSISTANT COACH COURSE SCHEDULE – DAY 2**

**9.30 – 9.45 Warm Up**

**9.45- 10.30 Technical Progressions**

* + - Forehand Volley

**10.30-11.00 Drills**

* + - Forehand Volley

**11.00-11.15 Games**

* + - Forehand Volley

**11.15-11.45 BREAK**

**11.45-12.15 Technical Progressions**

* + - Backhand Volley

**12.15-12.45 Drills**

* + - Backhand Volley

**12.45-1.00 Games**

* + - Backhand Volley

**1.00-2.00 LUNCH**

**2.00-2.30 Technical Progressions**

* + - Volley Footwork

**2.30-3.00 Drills**

* + - Combination Volleys

**3.00-3.30 Games**

* + - * Combination Volleys

 **3.45-4.00 Risk Assessment**

**4.00-4.30 Health and Safety**

**4.30-5.00 Workbook**



**ASSISTANT COACH COURSE SCHEDULE – DAY 3**

**9.30-9.45 Warm Up**

**9.45-10.30 Technical Progressions**

* + - Forehand Groundstroke
		- Differences between, Eastern, Semi Western, Western Grips

**10.30-10.45 Drills**

* + - Forehand Groundstroke

**10.45-11.15 BREAK**

**11.15-11.30 Games**

* + - Forehand Groundstroke

**11.30-12.00 Technical Progressions**

* + - 1 handed Backhand Groundstroke

**12.00-12.30 Technical Progressions**

* + - 2 handed Backhand Groundstroke
		- Technical differences between 1 and 2 handed

**12.30-12.45 Drills**

* + - Backhand Groundstroke

**12.45-1.00 Games**

* + - Backhand Groundstroke

**1.00-2.00 LUNCH**

**2.00-2.15 Drills**

* + - Combination Groundstrokes

**2.15-2.30 Games**

* + - Combination Groundstrokes

**2.30-2.45 Drills**

* + - Combination Groundstrokes and Volleys

**2.45-3.00 Games**

* + - Combination Groundstrokes and Volleys

**3.00-3.45 Technical Progressions**

* + - Service

**3.45-4. 00 Drills**

* + - Service

**4.00-4.15 Games**

* + - Service

**4.30- 4.45 Lesson Plans**

**4.45-5.00 Workbook Completion**