



REGISTRO PROFESIONAL DE TENIS



tetofime



SPECIALIST COACH QUALIFICATIONS

Become a Specialist Coach with the



REGISTRO PROFESIONAL DE TENIS

RPT
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These new RPT Specialist Qualifications programme has been developed in Spain and provide the latest innovative coaching programme from the RPT.

tetofime consists of the 4 pillars of learning which have been united, intertwined and interconnected so that any individual can achieve their **Ideal Performance State**

te - technico ta – tactico fi - fisico me - mental

Using the programme you can now become a Qualified Specialist Coach in your chosen area of expertise.



COURSE STRUCTURE

Each specialism has been developed as 4 x 1 day training courses.

On the successful completion of the 4 courses and the relevant assessment you will be recognised as an RPT Specialist in that area.

The 4 courses must be completed within 12 months of the start of your programme

ASSESSMENTS

On completion of the 4 training courses in each specialist area you will be required to complete an on court assessment, written test and develop a portfolio of coaching experience and evidence. On the successful completion of the three elements of the test you will receive your qualification in the specific specialist area you have chosen. You must complete all the 4 courses and the assessment within 18 months of starting your first course. If you have already completed any of the courses in the past 18 month you will not be required to take the course again but will be assessed on the content of the course.

PROGRESSION TO NATIONAL MASTER PROFESSIONAL

If you wish to achieve the RPT National Master Professional Qualification you will need to complete all 4 specialist qualifications with 4 years of starting your first course

AREAS OF SPECIALISM AND COURSES

TECHNICAL SPECIALIST



- 1 Spanish Teaching Progressions
- 2 Specialty Shots
- 3 Advanced Progressions
- 4 Video and Technical Analysis

TACTICAL SPECIALIST



- 1 Singles Tactics
- 2 Dynamic Doubles
- 3 Patterns of Play
- 4 Match Charting

PHYSICAL SPECIALIST



- 1 Streetennis
- 2 Fitness and Footwork
- 3 Fitness Testing and Programming
- 4 Physiology and Nutrition

MENTAL SPECIALIST



- 1 Introduction to Sports Science
- 2 Goal Setting
- 3 Periodisation
- 4 Mental Toughness

COURSE DETAILS



TECHNICAL SPECIALIST

1 Spanish Teaching Progressions

The course introduces coaches to the proven technical teaching progressions introduced by the RPT. The progressions cover the groundstrokes, volleys and serve and include the technical elements that support the teaching progressions and the teaching systems.

2 Specialty Shots

This course will show you how to teach the technical elements of the following strokes and how to put them into a lesson structure. It will also show a range of drills and competitive game situations to enable you to develop the strokes. (Spin Serves, Return of Serve, Drop Shots, Lobs, Smash)

3 Advanced Progressions

Years of research and bio-mechanical analysis of the key strokes has helped us develop a systematic teaching method to enable coaches to be able to enhance their players current standard and take them to the next level. Strokes include spin serves, passing shots, approach shots etc.. plus how to generate power on serves and groundstrokes.

4 Video and Technical Analysis

Video analysis is a key part in any successful coaching programme. The course will take you through the whole process of developing a video analysis option into your programme. We will cover recording options, how, when and where to record, how to upload your videos to your computer, download free analysis software and how to use the software to be able to analyse your strokes.



TACTICAL SPECIALIST

1 Singles Tactics

A systematic programme has been introduced to help you teach singles tactics through a progressive series of drills, exercises and game play situations. The programme makes it easy to coach and easy to learn the key tactics required in singles matchplay at different levels

2 Dynamic Doubles

A whole series of drills, practice and matchplay simulation exercises will help you to develop a comprehensive doubles programme for players of all levels within your club. Set plays, set movements, formations and tactical applications are all part of a great on court programme.

3 Patterns of Play

The course will help you to understand the concept of setting patterns, how to adopt and adapt set and how to identify an opponents' pattern using a range of creative Drills and Games.

4 Match Charting

We will show you a simple method of being able to chart your players' matches and how to develop this system to become a very complex and complete match charting system which will help you produce a statistical break down of your players' performance. You will then be able to analyse statistics to be able to use the information to be able to identify the strengths and weaknesses of your players and their opponents.



PHYSICAL SPECIALIST

1. Streetennis

Is an innovative teaching programme based on introducing children under the age of 9 to tennis. It is an easy, economical and fun way to give children the experience of tennis and fuel their interest to want to learn more and includes a great deal of subliminal fitness and footwork training

2. Fitness and Footwork

This is a very practical course and will help you to be able to identify and understand the key elements of fitness and how to use this to be able to design fitness programmes for players of all ages and abilities at your club. You will be shown how to monitor and track performance and improvement and how to introduce a fitness programme into your club and coaching using specific footwork drills and patterns

3 Fitness Testing and Programming

This course will help you understand the importance of establishing testing protocols, setting benchmarks and how to assess and analyze your test results. You will then be shown how to design and develop specific programmes for your players

4 Physiology and Nutrition

You will be introduced to basic Anatomy and Physiology including the respiratory and skeletal systems, key muscle groups and functions, growth patterns and implications all which will help you understand the requirements and benefits of an effective fitness programme. You will also be introduced to the key elements of nutrition and how they impact on training and matchplay.



MENTAL SPECIALIST

1 Introduction to Sports Science

The course will show the initial concepts required to be able to introduce Nutrition, Psychology and Fitness into your programmes. It will also show how to use this information to be able to create a periodisation plan for your players.

2 Goal Setting

Understanding the importance of goal setting is at the route of this course. You will be shown how to set and monitor goals, the importance of the emotional buy in and how to apply the goals into real teaching and learning environments

3 Periodisation

Peaking for performance is critical in a players long term development programme. The course explains the importance of setting periodisation plans and how to monitor and assess a plan and how to vary the Intensity, Volume and Timing of training

4 Mental Toughness

Mental Toughness is critical for a successful player. We will help define what mental toughness really is, how to train it and how to establish rituals and patterns of successful behavior.

FURTHER INFORMATION

For further information on the courses, dates and qualifications please contact the office



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