

**WELCOME PACK
LTA INSTRUCTOR:
CORE TRAINING**



**WE DO
TENNIS**

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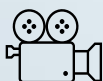
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Before the Course

The first thing you need to do to login to [LTA Learn](#)* to access the online elements of your course. Use your existing LTA login credentials. Once logged in, select 'Your Courses', then 'LTA Instructor'. Then open the following folder:



Welcome to LTA Instructor



Watch this first! How to use LTA Learn

You must watch this video. It might take a bit of time, but will help you in the long run



Learn: Roles and Responsibilities

This must be completed before day one. Please ensure you have submitted this.

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You will need to complete 4x one-hour sessions with junior players (9–18-year-olds) and 4x one-hour sessions with adult players. Please do not start this before Day One of the course but do organise with your venue/head coach to prepare which days and times you will do. If you are not linked to a coaching venue please email our Coach Development Centre at cdc@wedotennis.co.uk

What to Bring

This course is very active.

1. A racket
2. Water
3. Lunch

You may be able to purchase this at your venue but please check in advance

4. Fully charged phone or tablet

Please download a QR code reader prior to the course. You may be asked to use mobile data if Wi-Fi is unavailable

5. Pen & paper
6. Clean top on Day 4

On Day Four, you will take part in a Cardio Tennis session. This can get hot!

During the course, you will need to:

7. Book First Aid Training

This is a requirement before booking your Final Assessment

8. Book an Elective course

A choice between one of two 4-hour LTA workshops. This must be booked before your assessment

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Itinerary Day One

Timings are approximate*

09:00 – Welcome

09:10 – Course Introduction

10:30 – Break

11:00 – How to be a Great Instructor

12:30 – Lunch Break

13:30 – Tactics and Technique for Group Coaching

15:00 – Break

15:30 – Demonstrating and Observing Tactics and Technique

16:50 – Day One Summary

17:00 – End of Day One

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




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Day one is packed full of information that will apply throughout the course. Come ready to throw yourself in and don't worry if it feels like a lot of information. You will have plenty of opportunities to put it into practice on the course.

Before Day Two

You will need to login to your LTA Learn and complete the following (your tutor will provide more information on Day One).

(1) Core Module One: Prior to Day Two, complete all support, learn and test documents within the following units:

-  **Unit One:** Course Introduction
-  **Unit Two:** How to be a Great Instructor
-  **Unit Three:** Tactics and Techniques for Group Coaching
-  **Unit Four:** Demonstrating and Observing Tactics and Technique
-  **Module 1:** Reflective Learning

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


Any issues with LTA Learn, please try this before contacting your tutor:

1. Use Chrome as your browser
2. Ensure pop-ups are enabled
3. Check Wi-Fi strength and close all other tabs
4. Clear cache/history log
5. Log out and back in again

*On some courses, Day One and Day Two may run on consecutive days. If this is the case, you will not be expected to complete this overnight.

Before Day Two: Continued

(2) **Qualification Coaching Experience:** You will need to attend one junior and one adult session (which you have organised alongside your lead coach) in order to complete the tasks. Ensure you read through the support document first:

-  Support: Getting started with your Qualification Experience
-  Task: Reviewing Your Players
-  Task: Overall Session Plans
-  Task: Risk Assessment

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Itinerary Day Two

Timings are approximate*

09:00 – Welcome Back

09:10 – How to Teach Footwork For Tennis

10:30 – Break

11:00 – Improving Player Performance

12:30 – Lunch

13:30 – How to Teach and Progress in Group Lessons

15:00 – Break

15:30 – How to Teach Doubles

16:50 – Day Two Summary

17:00 – End of Day Two

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

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
Where Day One focused on beginners, Day Two is packed with information to develop players who already understand the game.

After Day Two

(1) Core Module Two: Complete all support, learn and test documents within the following units:

-  **Unit One:** How to Teach Footwork For Tennis
-  **Unit Two:** Improving Player Performance
-  **Unit Three:** How to Teach and Progress in Group Lessons
-  **Unit Four:** How to Teach Doubles
-  **Module 2:** Reflective Learning

(2) Qualification Experience: You should now start completing your eight hours of coaching experience. Please complete the following tasks:

-  **Task:** Qualification Experience Evidence
-  **Support:** Ideas for Evaluation Videos
-  **Task:** Qualification Experience Evidence







You do not need to complete all your experience hours before Day Three but get as much done as you can. Remember to film a one-minute reflective video after each session.

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After Day Two Continued

(3) Filming Video Tasks: Start to familiarize yourself with this module by reading the support documents about video assessments and the filming requirements.

-  **Support:** All about Video Tasks
-  **Support:** Why Video Assessment?
-  **Support:** Step by Step Instructors
-  **Support:** Audio/Visual Requirements
-  **Support:** How to Upload to YouTube
-  **Support:** How to submit your task videos to LTA Learn

(4) Forming Instructor Skills: Please read through the support documents and tasks and come to Day 3 with any questions you have for the tutor

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Itinerary Day Three

Timings are approximate*

09:00 – Welcome Back

09:10 – Understanding Safeguarding

10:30 – Break

11:00 – How to Create a Great Learning Climate

12:30 – Lunch

13:30 – Coaching Kids Using LTA Youth

15:00 – Break

15:30 – How to Deliver Primary Schools' Sessions

16:50 – Day Three Summary

17:00 – End of Day Three

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After Day Three

(1) Core Module Three: Complete all support, learn and test documents within the following units:

- 📁 **Unit One:** How to Teach Footwork For Tennis
 - 📁 **Unit Two:** Improving Player Performance
 - 📁 **Unit Three:** How to Teach and Progress in Group Lessons
 - 📁 **Unit Four:** How to Teach Doubles
- Module 2:** Reflective Learning

(2) Qualification Experience: Continue to complete your coaching experience, remembering to film your one-minute reflections after each session.

(3) Forming Instructor Skills:

You should have read all support documents and asked your tutor any relevant questions. If you're confident, start filming the two tasks during one of your experience sessions.

- 📁 **Task:** Getting the Right Start to a Lesson
- 📁 **Task:** Teaching and Progression in a Lesson

Key Points to Consider

- (1)** – You do not have to submit your first attempt. Review each time you film and make use of the marking criteria to make sure you're happy with your coaching.
- (2)** – You only get one submission attempt, and the mark will count towards your final grade
- (3)** – Make sure you have followed the guidance in the welcome folder with regards to permission before you start filming players.
- (4)** – If you're not feeling confident, film your sessions. Watching them back is a great way to improve your coaching skills

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Itinerary Day Four

Timings are approximate*

09:00 – Welcome Back

09:10 – How to Deliver Cardio Tennis

10:30 – Break

11:00 – Organization and Feeding for Cardio Tennis

12:30 – Lunch Break

13:30 – Inclusive and Disability Coaching

15:00 – Break

15:30 – How to Organise Competition

16:50 – Day Four Summary

17:00 – End of Day Four

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




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

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After Day Four

(1) Core Module Four: Complete all support, learn and test documents within the following units:

-  **Unit One:** How to Deliver Cardio Tennis
-  **Unit Two:** Organisation and Feeding for Cardio Tennis
-  **Unit Three:** Inclusive and Disability Coaching
-  **Unit Four:** How to Organise Competition
-  **Core Module 4:** Reflective Learning

(2) Qualification Experience: You need to complete all eight hours of coaching and submit your 8x one-minute videos.

-  **Task:** Qualification Experience Evidence
-  **Task:** Lead Coach Overall Review

Once you've completed all your sessions, ask your lead coach to film a video review.



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After Day Four Continued

(3) Forming Instructor Skills:

You will need to submit all videos required for each task listed below. Both coaching and your additional 2-minute videos to camera.

-  **Task:** Getting the Right Start to a Lesson
-  **Task:** Teaching and Progression in a Lesson

(4) Feeding: You will need to submit all videos required for each task listed below. Both coaching and your additional 2-minute videos to camera.

-  **Support:** Feeding Skills
-  **Support:** Feeding Skills Checklist
-  **Support:** Feeding Task Marking Criteria
-  **Task:** Feeding Skills

Course Completion

The LTA Instructor course requires a significant commitment to complete, but your skills will be greatly enhanced as will your role in growing participation in tennis. We recommend you aim to have completed all of these tasks one month after Day four.

Some may take longer than others, so the key is to communicate with your course tutor so they understand your plan to complete the course.

Core Training Checklist:

- ✓ All four Module folders
- ✓ Qualification Experience
- ✓ Forming Instructor Skills Tasks
- ✓ Feeding Task
- ✓ Attended a First Aid course
- ✓ Attended an Elective

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LTA Assessment: If you have completed all the above you are ready for your summative assessment. This is booked via [the LTA](#). Once you have booked online you will get a new course on LTA Learn. The summative assessment is a 30-minute video submission of your coaching. There is full supporting documentation on the course online but please ask your tutor or our [Coach Development Centre](#) if anything is unclear and you require more support.

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The Next Step: LTA Coach

Prior to the course

- Hold the LTA Instructor Qualification
- Be LTA Accredited or have a valid DBS (issued within the past 12 months)
- Have a rating of 6.1 or better, or complete an LTA Coach Readiness Test
- Have a valid First Aid certificate

During the course

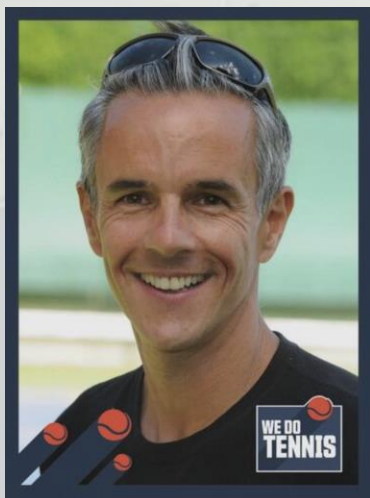
1. Attend all days of face-to-face core training
2. Complete all online coursework
3. Complete your group assessment

Assessment

Please note although your group assessment will be within the core training, you will need to book your Individual lesson assessment with the LTA. This is booked via the LTA and costs £60.

To book an LTA Coach: Core Training Course with We Do Tennis, click [here](#). We offer a **10% 'Early Bird' discount** on courses booked 2 months in advance.

Our Tutor



Email:
nick@wedotennis.co.uk

Nick Williams

Nick's love of coach education began when asked to tutor on an LTA course. Over the following years he has been involved in over 250 coach education qualification courses from level 1-4 as a tutor or assessor.

Nick has always received an 'outstanding' grade from external quality assurance visits for his delivery and assessing capabilities.

He was Head of a Coach Education Provider from 2008 to 2016. "My passion for coach education has never waned and I'm very excited to be involved with We Do Tennis".

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