

# COACHING EDUCATION



**GLOBAL**  
TENNIS

**Why is a coaching education important?  
We believe well trained sport coaches are the  
key elements to providing quality sports  
experiences for Canada's youth.**

**Coaching Education facilitators  
should be educated people with a  
strong background as tennis  
players and developmental  
coaching experience**

## **Why are quality coaches important to athletes and their communities?**

**We believe trained coaches are better equipped to create positive sports experiences, which in turn keeps youth involved in sports**

**Coaching education is critically important to help create a more positive environment that is needed to help in player development. A more complete content structure that goes beyond the basics of how to coach must become standard across all clubs at all levels.**

## EDUCATIONAL MISSION

- 1. To prepare highly qualified specialists with higher education, capable of developing and applying the scientific knowledge in the different areas of the coaching;**
- 2. To consolidate and develop the national traditions in education, science and sport**
- 3. To select, prepare and qualify its teaching and academy staff;**
- 4. To co-operate on national and international levels in the areas of education, science and sport**

## GOALS

- Organize and conduct Global Tennis Coaching Continuing Education Programs
- Organize Comprehensive Coaching seminars and workshops
- Produce instructional materials, templates, programs and videos for coaching purposes.
- Work cooperatively with the TPA and Tennis Canada on coaching education related matters.

# The following are the main areas of interest of the Global Tennis Coaching Education Program:

**Theory and Methodology of Sport Training** is dedicated to elaborate the main principles, means and methods of influence on the physical development of the human being, on the one hand on their personality, on the another in the extreme conditions of the training and competitive activity.

**Sport Pedagogy** is an evidence-based, practice-focused discipline located in the academic space where sport and education come together. The subject matter of sport pedagogy forms the foundation of effective teaching and coaching, and research in sport pedagogy aims to develop new knowledge that can improve the learning and development experiences of sports participants and practitioners at all levels.

**Sport psychology** deals with the mental side of tennis and encompasses the study of human behaviour within the setting of sport.

**Sport biomechanics** is the analysis of human movements and forces, including the analysis of proper and improper stroke mechanics.

**Motor learning** is the study of changes in movement behaviour as a result of practice or experience and deals with the process by which the human body learns movements and both basic and complex tasks.

**Sport physiology** is the study of how the systems of the body function and specifically adapt during exercise.

**Sports medicine** includes the treatment and prevention of athletic injuries and rehabilitation

**Sport nutrition** is the study of the utilization of food substances during physical activity

**All of the sport sciences contents give broad opportunities to overcome the empiricism in coaching and create a scientifically justified system of sports preparation of elite athletes.**

2015-2016 Global Tennis Coaching Education Curriculum – for more info please contact Dimitri at [dimitripenchev@globaltennis150.com](mailto:dimitripenchev@globaltennis150.com)

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