



WGTA ANNUAL TRAINING PROGRAM FOR COACHES. (In person).

1) ADDRESSED TO:

- Professionals of tennis education, physical trainers, sports psychologists, directors of academies and tennis clubs, federative leaders and ultimately all those responsible for the development of tennis in each country.

2) OBJECTIVES OF THE TRAINING PROGRAM:

- Reflect on important aspects of training that a good professional should control trying to clarify concepts.
- Provide technicians with the possibility to expand and update their theoretical and practical knowledge.
- Offer the latest training trends by giving technicians the tools to carry it out in a more effective way.
- Dignify the profession of tennis technician contributing to create better trained and professional trainers thus improving our image as a collective.
- To present to the organizations that trust in our work a serious and reasoned training program that unifies teaching and training criteria avoiding a dangerous and adventurous constant improvisation.

3) SYSTEM USED FOR THE TRAINING PROGRAM.

- From WGTA we encourage the retraining and the continuous training of the trainers since we are convinced that with a bigger and better formation, our work will be more professional and efficient getting new students and relying on existing ones.
- For this reason Walter Grünfeld Tennis Academy has developed a multidisciplinary training program, in a global and integral way, that includes knowledge in different areas that we consider essential to know, to master and to put into practice, so that our work has a high quality and the trainer can achieve its greatest performance in carrying out its work.
- This training is based on the WGTA SYSTEM aimed at the training specialized in tennis and the certification of the coaches that consists of the philosophy and method of daily work that we use with our players.

4) CONTENTS OF THE TRAINING PROGRAM.

- This system is divided into 11 theoretical classroom training modules and 4 practical exercise batteries that are delivered in a practical way on the court.

● TRAINING MODULES.

- Teaching and technical training at present.
- Analysis of tactics in tennis.
- Physical training for the athlete-tennis player.
- Mental training in tennis for better performance.
- Professionalism and organization of teaching.
- Evolution of the tennis player.
- The work of the coach.
- Organization and management of tennis schools (1) (business aspects).
- Organization and management of tennis schools (2) (sports aspects).
- Materials and technology in tennis.
- History of tennis.

● BATTERIES OF PRACTICAL EXERCISES.

- Exercises for teaching and correcting errors.
 - Exercises for technical-tactical training.
 - Exercises with racket and / or ball to review concepts in tournament.
 - Exercises to work the mental aspect.
- The 11 modules of theoretical training are given in Power Point format to the attendees of the training program and the students receive all the information via mail in pdf format for download and later study and consultation.
 - The different batteries of practical exercises are practically exposed on the court with direct participation of the assistants and are sent to them via mail in pdf format for download and further study and consultation.

5) DURATION OF THE COURSE AND WAY OF IMPARTIRATION.

- The annual Training Program for Trainers has a duration of 120 teaching hours including the delivery of theoretical training modules in the classroom, the different batteries of practical exercises on the court and the execution of the different theoretical-practical exams that the students must overcome to obtain WGTA certification.
- These 120 teaching hours are distributed throughout the year in three weeks of training from Monday to Friday in working hours of 4 hours in the morning and 4 hours in the afternoon, with a total of 8 hours a day.
- This training week has a periodicity of one a month so in three months the course can be completed including the exams to the attendees.

6) EXAMINATIONS TO BE PERFORMED BY THE ASSISTANTS.

- To pass the course and obtain the WGTA certification students must pass three tests, two of them practical and one theoretical:
- Theoretical exam in the classroom with questions of the different modules that have been given during the course. Students should answer test questions, short questions and a topic to be developed.
- Proof of play: candidates for certification must pass a battery of exercises where their level of play will be seen and their score based on the technique of the different strokes of tennis, together with the control of the same and the execution with a determined one power.
- Pedagogical Practice: students must prove their level when imparting a practical class. Each will be assigned a different task to be developed on the court while the WGTA teacher evaluates different aspects of teaching.

7) CERTIFICATION DELIVERED.

- There are different certifications that are delivered to the student at the end of the course depending on the grade obtained in the different exams:
- If the student does not exceed 50% of the maximum mark in any of the three theoretical-practical exams you will only obtain a WGTA ASSISTANCE DIPLOMA.
- If the student surpasses 50% of the maximum mark in the three theoretical-practical exams and inferior in some of them to 70% of the maximum mark will obtain a certification of ASSISTANT COACH WGTA.
- If the student surpasses 70% of the maximum mark in the three theoretical-practical exams will obtain the certification of COACH WGTA.

