

Nike Community Coach

# LEARN TO COACH THE SPANISH WAY

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**Broughty Ferry Tennis Club**

Did you know that the RPT have trained more than  
50,000 coaches worldwide?

## NIKE COMMUNITY COACH

The Nike Community Coach training programme has been designed and developed to provide a wide range of training materials to provide the coach with a broad knowledge of coaching at this level.

The programme is organized into the key focus areas and will cover the following topics

### PROGRAMME OUTLINE

#### **STREETENNIS**

Streetennis is designed to introduce and teach tennis to the Under 9's. It combines technical teaching with movement and co-ordination in a dynamic and fun environment. Streetennis is the Spanish equivalent to mini-tennis.

#### **DEVELOPING A TECHNICAL BASE**

It is essential that all players develop a sound technique from an early age. We will look at the technical requirements and how to teach sound technique for 20 different strokes from the basic groundstrokes and volleys to drop shots and topspin lobs.

#### **DEVELOPING DRILLS AND GAMES**

This part of the training covers how to build and develop drills for all levels of play. It covers feeding skills and how to adopt different feeding methods for better performance. It will also show a range of games and competitions that can be used to help develop a players skill at this level.

#### **PLAYING SAFE**

Another key part to coaching today is the safety of all your players. We will integrate a safe practice policy in the complete programme and work with coaches to ensure that they understand how to create a safe playing environment.

#### **CHILD PROTECTION**

It is essential that coaches today understand the importance of protecting children. We will address the key issues of child protection and help coaches to understand their roles and responsibilities in the coaching environment. To receive your RPT qualification you are required to attain an enhanced CRB certificate, which must be completed through the LTA. Call 020 8487 for an application form and further details. You must provide us with a copy of your CRB certificate prior to us sending out your RPT certificate.

**Did you know that there are 19 full time privately owned academies in Spain  
and that they all use RPT coaches**

## **ASSESSMENT INFORMATION**

**COACHING:** You will need to show that you can plan and conduct a range of coaching sessions, in both a group and individual situation. You may be required to teach junior and adult players.

**PORTFOLIO:** You are required to create a portfolio to demonstrate your understanding of the training programme. This will include lesson plans, coaching log, promotional literature, marketing plans etc....

## **YOUR AWARDS**

On successful completion of the RPT certification test you will be awarded the relevant Nike Community Coach Award from the RPT together with a European Union Certificate Supplement and the automatic equivalent qualification from the International Coaches Institute.

## **TRAINING FEES**

**Complete Course                      £ 95**

The fee covers all training, study materials, workbooks, assessment and certification test fees

## **DATES**

**Day 1:    25<sup>th</sup> April 2010**

**Day 2:    2<sup>nd</sup> May 2010**

**Day 3:    16<sup>th</sup> May 2010**

## **VENUE**

**Broughty Ferry Tennis Club  
Elcho Drive Broughty Ferry Dundee DD5 3TB**

**Did you know that Andy Murray spent the 4 key years of his development training in Barcelona  
with an RPT certified coach?**

# NIKE COMMUNITY COACH COURSE UNITS

During this phase of the training programme you will be required to build and complete a workbook with the assistance of your course tutor. The workbook together with your coaching assessments will be formally reviewed to ensure it meets the National Standards required to coach at this level.

Plan and prepare a series of coaching sessions

- Plan for the session
- Prepare yourself for the session
- Prepare equipment for the session
- Prepare the facility for the session

Lead a Session

- Prepare resources for the session
- Lead activities
- Encourage behaviour that supports the coaching process
- Contribute to the health, safety and welfare of participants

**Review a Session**

- Bring the session to an end
- Review the session with participants
- Deal with equipment at the end of the session

Contribute to the work of a team

- Work effectively with colleagues
- Improve your own work