



Australian Government

SISSTNS001 Coach junior players in tennis

Release: 1

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Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to coach junior tennis players in the tactics and skills of tennis. This can include red, orange and green stage tennis players.

This unit applies to individuals working in community based coaching roles in the Australian sport industry. This includes individuals working and volunteering in tennis clubs and centres.

Specific industry accreditation requirements apply to tennis coaching accreditation and information should be obtained from Tennis Australia.

Pre-requisite Unit

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Competency Field

Tennis

Unit Sector

Sport

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes

1. Plan tennis sessions for junior players.

PERFORMANCE CRITERIA

Performance criteria describe the performance needed to demonstrate achievement of the element.

- 1.1. Gather and review tennis player information to assess developmental readiness.
- 1.2. Set tennis session objectives to meet developmental readiness.
- 1.3. Determine session content to address tennis session objectives.
- 1.4. Select coaching practices to meet tennis session objectives.
- 1.5. Develop and document tennis session plans for junior players.

2. Prepare tennis sessions for junior players.
 - 2.1. Prepare facilities, equipment and resources to meet tennis session plan requirements.
 - 2.2. Select and set up equipment for safe use by junior players.
 - 2.3. Identify hazards, assess risks and implement risk control strategies to minimise risk to junior player safety.
3. Conduct tennis sessions for junior players.
 - 3.1. Communicate and confirm junior player understanding of tennis session activity instructions and safe participation requirements.
 - 3.2. Present, sequence and pace tennis session activities according to tennis session plans.
 - 3.3. Select and use communication styles to achieve tennis session objectives.
 - 3.4. Observe junior player practice to assess player ability to perform activities.
 - 3.5. Modify tennis session activities as required to meet junior player needs and environmental conditions.
 - 3.6. Monitor tennis sessions to identify and address risks to junior player safety.
 - 3.7. Analyse player performance and provide feedback to players to improve skills.
 - 3.8. Conduct end of tennis session review to evaluate tennis session plan and inform future tennis session planning processes.
4. Promote good behaviour.
 - 4.1. Communicate and model tennis participation behaviour standards.
 - 4.2. Monitor participation to identify poor behaviour.
 - 4.3. Use behaviour management strategies to address player poor behaviour in accordance with organisational policies and procedures.
5. Reflect on coaching practice.
 - 5.1. Seek feedback from others to identify areas to improve own tennis coaching practice of junior players.
 - 5.2. Reflect on own tennis coaching practice of junior players to identify areas for improvement.
 - 5.3. Analyse findings and incorporate learnings in future tennis sessions with junior players.
 - 5.4. Seek opportunities to address identified professional development needs.

Foundation Skills

Foundation skills essential to performance in this unit, but not explicit in the performance criteria are listed here, along with a brief context statement.

SKILLS	DESCRIPTION
Reading skills to:	• interpret tennis session plans • interpret documents that describe tennis organisational policies and procedures.
Writing skills to:	• record attendance.
Oral communications skills to:	• use age-appropriate language to engage junior players • ask open and closed questions and actively listen to determine and meet junior player needs • interact with junior players in a polite and positive manner • give tennis instructions to junior players.
Numeracy skills to:	• estimate time and space requirements for tennis session activities • sequence activities • pace tennis session activities to meet tennis session plan • manage pair and group work for odd and even numbers of junior players.
Learning skills to:	• reflect on personal coaching practices and communication styles as part of the review process • set and monitor tennis session objectives.
Problem-solving skills to:	• respond to needs of individual junior players • select strategies to address junior player poor behaviour • respond to environmental conditions.

Unit Mapping Information

No equivalent unit

Links

Companion Volume Implementation Guides -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=1ca50016-24d2-4161-a044-d3faa200268b>

Assessment Requirements for SISSTNS001 Coach junior players in tennis

Modification History

Not applicable.

Performance Evidence

Evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the job role and:

- deliver coaching to junior tennis players on three occasions for a duration of at least 30 minutes each.

Knowledge Evidence

Demonstrated knowledge required to complete the tasks outlined in the elements and performance criteria of this unit:

- organisational policies and procedures applicable to coaching junior players in tennis
- tactical and technical fundamentals of tennis for junior players
- fundamental aspects of stroke production for junior players:
 - grip
 - stance
 - footwork
 - initial preparation
 - swing pattern
 - contact
 - follow-through
- tennis competencies for junior players
- modifying activities for junior players:
 - regress activities by simplifying equipment and environment:
 - smaller racquet
 - low compression balls
 - reduce playing space
 - break down skill into parts and progressively add more parts
 - reduce decision making related to tactical outcomes
 - progress activities by changing equipment and environment:
 - change ball
 - increase playing space
 - encourage use of whole skill
 - increase decision making related to tactical outcomes

- organisational layout of tennis activities:
 - set-up of activities on court
 - position of players and coach
 - role of coach:
 - feeding
 - roaming
 - rallying
 - type of activity:
 - whole group
 - partner station
 - combination
- tennis rules, regulations and policies applicable to coaching junior players in tennis:
 - International Tennis Federation rules of tennis
 - Tennis Australia:
 - rules and etiquette for non umpired matches
 - dress and equipment regulations
 - code of behaviour
- tennis session planning for junior players:
 - session objectives
 - progression and regression activities and modified games
 - activities inclusive of all players
 - designing activities that require players to think and make meaningful decisions about tennis situations
 - linking sessions to develop and progress skills
 - group organisation
- tennis equipment and resources:
 - selection
 - safe set-up and layout
 - safe condition
 - safe use
- safe tennis participation requirements for junior players:
 - obeying the rules
 - use of protective equipment
 - hydration
- contemporary coaching practices
- coaching communication styles:
 - direct instruction
 - indirect instruction
 - demonstration
 - problem solving

- active listening
- open and closed questions
- non verbal communication
- giving and receiving feedback
- tone and level of voice
- terminology and language
- managing poor behaviour:
 - establishing behaviour standards
 - promoting cooperation and good relationships
 - common causes of poor behaviour of junior players
- methods of observation and feedback during tennis sessions with junior players:
 - how, what and when to observe
 - timing of feedback
- tennis session review processes
- methods for self reflection.

Assessment Conditions

Skills must be demonstrated in:

- a community based sport environment in tennis. This can be a workplace or simulated environment.

Assessment must ensure access to:

- first aid kit
- drinking water
- organisational safety, emergency response and first aid procedures for tennis
- Tennis Australia rules, regulations and policies applicable to coaching junior players.

Assessment must ensure use of:

- session plan template
- tennis facilities, equipment and training aids:
 - marked-out tennis court with a net
 - tennis racquets
 - tennis balls
 - tennis coaching aids
- junior tennis players to be coached.

Assessors must satisfy the Standards for Registered Training Organisations requirements for assessors.

Links

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<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=1ca50016-24d2-4161-a044-d3faa200268b>