

## USEFUL INFORMATION

### How do I check if my coach is qualified and accredited?

You can check if a coach has a LTA accreditation by using the 'Find a Coach' search on the LTA website, only accredited coaches appear on this search. You can also ask to see copies of their qualification and accreditation certificates.

### What should you expect from a quality coaching session?

You should check that the session is well structured. Here are some things to look for:

- Warm up
- Competitive warm up and evaluation
- Clear teaching point, demonstration and practice
- Progression of the teaching point to include demonstration and practice
- Competition – playing the game
- Cool down
- Reinforcement of the teaching point and set aims for next lesson

### How much should a coach charge?

The amount a coach charges for a lesson will depend on a number of factors.

- Qualification – you should ask what level of qualification they have
- Experience – you should ask what their experience is in general and specifically within the area that you want to use them
- Location of the lesson – costs will vary depending on your location
- Facility Fee – the coach may pay a court fee in many venues, is this included in the lesson cost?
- Length of the lesson – this will vary depending on the person/people being coached
- Number of players in the lesson will have an impact on the cost per person
- Number of lessons you book may have an impact on the cost

### How many players in a lesson?

Coaches should be committed to attaining recommended coach/player ratios:

#### Development groups

4/5 years 1:4  
6-10 years 1:8  
11+ years 1:12

#### Performance groups

All ages 1:4 – 1:6

If your facility would like to achieve Clubmark status then you must use Licensed coaches. Restricted places to play without floodlights can use a Registered Coach (minimum Level 2 Coaching Assistant) to lead their programme, as long as the person has completed the e-learning module on 'structuring programmes'. A registered coach would also be expected to add personal development through CPD or qualification upgrade within the action plan. An emphasis on linking with other facilities to enable an 'all year round' programme should also feature heavily in the action plan.



For more information on becoming, choosing, finding or employing a coach, please visit: [www.LTA.org.uk/coaches](http://www.LTA.org.uk/coaches)

The Lawn Tennis Association, The National Tennis Centre,  
100 Priory Lane, Roehampton, London SW15 5JQ  
T: 0208 487 7000

## BRITISH TENNIS WHAT TO LOOK FOR IN A COACH

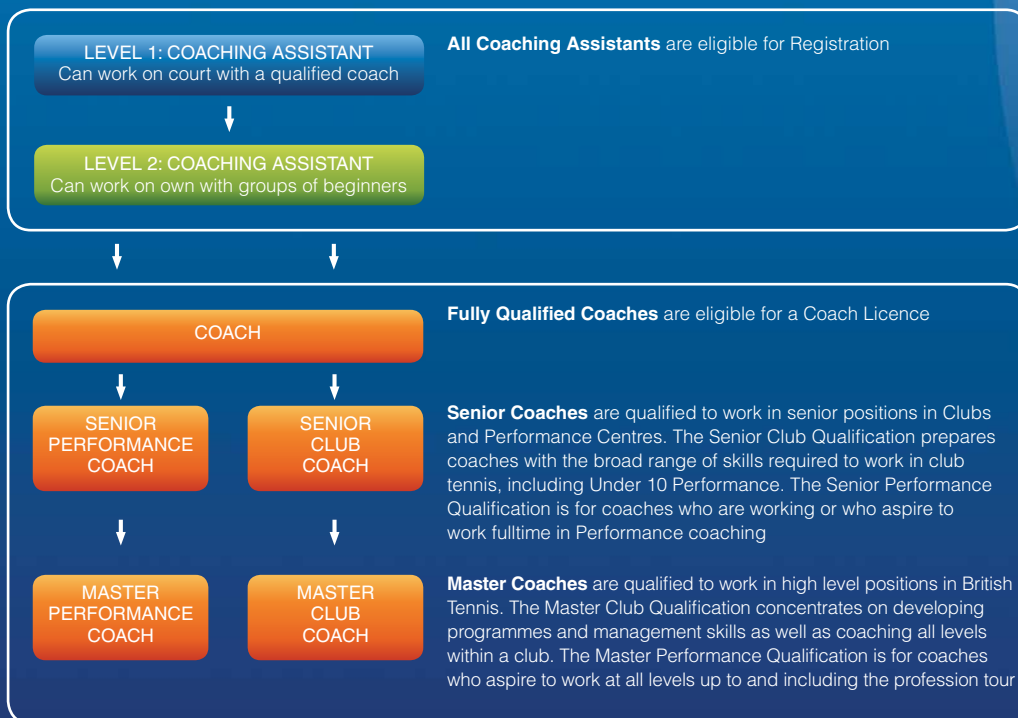
# BRITISH TENNIS CHOOSING A COACH



# BRITISH TENNIS WHAT TO LOOK FOR IN A COACH

## 1 QUALIFICATION

A qualification represents the level of training a coach has received and the level of skill to which she/he has been assessed. The LTA's current system of qualifications is shown below.



The qualifications shown here were launched by the LTA in 2009 and are not exhaustive. There are other organisations that provide tennis coaching qualifications and other valid qualifications that have been offered by the LTA in the past. Visit [www.LTA.org.uk/coaches](http://www.LTA.org.uk/coaches) for further info on other qualifications that are not listed here.



## 2 ACCREDITATION

LTA accreditation includes regular CRB checks, first aid training, full insurance and a commitment to the LTA's code of conduct. **ALL** LTA Accredited coaches & coaching assistants are committed to meeting minimum standards for safety and ethics.

Look for **two types** of LTA accreditation:

### 1. Registration:

- Basic accreditation for coaches and coaching assistants
- Committed to minimum standards for safety and ethics

### 2. Licensing:

- Only available to fully qualified coaches
- Requires an extra commitment to regular training
- The best choice for quality, up-to-date coaching

Remember to check that accreditation is valid.

## 3 EXPERIENCE

Coaches all have different areas of expertise. Look at your coach's **recent** experience to see if it fits with what you're looking for.

Some key questions to ask your coach:

- Have you coached someone in the same age group?
- Do you offer a complete tennis programme including individual, group and competitive opportunities?
- Do you offer assistance in getting a rating?
- Do you encourage your players to compete and help plan competition schedules?
- Do you help develop young coaches?
- Have you managed a programme before?
- Can you provide some references and a CV?
- Is there a chance to observe one of your coaching sessions?

