

Map of Activities / tasks for Coach of High Performance Players ITN 1-2

Coach of high performance players:

For the purpose of this course, the coach of high performance players is defined as a coach who is able to effectively and safely coach players of this level of play on his own may lead the team of experts and, if needed, educate assistant coaches.

For further reference, the competencies defined for the course of coach of high-performance players fall into the "coach" category of the Long-term coach development mode.

Plan	Training	Competition	Management	Education
	Prepares a long term and short term plan for players starting from the initial evaluation.	Prepares annual competition plans.	Prepares performance plans/programmes for 'big clubs', performance academies, regional and national associations.	In case of a team, plans the educational program for other coaches: goals, contents...
	Plan evolution of players game based on performance analysis	Plans the tournament week (according to result): recovering, practice, stringing...	Prepares budget.	
	Identifie right methods and exercises for individual player (individualize) by taking into account age, sex and player's level.	Reorganize plans according to tournament results	Informs player and contact tournament organizers.	
	Plan and manages quality of training (load, intensity).		Self planning	
Organize	Training	Competition	Management	Education
	Everyday organization in or off tournaments: scheduling differents tennis and physical sessions, book practice courts, sparring partners, balls.	Sending tournament entriesand withdrawals.	Manages the whole player structure: player him/herself, family, girlfriend or boyfriend, agent, medical service, physical trainer, psychologist, officials, national coaches...	Organizes coordination meetings and courses for other coaches: instructors, facilities, materials.
	Organize medical care	Organizes travels and housing.		
		Organizes team matches : travel, team composition, relation with the officials.		
		Organizes double and sparing partners		
Conduct	Training	Competition	Management	Education
	Conducts group or individual sessions (is able to hits with player when necessary, sets appropriate drills).	Prepares players for matches (strategy to opponent's game, match conditions).	Is in relation with the personnel and the facilities to implement the plan.	In case of a team, manages other coaches.
	Adapting sessions according to the following criteria: periodization, player's work in progress and shape, opponents, surfaces, weather conditions...	Watches matches, cheering, match charting.	Reports to the National Association and/or sponsors.	Educates other members of the team (physical trainer, psychologist, parents) in tennis knowledge.
	All this includes technical, tactical, physical and mental priorities.	Implement and reinforce during the tour conditioning under direction from a qualified Conditioning trainer	Manages communication with media.	Educates players and compagnions on the following topics : health, nutrition, anti-doping plan, lifestyle habits.
	Develop autonomy/independency of the player with healthy motivation for high performance tennis		Manages other members of the team (physical trainer, psychologist, parents) in tennis knowledge.	Educates the player to become professional and independant.
				Educates himself (reads articles, watches game evolution, talks with colleagues, attends workshops).
				Educate players about doping control procedures, rules and allowable medicaments. Giving lectures for coaches.
Evaluate	Training	Competition	Management	Education
	Critically analyse, customize and create new training concepts	Conducts effective post-match debriefs after all eventualities in competition e.g. big win, big loss.	Evaluates continuously player progression.	Gives reports to officials, National Association...
	Evaluate and discuss the effects of training with a player/team	Provides and discuss match analysis with a player.	Evaluates the progress of the plan and makes necessary adjustments.	Gives reports to other team members, receives feedback from them.
	Evaluate and discuss player's own proposals for practice	Applying the match analysis for observing/assessing player's development		Analysing and assesing own coaching level.