



**Community Leaders Course.** (3 hours)

Recommended for School Teachers, parents, volunteers, players wanting to begin there coaching pathway and competent youth/juniors.

Knowledge you will gain: Role of the coach, children's needs stages of skill learning, legal responsibilities, basic table tennis techniques, and fun introductory games.

Player level: Beginner and participation players in schools, clubs and associations.

Resource provided. ITTF handout.



**School Teachers/ Beginning Coach Course.** (6 hours. Must have completed Community leaders course)

Recommended for School Teachers, parents, volunteers, players wanting to begin there coaching pathway and competent youth.

Knowledge you will gain: Skills circuits, lesson plans, different spins, and knowledge on how to run school/jnr tournaments.

Player level : Beginner level schools programs (primary to high school), community youth groups and school competitions.

Resource provided:ITTF handout.



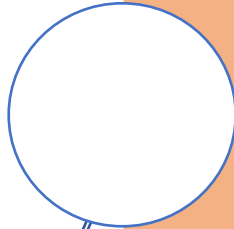
**Club Coach.** (12 hours. Must have completed School Teachers/Beginner course)

Recommended for School teachers, club and association coaches.

Knowledge you will gain: Techniques beyond basics including warm ups, grip, ready position, forehand and backhand drive, forehand and backhand push, competition format possibilities, multiball introduction, footwork and serves.

Player level : School, club, association and beginner to intermediate level players.

Resource provided: ITTF handout.



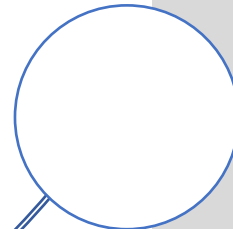
**ITTF-PTT (Para) level one coaches course.** (30 hours. Must have competed Club Coach course)

Recommended for Club, association, regional and national level players and coaches.

Knowledge you will gain: Training guidelines for juniors;equipment; physical training;introduction to sport sciences; rules and umpiring; competition formats, tournament organisation;para table tennis classification and the equipment;techniques, tactics;how to deal with a disabled athlete, PTT rules, accessibility and terminology.

Player level : All playing levels from beginner, juniors, through to intermediate and advanced.

Resource provided: ITTF-PTT level one coaches manual.



**ITTF level two coaches course.** (36 hours. Must have the ITTF level one coaches qualification)

Recommended for Coaches with ITTF level one coaches qualification.

Knowledge you will gain: Theory and practical knowledge in advanced Table Tennis coaching techniques; Sports and player education;how to produce good players; advanced movement; physical preparation; technical footwork;serves, returns, topspin's, blocks, smashes and defence.

Player level : From association, regional, continental to world event levels.

Resource provided: ITTF advanced coaching manual.