



Topic 9. HOW TO CONDUCT AN INDIVIDUAL LESSON

Module I. Training in sport tactics and physical condition of athletes



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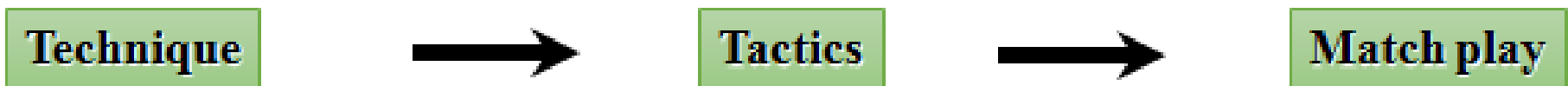




Modern vs. Classical Teaching Methodology

The Open-Close-Open Era

- Classical (traditional) teaching methodology: technique, tactics and then match play.





Modern vs. Classical Teaching Methodology

The open-close-open Era

■ Modern teaching methodology:

Open – Close – Open

→ Game-based

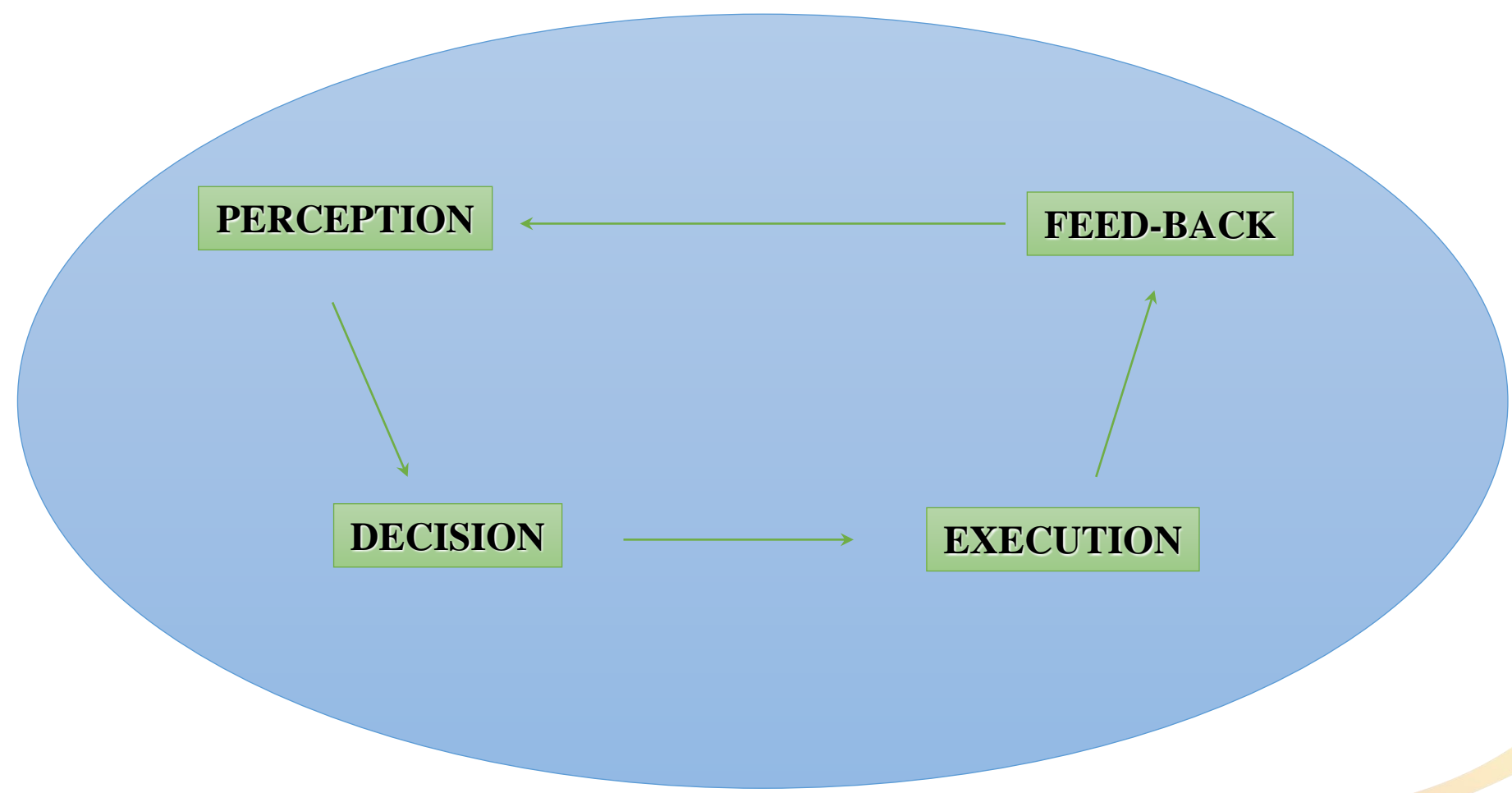
→ Player-centred

→ Based on relevant scientific facts





Modern Approach





Efficient Communication

Tell Me and I Forget

Teach Me and I May Remember

Involve Me and I Learn

- The very essence of coaching is communication
- Successful coach-player communication = mutual benefit
- Interaction between the coach and the athlete: old-fashioned/traditional (commanding) style vs. modern methods





Efficient Communication

Tell Me and I Forget

Teach Me and I May Remember

Involve Me and I Learn

- The *'what'*, *'why'*, *'when'* and *'how'* of effective communication
 - Persuade
 - Evaluate
 - Inform
 - Motivate and inspire
 - Solve problems
- Successful strategies





Description of the Individual Lesson

- Technique
- Skills
- Motivation
- Attention to the individual and accelerated learning



The Five Game Situations

- Serving
- Returning
- Both Back
- Approaching & at Net
- Passing





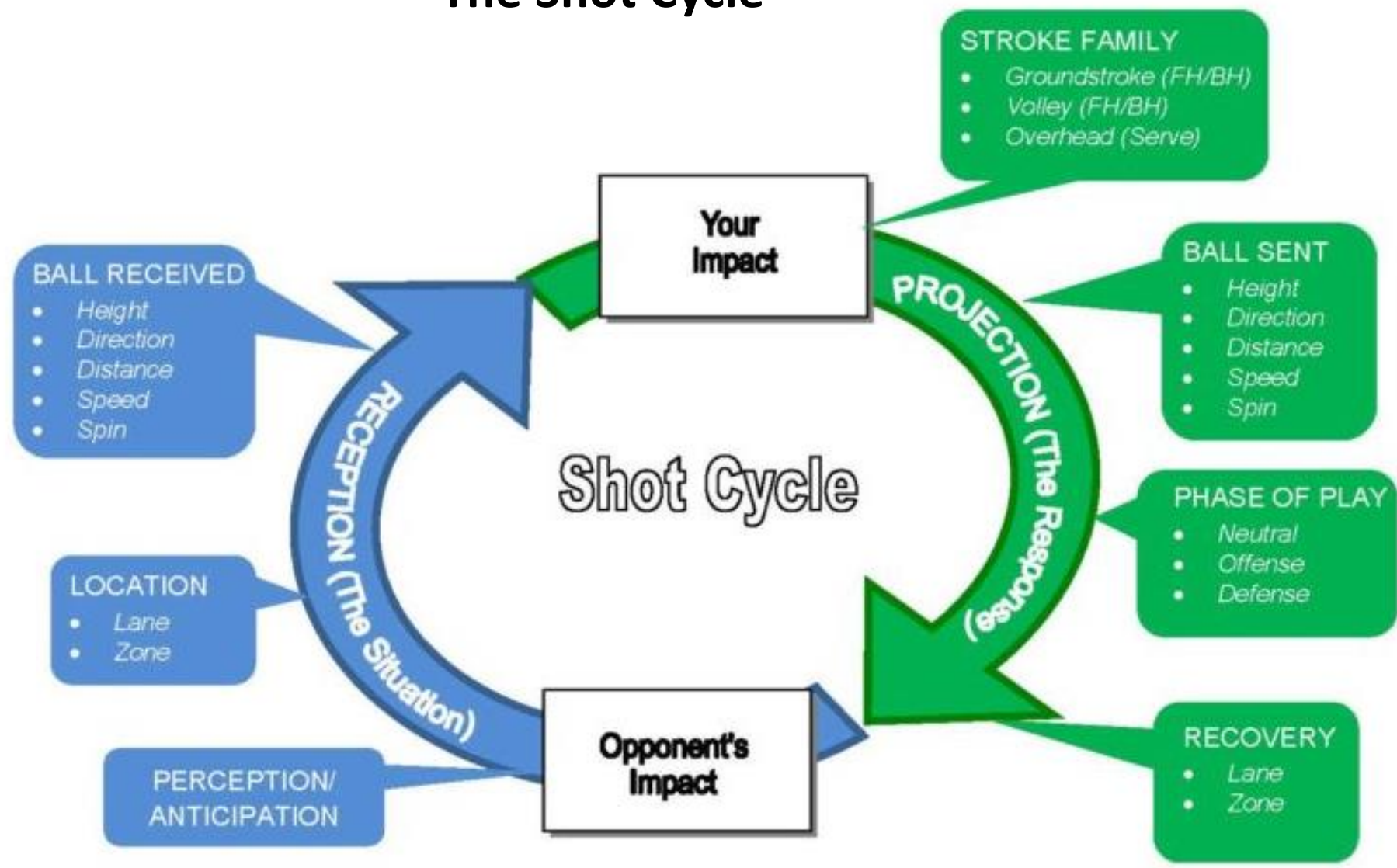
The Five Game Situations

- The GPS:
 - **G:** Game Situations
 - **P:** Progression of tactics to techniques
 - **S:** Shot Cycle





The Shot Cycle





Individual lessons for different age stages and levels

- Individual Lesson (IL) – Technique

- Beginners (4-10 yrs)*
- Intermediate (11-14 yrs)*
- Advanced (14 yrs and over)*

*Age frames are given for children and young athletes. This, however, does not exclude adults from falling into the same level categories.

Questions for the auditory: How can the IL be utilized for mental preparation? What about physical preparation? How can it be (more) tactical?



TC4DC



TENNIS CLUBS FOR
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Methods for improvement

- Demo and explanation
- Analogy, visualization & equipment
- Kinesthetic and situational methods





Possible situations where improvement will be needed

- The position of the feeder
- Determine the key decisions required in the situation
- Determine the appropriate Phase of Play for the hitter (neutral, offensive, defensive?)
- Characteristics of the ball in game
- Re-create a competitive environment
- Provide optimal challenge for the players
- Other



Structure



Open game 5% – analysis 5% – basket drill 30% – basket drill or rally with coach 30% – rally with coach 25% - open game (points) 5%

- Duration: 60 – 90 – 120'
- Conditions: 1 player / 1 court
- Technical goal given 30' before
- Focus on technical correction/improvement of the shot effectiveness ('control') in a given stroke when staying in the point, creating advantage or finishing the point
- Can be also tactical, physical or mental



EXAMPLES

Structure:

- Prepare in advance
- Open game and analysis (10%) of the current situation of the player
- Coaches confirm or change the main plan for the session based on:
 - Tactical intention of the “problem” shot (correct/expected)
 - Define effectiveness problem
 - Define improvement by PAS, BIOMECH or phase of the stroke
- Core of the lesson (85%), the real improvement phase: min. 1 basket & 1 coach-rally drill (progression and/or regression)
- Plus several points (5%) at the end of the session to check the improvement
- Wrap-up/review of the lesson



THANK YOU!

*For more information follow the presentations of **TC4DC** program*

