

# TABLE TENNIS HEAD COACH

**Level 3 Coaching Award**





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## » YOUR COACHING JOURNEY

### Welcome

**Our aim of the Level 3 Head Coach qualification is to advance you from the skill and mindset of leading sessions, to designing, leading the delivering a well-informed, engaging, and progressive table tennis programme.**

Table Tennis England and the University of Gloucestershire, welcome you to the School of Sport and Exercise and the Level 3 Head Coach course.

Through the course you will become part of the community of Level 3 coaches and the Community of Professional Practice in Sport within the School of Sport and Exercise at the university Kiara Lewis is the Head of School and we are one of the largest providers of sport and exercise programmes in the UK and have an excellent reputation for teaching and research. The course is delivered by a dedicated and enthusiastic team of staff who, working closely with Table Tennis England, and will provide a challenging and engaging experience that will facilitate your success. In return we look for a similar level of enthusiasm and engagement from you. Through our mutual commitment working together we can ensure a worthwhile learning experience for all.

The school is based at the award-winning purpose-built Oxstalls campus which provides sports facilities, specialised laboratories and technology-rich teaching and learning spaces. The student experience is underpinned by internationally recognised research. Hence, you will have access to a breadth and depth of expertise and research to enable you to explore coaching from your own interests and perspectives, continuing your study should you wish.

The presentation provides a description of the tools that you will be using throughout the course and will explain the typical delivery process. This presentation should be used alongside other university guides and should be kept in a safe place. As a team of coaches, academics and administrators, we are here to help. If you have a problem or question, either phone or email us. Our contact numbers and email addresses can be found in this handbook.

### 'Embrace the challenge and enjoy the learning'

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For information relating to the campuses and courses [www.glos.ac.uk](http://www.glos.ac.uk)

## » THE LEVEL 3 - HEAD COACH QUALIFICATION

The Level 3-Head Coach coaching qualification is awarded by Table Tennis England, in conjunction with University of Gloucestershire.

The course focuses on each candidate's individual coaching needs and is designed to check, challenge, and expand your coaching knowledge and practices.

Coaching table tennis, whether employed or in a voluntary capacity, is a rewarding and responsible role. The sporting community has expectations of coaches' conduct and behaviour that must be understood and supported by everybody.

The →[Table Tennis Code of Conduct](#) underpins the qualification.

While you are studying the qualification, you will be helped to understand what is expected of you as a Table Tennis coach, what the standards of behaviour are and how you must be a role model for others.

The Level 3 Head Coach course is aimed at coaches who have already achieved the Level 2 Lead Coach, Table Tennis qualification. Becoming recognised as a Level 3 Head Coach through Table Tennis England involves dedication, an open mind, and an inquisitive nature. This is a demanding qualification which requires attendance on delivery days, home study and coaching practice. Students who successfully complete the course will develop and master an array of cognitive and transferable skills alongside a complex blend of knowledge and theories. The development of such knowledge and skills will enhance coaches' abilities to manage and engage in informed decision-making within sports coaching. The course consists of several stages, typically spread over a period of nine months.





## »» ASSIGNMENT WORK

**You will be challenged with two assignments, one given topic as well as a free choice of subject.**

You'll be given the tools to learn how to research, how to write and how to reference. We'll also explore and discuss the importance of choosing areas of development that are going to impact your coaching experience, understanding and practical application in a positive way.

The assignment work should be authentic and genuine in detailing knowledge, understanding and the impact of these reflections on your coaching practice. You will be supported in the development of your remote work, both within the contact days and an online support day. The qualification requirements stipulate that you must pass all assessments to be awarded the Level 3 Head Coach Qualification. The assignment shall be marked in a traditional University manner, you shall be given one of the following marks: Fail, Pass, Merit or Distinction (Pass, Merit or Distinction must be achieved to pass the written elements of the course). The Level 3 is awarded via Table Tennis England, upon satisfactory completion of the course, inclusive of the coaching assignments as well as a practical assessment.





## » PRACTICAL ASSESSMENT & OTHER ASSESSMENT

**You will deliver a session on the final day of the course, which will be assessed by a University of Gloucester Lecturer as well as a Table Tennis England Assessor.**

You will be assessed on the aspects of classroom and practical learning lead by the lecturers, but you will also be assessed by the theory and practical content delivered by Table Tennis England.

Obtaining your qualification: You must pass all assessments to be awarded the Level 3 Coaching Qualification. The Level 3 Head Coach Qualification is awarded by Table Tennis England, upon satisfactory completion of the course, inclusive of the assignment work / assessment, observations, and practical assessment. You must pass all elements to obtain the qualification.

## » COURSE STRUCTURE

**Your attendance at taught sessions is critical to your success, there is a lot of valuable discussion that occurs here between you and your peers, that is not captured through the lecturer's power-points. Engaging in this supports your achievement.**

This course has a high practical content that expands on the organisation and management focus. At the heart of coaching is the ability to manage people and build effective relationships; this course examines the interpersonal skills required to develop coaching craft that allows for effective interaction with athletes and fellow coaches.

**The course is structured into four contact days:**

Content	Location
<b>Day 1</b> <ul style="list-style-type: none"> <li>Framing coaching expertise (identifying the knowledge bases we need for expertise/effective coaching)</li> <li>Interpersonal approaches to coaching</li> <li>Using leadership as a lens for coach-athlete relationships.</li> <li>Match analysis and deliberate practice</li> </ul>	The School of Sport, Oxstalls Campus, University of Gloucestershire GL2 9DW
<b>Day 2</b> <ul style="list-style-type: none"> <li>Understanding the people we coach (emotional intelligence, motivational theory)</li> <li>Coaching pedagogy (learning theory [constructivism/behaviourism], decision making and game sense)</li> <li>Advanced techniques – serve and receive</li> </ul>	The School of Sport (as above)
<b>Online Days(s)</b> <ul style="list-style-type: none"> <li>Sessions built around supporting you through your own research papers. Teaching you how to research, how to construct your papers / discussions, how to reference etc</li> </ul>	Microsoft Teams
<b>Day 3</b> <ul style="list-style-type: none"> <li>Coaching at competitions / coaching in the corner</li> <li>Deliberate practice</li> <li>Marginal gains</li> </ul>	Grantham College Table Tennis Academy, Stonebridge Road, Grantham, Lincolnshire NG31 9AP
<b>Day 4</b> <ul style="list-style-type: none"> <li>Practical Assessments</li> </ul>	Grantham College Table Tennis Academy (as above)

**If you are unsure of the way to reference properly, seek advice from a member of staff before you submit the assessment.**

In submitting your work for assessment, you are making a statement that it is your own work, it has not been submitted for any other assessment, and it does not infringe the ethical principles set out in the University's Research Ethics: Principles and Procedures.

## » INDICATIVE RESOURCES

### Key Texts

- Cassidy, T., Jones, R., & Potrac, P. (2009). *Understanding Sports Coaching*, (2nd Edn.), London: Routledge
- Beauchamp, M.R., & Eys, M. (Eds.) (2007). *Group Dynamics in Sport and Exercise Psychology: Contemporary themes*, London: Routledge
- Jones, R., Armour, K. & Potrac, P. (2004) *Sports Coaching Cultures: From practice to theory*, London: Routledge
- Jones, R. (Ed.) (2006) *The Sports Coach as Educator: Reconceptualising sports coaching*, London: Routledge
- Jones, R., & Kingston, K. (2013). *An introduction to sports coaching: connecting theory to practice*. New York: Routledge
- Kidman, L. & Hanrahan, S.J. (2011). *The coaching process: A practical guide to becoming an effective sports coach* (3rd Edn.) Abingdon: Routledge
- Nash, C (2015). *Practical sports coaching*: Milton Park, Abingdon, Oxon; New York, NY: Routledge
- Lyle, J., & Cushion, C. (2010). *Sports coaching: professionalisation and practice*. Edinburgh; New York: Churchill Livingstone
- Potrac, P., Gilbert, W., & Denison, J. (2013). *Routledge handbook of sports coaching*. New York: Routledge
- Weinberg, R. S., & Gould, D. (2010). *Foundations of Sport and Exercise Psychology* (5th Edn.), Leeds: Human Kinetics

### Journals

- Athletic Insight
- Faster Higher Stronger (FHS) – magazine of Sports Coach UK
- International Journal of Physical Education
- Olympic Coach Magazine
- Physical education and Sport Pedagogy
- Quest
- Research Quarterly for Sport and Exercise
- Sport Education and Society
- Sports Coaching Review
- Track Coach





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Table Tennis Ireland

Irish Sport HQ, National Sports  
Campus, Blanchardstown, Dublin 15

[tabletennisireland.ie](http://tabletennisireland.ie)

[info@tabletennisireland.ie](mailto:info@tabletennisireland.ie)



Table Tennis Scotland

Caledonia House, South Gyle,  
Edinburgh EH12 9DQ

[tabletennisScotland.co.uk](http://tabletennisScotland.co.uk)

[info@tabletennisScotland.co.uk](mailto:info@tabletennisScotland.co.uk)



Table Tennis Wales

Sport Wales National Centre, Sophia  
Gardens, Cardiff C11 9SW

[ttwebsite.co.uk](http://ttwebsite.co.uk)

[membership@tabletennis.wales](mailto:membership@tabletennis.wales)