

Level 2 Lead Coach

'A coach who can improve participants utilising new coaching theories and concepts. You'll be able to plan and deliver a progressive table tennis programme, within a variety of coaching environments, through the means of engaging and quality sessions.'

The Level 2 Lead Coach qualification is suitable for learners who have completed the Level 1 Session Coach qualification and wish to progress their coaching skills and knowledge.

The course consists of 3 days, spread over two weekends and separated by a home study period of 8-10 weeks. The qualification will expand upon the 'How to Coach' and 'What to Coach' skills obtained in Level 1 in conjunction with other coaching theories, as well as their practical application.

At the conclusion of the course, coaches will have an improved ability to plan and organise, analyse and crucially have a clear understanding of how to progress the skill level of table tennis players.

Course Content

- Communication
 - Questioning
 - Body Language
- The Technical Game
 - Forehand & Backhand Topspin
 - Forehand & Backhand Push
 - Service variations
 - Receive (touch, flick, push & topspin)
 - Footwork
 - Counter Topspin
- Observation & Analysis
- Multiball
- Fundamental Movement Skill
- Feedback & Reflection
- Purposeful Practice
- Motivation & Goal Setting
- Origination & Planning
- Tactical & Technical Understanding
- Intuition & Awareness