

Level 1 Coach Workshop Breakdown

Day 1: Learning Outcomes:	
Segment 1	<ul style="list-style-type: none"> • Discuss Red Ball/Red Court Activity • Identify warm-up activities on a modified court using modified equipment • Identify the benefits of a non-elimination format (team) • Discuss advantages and disadvantages of rotation by time
Segment 2	<ul style="list-style-type: none"> • Identify cooperative warm-up activities (racquet and non-racquet) • Identify demonstration skills using Stop and Show • Define progression • Define self, partner, and racquet feeding
Segment 3	<ul style="list-style-type: none"> • Differentiate Group Lesson Components • Introduce set-up and demonstration of an activity using Stop, Show and Go • Implement rotation of students (time/or score) • Identify management of a larger group of players
Day 2: Learning Outcomes:	
Segment 1	<ul style="list-style-type: none"> • Discuss Orange Ball/Orange Court Activities • Recognize cooperative and competitive warm-up • Discuss advantages and disadvantages of rotation by score • Identify different competitive formats
Segment 2	<ul style="list-style-type: none"> • Apply progressions • Demonstrate teaching by coaching in small groups • Demonstrate hand and racquet feeding • Apply Stop, Show and Go
Segment 3	<ul style="list-style-type: none"> • Demonstrate activity utilizing Stop, Show and Go • Execute rotation of students by utilizing time or score • Perform progression of an activity • Coach led review identifying, game situation, tactic, and ball controls