

Level 2 Award in Coaching Table Tennis



The 1st4Sport L2 qualification is suitable for learners who have completed the 1st4sport L1 and gained more experience of Table Tennis coaching.

The course consists of four days, spread over two weekends and separated by a home study period of 8-10 weeks. The qualification will build on planning and evaluation skills learnt at L1 and involves a more advanced level of technical knowledge.

Coaches are expected to demonstrate more of an ability to analyse and improve the performance of their players, and demonstrate a commitment to their own development through extended home study.

Day 1

- Introduction to Coaching
- The Coaching Process
- Technical Coaching
- Preparing to Coach
- Technical Coaching

Day 2

- Reflection- development of personal coaching action plan
- Introduction to Psychology
- Technical Coaching
- Planning Coaching Sessions

Home Study 8-10 weeks

- Coaching Practice and Home Study

Day 3

- Reflection on Coaching Practice
- Technical Coaching
- Internal assessment-coaching an individual

Day 4

- Physiology and Fitness
- Independent assessment- coaching a group