

International Table Tennis Federation

Level 1 Coaching Course Syllabus:

24 Hours

TIME (minutes)	TOPIC	REFERENCE (ITTF Level 1 Coaching Manual Page No.)
	SESSION 1 3 HOURS Generic Coaching Principles and Coaching Beginners and Schools Coaching	
5	Course Requirements/Introduction	4-6, 299-303
25	Generic Coaching Principles (Classroom) Role of the Coach Hints for Beginner Coaches Coaching Children - What children want in a coach - Participation - Children's needs - Growth and Development - Stages of skill learning First Aid Legal Responsibilities of the Coach Coach's Code of Ethics	9 12 14 15 16 17 18 19 24 25
30	Coaching Beginners and Schools Coaching (practical) Explanation of what is and how to use 'Breaking Down Barriers with Table Tennis Balls!' and 'TOPS Table Tennis in Schools Program'	27-192
90	Introduction to 'Breaking Down Barriers with Table Tennis Balls!' - Grip Introduction - Relays - Bouncer - Ready Position Introduction - Mirror Footwork - Forehand/Backhand Introduction - Round the Table - Service Introduction - Beat the Champ - Organising a Tournament - Singles - Team Competition - Basic Rules Introduction	27-28 30 31 32 33 33 34 35 36 37 40-47 48 285-287

TIME (minutes)	TOPIC	REFERENCE (ITTF Level 1 Coaching Manual Page No.)
30	Coaching Beginners and Schools Coaching (practical) Other Introductory Games - Rollerball - Hoop Knockout - Top Table - Target Serving Game - Transfer Ball - Cricket	133 145 147 149 153 155
	SESSION 2 3 HOURS Coaching Beginners and Schools Coaching (practical) : continued	
60 90 30	Skills Circuit Beginner Coaching Skills Awards Sample Lesson from 'TOPS Table Tennis in Schools Program' as a practical	163 177 57-118
	SESSION 3 3 HOURS Techniques Beyond Basics	
30 90 60	Warm ups for Table Tennis Techniques Beyond Basics - Grip - Ready Position - Forehand Drive - Backhand Drive - Forehand Push - Backhand Push Introduction to Competition Format possibilities and further Rules knowledge (as a practical session)	249 193 197 203 204 205 207 288-292, 285-287
	SESSION 4 3 HOURS Techniques Beyond Basics : continued	
90 60 30	Multiball introduction in conjunction with: - Footwork - Topspin - Smash Service Service Return	236-240 198-202, 233 211-214, 234-235, 265-266 217 218-226, 235 220

TIME (minutes)	TOPIC	REFERENCE (ITTF Level 1 Coaching Manual Page No.)
	SESSION 5 3 HOURS Techniques Beyond Basics : continued (classroom and practical)	
60	Basic Training Guidelines for Juniors	231-235
30	Equipment - Rubber, Blades, Glues, Balls, Tables, Nets	241-244
90	Coaching Practical with feed back given by Course Leader - 1 activity or technique each for 5-10 minutes	
	SESSION 6 3 HOURS Introduction to Physical Training and Sports Sciences (classroom and gym)	
90	Introduction to Physical Training	247-263
90	Introduction to Sports Sciences	265-283
	SESSION 7 3 HOURS Tournament Organisation and Rules (classroom)	
60	ITTF Rules and Umpiring	285-287
60	Competition Formats	288-292
60	Tournament Organisation	293-298
	SESSION 8 3 HOURS Tournament Practical (practical)	
180	Participants asked to plan, organise, umpire, coach and play in a tournament that fits the number of players and tables	
	SESSION 9 and SESSION 10	page 3-IPTTC section

PTT Level 1 Coaching Course

Syllabus 6 hours / 12 hours

TIME (minutes)	TOPIC	CHARACTERISTIC	PAGE
SESSION 1 - 3 HOURS			
5	Course introduction	Theory	
10	History and organization of IPC and PTT	Theory	4
30	Classification	Theory	10
30	Basic assistance to a disabled athlete / Accessibility	Practical	98
30	Equipment	Theory and practical	24
75	Techniques <ul style="list-style-type: none"> • Grip – 10' • Ready position – 5' • Forehand – 10' • Backhand – 10' • Smash - 10' • Forehand push – 10' • Backhand push – 10' • Tetra loop- 10' 	Practical	30
SESSION 2 - 3 HOURS			
50	Techniques (cont.) <ul style="list-style-type: none"> • Forehand top – 10' • Backhand top – 10' • Service – 15' • Intro to wheelchair tactics – 15' 	Practical	50 69
20	Characteristics of Table Tennis in each class	Theory	76
30	Physical Training	Theory and examples	85
10	Common physical problems in WC players	Theory	88
10	Psychology	Theory	91
10	IPC Terminology	Theory	106
50	Rules and tournaments	Theory	92
SESSION 3 - 3 HOURS			
180	Coaching practical presentations. 1 activity or technique each for 5-10 minutes		
SESSION 4 - 3 HOURS			
180	Coaches must plan, organize, umpire, coach and play a tournament according with the format of play of the rules and regulations of PTT international championships.		