

Course	Competencies	Minimum Tutor contact hours
ITF Play Tennis course	<ul style="list-style-type: none"> • Work with beginner players (ITN10) and 10 & under children • Knowledge of basic tactics and technique • Organise simple competitions • Use correct equipment and court sizes for starter players 	35 Blended-learning hours (32 in-person and 3 online)
ITF Coaching Beginner & Intermediate Players course (formerly Level 1)	<ul style="list-style-type: none"> • Work with players rated up to ITN 6 • Understand and be able to apply the basic training principles needed to coach players from beginner to intermediate levels 	86 Blended-learning hours (80 in person and 6 online)
Coaching Advanced Players course (formerly Level 2)	<ul style="list-style-type: none"> • Work with players up to ITN 3 • Understand and be able to apply the necessary training principles for coaching beginner, intermediate and advanced players • Plan the training and competition programme for advanced players 	88 Blended-learning hours (80 in-person and 8 online)
Coaching High-Performance Players course (formerly Level 3)	<ul style="list-style-type: none"> • Work with high performance players up to ITN 1 • Understand and be able to apply the training practices necessary to help high performance players technically, tactically, physically and mentally • Plan and organise the competition schedules for high performance players 	100 Blended-learning hours (88 in-person and 12 online)