

# LTA COACH READINESS TEST OVERVIEW

*This is an overview of the tasks required to complete the Coach Readiness Test. You will find more detailed instructions, including videos on how to complete each task, once you have booked on.*

***Please only do this if you are interested in doing the LTA Level 3 Coach qualification.***

## **Task 1 - Personal statement, up to 3 minutes**

You will be in a professional environment, and dressed in a professional manner (as a tennis coach), and you will create a short video on your smartphone telling us about yourself and your motivation for applying. This enables us to observe your communication skills.

## **Task 2 – Demonstration, up to 2 minutes**

From a list of options provided in LTA Learn, you will demonstrate one common element of coaching that showcases your communication skills, tennis knowledge, and ability to demonstrate sound tennis skills.

## **Task 3 – Single ball basket feeding, around 30 seconds**

Feeding is a crucial element of coaching. You will demonstrate that you can hit accurately with topspin from behind the baseline to targets set out at the opposing end. This will enable us to observe your feeding skills.

## **Task 4 – Chopper/neutral grip rally feeding, around 1 minute**

Demonstrate that you can use a chopper grip to feed balls to different sides of the court during a rally from behind the baseline.

## **Tasks 5 - 8 – Live ball demonstration of strokes, around 6 minutes**

Being a successful Level 3 Coach will require you to be able to demonstrate proficient tactics and technique and display good practical skills with your strokes. These tasks enable us to observe your ability to demonstrate quality strokes, as well as your ability to hit/feed the ball with accuracy:

- Serve at least 10 out of 16 balls into court, changing direction between left and right in the service boxes, and with the second bounce of the ball landing outside the court (this could be outside the baseline or singles tram line).
- Using only one ball to rally, hit 12 forehands cross court in one minute.
- Using only one ball to rally, hit 12 backhands cross court in one minute.
- Using only one ball to rally, hit 12 volleys past the service line in half a court in one minute.