

LTA INSTRUCTOR READINESS TEST OVERVIEW

This is an overview of the tasks required to complete the Instructor 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 Instructor 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 – Chopper grip feeding, around 30 seconds

Feeding is a crucial element of coaching. You will demonstrate that you can feed 5 balls accurately, with a chopper/neutral grip, for beginner players. This will enable us to observe your feeding skills.

Tasks 4 - 7 – Live ball demonstration of strokes, around 6 minutes

Being a successful Instructor will require you to be able to demonstrate basic tactics and technique. 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 8 of 16 balls into court with the second bounce of the ball beyond the baseline.
- Using only one ball to rally, hit 10 forehands cross court in one minute.
- Using only one ball to rally, hit 10 backhands cross court in one minute.
- Using only one ball to rally, hit 10 volleys past the service line in half a court in one minute.