

# LTA INSTRUCTOR READINESS TEST (WHEELCHAIR VERSION)

***The LTA Instructor qualification is a challenging course, and our aim is to ensure that everyone who accesses the qualification has the knowledge, skills, and experience necessary on which to build the learning.***

If you have a GB ranking of top 20 you do not need to complete the LTA Instructor Readiness Test.

As you have never held this ranking, please read carefully below as you will need to be successful on the Instructor Readiness Test before applying for the Instructor qualification. There are supporting videos that outline the process, so please watch these before creating your submission.

The Instructor Readiness Test consists of seven video tasks, which can each be captured separately on video and uploaded to YouTube on an unlisted channel. Here is an overview of the tasks:

## The Video Tasks

Task no	Content	Elements assessed
Task 1	Personal statement	Communication, tennis knowledge
Task 2	Demonstration	Communication, demonstration, and tennis knowledge
Task 3	Chopper grip feeding video	Feeding competence
Tasks 4 - 7	Live ball feeding	Live ball feeding and role modelling

If you are successful with your Instructor Readiness test, well done! You can proceed to applying for the course. Please be aware that you are ready for entry to the course, which is not the same as being ready to graduate the course. Please look at your action plan from the LTA Qualification Assessor and work on the areas highlighted to continue your development.

If your Instructor Readiness Test indicates that you are not yet ready, then you will need to work through your feedback and action plan and practice the areas highlighted by the LTA Qualification Assessor before applying for reassessment.

## Creating the video

- You must be clearly audible, which may require the use of a microphone to capture audio. Bluetooth headphones with a microphone are a good option. You may need to download a video editing software package such as moviepro or filmicpro to enable Bluetooth capability. Any footage where audio is not clear will be rejected.
- Video footage must be still, and shaky videos will be rejected. A tripod or mounting system for a phone / camera is strongly advised.
- You must be clearly visible in the video footage at all times.
- Footage must be continuous for each of the seven tasks. Any edits within a task will result in your submission being rejected.
- Video must be in LANDSCAPE not portrait.
- Please upload your videos to YouTube as unlisted and provide us with the link to view.

### Video Task 1: Personal Statement

This is where you can really show us your passion for becoming an LTA Instructor and describe the tennis coaching knowledge you have obtained since the Level 1 or Assistant course. Please answer the three questions below in no more than 3 minutes total.

- Describe what you've learned about coaching after the completion of your LTA Level 1 Coaching Assistant or LTA Assistant qualification.
- Describe your motivation for applying for the LTA Instructor and how you will use the qualification once you've graduated.
- What makes you an inspirational character who engages people to learn and play tennis?

## Video Task 2: Demonstration

- Choose **one** of the two demonstration topics
- Demonstrate to the camera as if the camera is a group of improving juniors (green or yellow balls / full court)
- You must be the only person in the video
- No editing is allowed

## Camera Set up



For the demonstration topics set up the camera behind the court to the left (as above) or the right of the court. Whether you position the camera to the left or right will be determined by which shot you are demonstrating. For the serve demonstration, the camera position will be determined by whether you are left or right-handed.

Your focus should be on delivering visual and verbal information together. However, we do expect you to turn to the camera to give 'eye contact' and explanations.

## Demonstration Topics

### A. Controlling Space

Game Situation	Tactical Outcome	Technical Process
When players are rallying from the baseline	Controlling space on the opponent's side of the court	How should the players prepare? How do they hit the ball?

Create a demonstration that shows and explains simultaneously **what** a player is looking to achieve tactically when in a rally at the baseline. Your example should show how a player starts to dictate the point by controlling space. This demonstration requires you to hit balls to show their outcome.

At the same time, your demonstration should also describe and show **how** the player achieves the desired tactical outcome. This is the technical process of preparation and hitting.

### B. In between points serve routine

Game Situation	Mental Preparation / Routine	Process
When serving	A routine that shows and explains mentally how you would help a player in between points.	What physically can a player do as an in-between-points routine?

Create a demonstration that shows and explains simultaneously what a player could do as an in-between-points routine.

Show in your demonstration what a player would be doing physically in between points combined with an explanation of what they might be looking to achieve mentally. You must demonstrate a **minimum of three serves** as part of this demonstration.

### Video Task 3: Basic feeding ability

There are four separate elements for you to complete, and each video can be captured and uploaded separately if required. You must pass each element.

- Chopper grip feeding
- Groundstrokes
- Serving
- Volleys

#### Chopper grip feeding

Stand behind the full court baseline, one step to the side (right for right handers and left for left handers). Position your basket / trolley / bucket of balls on your non-dominant side.

With a chopper grip, feed five separate yellow stage balls cross court to land over the net and deeper than the service line. The ball may bounce before you hit, or you may hit without a bounce, and it should be sent with little or no spin. No editing of this video is allowed.

### Video Tasks 4 – 7: Live ball feeding

As tennis coaches we are role models for our players, and this is your opportunity to showcase good ball tracking, movement, and technical skills, as these will be graded.

For the groundstroke tests you will need a competent hitter to help you. We suggest someone with a minimum rating of 6.1 or higher or a level 3 coach or above.

#### Groundstrokes

##### 4: Forehands – 2 minutes

Only **ONE** ball is allowed for the groundstrokes exercise. The ball must be a regulation yellow ball (no green / orange / red stage balls).

Hit cross court in a singles court with your partner on the forehand side for 2 minutes (you can hit forehands or backhands, but only forehands will count towards your score). Your position should be behind the baseline in a tactically accurate singles position for a cross court rally. You are judged on the number of balls you hit into the diagonally opposite singles court within two minutes. Please show a sound tactical court position, consistent setup and delivery of the shots, and timely recovery.

The first feed of any rally does not count. No editing of this video is allowed.

A pass is 10 shots cross court within the two minutes.



### **5: Backhands – 2 minutes**

Only **ONE** ball is allowed for the groundstrokes exercise. The ball must be a regulation yellow ball (no green / orange / red stage balls).

Hit cross court in a singles court with your partner on the backhand side for 2 minutes (you can hit forehands or backhands, but only backhands will count towards your score).

Your position should be behind the baseline in a tactically accurate singles position for a cross court rally. You are judged on the number of balls you hit into the diagonally opposite singles court within two minutes. Please show a sound tactical court position, consistent setup and delivery of the shots, and timely recovery.

The first feed of any rally does not count. No editing of this video is allowed.

A pass is 10 shots cross court within the two minutes.

### **6: Volleys – 1 minute**

You can use multiple balls for this activity. The balls must be a regulation yellow ball (no green / orange / red stage balls).

Stand near to the net on one side of the court (in half a singles court) with your partner at the other end of the half court behind the baseline.

Your partner will feed you volleys, and you must hit a mixture of forehand and backhand volleys to demonstrate technical proficiency.

In total you must hit 10 volleys in the half court, landing beyond the service line (tramlines are out). No editing of this video is allowed.

### **7: Serves – 16 balls**

Measure three racket lengths from the service line towards the baseline and mark out a line at this depth across the court using throw down lines.

Hit 8 serves to the deuce side from a singles position.

Hit 8 serves to the advantage side from a singles position.

To pass the serve test, you must achieve 8 out of 16 serves into the correct boxes with the **second bounce of the ball landing beyond the throw down lines.**

Name of video	Captured	Uploaded
1. Personal statement		
2. Demonstration video (one of three topics)		
3. Chopper grip feeding task		
4. Forehands		
5. Backhands		
6. Volleys		
7. Serves		