

OHLONE COLLEGE
Ohlone Community College District
OFFICIAL COURSE OUTLINE

I. Description of Course:

1. **Department/Course:** ATHL - 268
2. **Title:** Coaching Tennis
3. **Cross Reference:**
4. **Units:** 3
Lec Hrs: 1
Lab Hrs: 6
Tot Hrs: 126.00
5. **Repeatability:** Yes Times:2
6. **Grade Options:** Letter Grade, May
Petition for Pass/No Pass (GP)

7. **Degree/Applicability:**
Credit, Degree Applicable, Transferable
- CSU & UC (T)

8. **General Education:**

9. **Field Trips:** Required

10. **Requisites:**

Limitation on Enrollment

Must be an active member of the
intercollegiate tennis team.

Advisory

Medical clearance needed within last
year.

Corequisite

ATHL 380 Intercollegiate Athletic Injury
Rehabilitation

12. **Catalog Description:**

This course is a study of fundamental offensive and defensive techniques and strategies as they apply to teaching and/or coaching tennis. This course includes the principles of how to scout games, critique athletic skills, and planning a practice schedule.

13. **Class Schedule Description:**

Offensive/defensive techniques and strategies applicable to teaching and/or coaching tennis.

14. **Counselor Information:**

Part of the intercollegiate SEP.

II. Student Learning Outcomes

The student will:

1. Demonstrate fundamental skills of tennis as it relates to practice and match-like situations.
2. Demonstrate offensive and defensive tennis strategies during game-like situations.
3. Develop a weekly practice session.
4. Assess the potential life-long benefits of regular physical activity.
5. Evaluate the skill of a tennis player.
6. Organize an offensive theory regarding service placement and type of spin.

III. Course Outline:

- A. Introduction
 - 1. History of Tennis
 - 2. Social Aspect
 - 3. Science (movement)
- B. Specifics Related to tennis areas
 - 1. Rules-Officiating
 - 2. Training and Conditioning
 - 3. Statistics
 - 4. Scouting
 - 5. Public Relations
 - 6. Media
- C. The Coach and Coaching
 - 1. Methodology: Types
 - 2. Psychology
 - 3. Communication
- D. Planning: Organization and Development
 - 1. Coaching: Last Thing You Do
 - 2. Logistics:
 - a. Class and Team Size
 - b. Facility Utilization
 - c. Attendance
 - d. court Discipline
 - 3. Daily-Weekly Practice Log
 - 4. Identifying the "Winners"
- E. Tennis Subject Areas
 - 1. The Basics
 - a. The court
 - b. Player Positioning
 - i. singles
 - ii. doubles
 - c. Phases of Play
 - 2. Serve
 - a. Location of the serve
 - b. Types of spins
 - c. The when and why to change it up
 - 3. Offense: swings
 - a. Stance/Positioning
 - b. Basic Offensive power swings
 - c. Types of Offensive Hits
 - i. forehand
 - ii. backhand
 - iii. slice
 - iv. lob
 - v. drop
 - d. Multiple Offense
 - e. baseline play and net play
 - 4. Defense

- a. approaching the lob
 - b. protecting at the net
 - c. Defensive Team Play with Variation
5. Coaching Situations
- a. Use of Time-outs
 - b. Reacting to Opponents Lineup
 - c. Use of Video Tapes
 - d. Pre-game Warm-ups
 - e. Post-game Cooldowns and Team Talk

IV. Course Assignments:

- A. Reading Assignments
- B. Projects, Activities, and other Assignments
 - 1. Scouting events
- C. Writing Assignments
 - 1. Scouting reports
 - 2. Offensive/defensive strategic plan

V. Methods of Evaluation/Assessment:

- A. Completed scouting reports to analyze specific player skills (SLO #5)
- B. Completed weekly practice session (SLO #1-4)
- C. Completed offensive/defensive plan (SLO #6)

VI. Methods of Instruction:

- A. Lecture
- B. Laboratory
- C. Discussion
- D. Demonstration
- E. Audiovisual
- F. Computer Assisted Instruction
- G. Collaborative Learning

VII. Textbooks:

Recommended

Supplemental

VIII. Supplies: