

Player Level	Player Emphasis	Player Needs	Coaching Style	WSC Level	Duration	Requirements	Course content
National Juniors	Training to Compete	Tactics/Apply Pressure	Direct	Level 3	6 days + pre course reading & post course assignment	WSC L2 or equivalent other accepted regional or national course Minimum one year between L2 and L3	Recap L2 Factors affecting skill learning Anticipation & deception Physiology Periodisation Mental training, breathing & visualisation Coach development Performance analysis Game based coaching Annual plan
Intermediate Players	Learning to Train / Training to Train	Skill / Accuracy	Coach	Level 2	4 days + pre course reading & post course assignment	WSC L1 or equivalent other accepted regional or national course Minimum one year between L1 and L2	Recap L1 Long Term Player Development (LTPD) Advanced skill learning Progressions for advanced shots Hicks Law and anticipation Match analysis Intro to physical and mental training Planning of group sessions Planning of a meso-cycle
Early Learners	Learning to Play	Fun Games Simple Rallies	Teach	Level 1	4 days or 3 days + Foundation Course	Minimum age of 17 years	Role of the coach Guiding principles of coaching Open/Closed skill – PDA cycle Learning styles and skill learning Coaching tools Basic shots Group vs individual lesson Building progressions & lesson planning
Early Learners	Learning to Play	Fun Games	Teach	Foundation Course	1 day eLearning	none	Role of the coach Safety and equipment Demonstration ABCs & FUNdamentals Coaching tools Group training Fun games