



## Helping coaches take their skills to the next Level

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Today we launch our revamped Level 2 Lead Coach qualification, providing the chance for coaches to upgrade their skills and help players of all abilities to develop their games.

Suitable for coaches who have already taken the Level 1 Session Coach qualification, Level 2 Lead Coach qualification will help coaches build on their table tennis knowledge and delivery; improve their technical knowledge; understand how people learn; and practically apply coaching theories.

The course consists of 3 days, spread over two weekends and separated by a home study period of 8-10 weeks. The qualification will expand upon the 'How to Coach' and 'What to Coach' skills obtained in the Level 1 Session Coach qualification in conjunction with other coaching theories, as well as their practical application.

At the conclusion of the course, coaches will have an improved ability to plan and organise, analyse and, crucially, have a clear understanding of how to progress the skill level of table tennis players.

The course content is as follows:

- Communication – Questioning; body language
- The Technical Game – Forehand and backhand topspin; Forehand & backhand push; Service variations; Receive (touch, flick, push & topspin); Footwork; Counter topspin
- Observation & Analysis
- Multiball
- Fundamental Movement Skill
- Feedback & Reflection
- Purposeful Practice

- Motivation & Goal Setting
- Origination & Planning
- Tactical & Technical Understanding
- Intuition & Awareness

Kate Hughes, one of the course tutors, said: “The new Level 2 course is a natural progression from the Level 1 Session Coach, challenging candidates to become better coaches. The inclusion of purposeful practice within the course is a great addition.”

Courses are already arranged at:

- Joola Plymouth (February 5-6 and April 10, 2022)
- London Greenhouse (November 6-7, 2021 and January 29, 2022)
- Ackworth School, Yorkshire (January 22-23 and March 27, 2022)

[Click here to book a place](#)

Table Tennis England Coaching and Education Manager Aled Howell said: “As a sport, we have a range of environments that coaches find themselves coaching in – and to be effective as a coach, the learning journey never ends.

“Over the past four years, we’ve been redeveloping the coaching pathway to align with current coaching theories and up-to-date sport-specific knowledge.

“The changes made provide an ongoing systematic learning journey for coaches to develop to all levels to engage, support and accelerate the development of players in various environments.”

Listen to Craig Bryant, our Coaching and Education Officer talk all about the revamped qualification:

Our coaching department will continue to constantly review their coaching pathway and content of the courses keep them up to date.

[Click here for full details of all our coaching courses](#)

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