

Level 1 Course – Info and Dates

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Level 1 Award in Coaching Table Tennis

What does a 1st4sport L1 qualify me to do?

The qualification will provide learners with the necessary skills to be able to plan and deliver basic table tennis coaching activities/sessions.

How is the qualification delivered?

The 1st4sport L1 consists of 3 separate days spread over approximately an 8 week period. Learners are expected to complete home study and practical coaching tasks between each day of the course.

Day 1

- Welcome and Induction
- Introduction to Coaching
- Table Tennis Practical
- Introduction to Session Planning
- Day 1 conclusion
- Begin home study tasks

Day 2 – Technical Day

- Basic technical skills
- Strokes
- Footwork
- Developing anticipation
- Completion of home study tasks

Day 3

- Re-cap and Evaluation
 - Development of Coaching
 - Independent and Internal Assessment
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What are the requirements prior to the course?

To achieve a 1st4sport L1 qualification learners must attend the following pre-requisite workshops (or Table Tennis England approved equivalents) prior to certification:

- [Safeguarding and Protecting Children workshop \(3 hours\)](#)

- [Essential First Aid course \(3/4 hours\)](#)

E-learning courses will not be accepted. The learner is responsible for locating and registering on a suitable workshop.

Registration requirements

Learners must be 16 years of age or over by the start date of the course to be registered. Please Note – Coaches must be at least 18 years of age to coach unsupervised.

The 1st4sport L1 Learner Registration Period is 12 months from the start date of the course. Learners must complete all assessment tasks and provide evidence of attending prerequisite workshops within this period.

Cost

£190.00

How to apply

You can now book a place on a course using the new Coaching Portal. If you already have a membership account you can login using your TT ID (formerly your membership number) and existing password. If you are new and not a member you can register your details and book on the required course.

[Click here to visit the portal](#)

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