

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

Home study 2-4 weeks

- Begin home study tasks

Day 2 – Technical Day

- Basic technical skills
- Strokes
- Footwork
- Developing anticipation

Home study 2-4 weeks

- Completion of home study tasks

Day 3

- Re-cap and Evaluation
- Development of Coaching
- Independent and Internal Assessment

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. Please click on the tabs at the side for more information on Safeguarding and Protecting Children workshops and Essential First Aid.

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

Course Dates

For the latest 2014/15 dates please click onto the Level 1 or 2 course tab on the 'coaching & performance' page on the website.

How to apply

When you have found a course you would like to attend, download the application form from the website and send to the Table Tennis England Coaching Department. Please ensure you complete all sections.

Learners may email or post the form to the Coaching Department (address on form), please note that Table Tennis England would not advise emailing your credit card details, please either send them by post or call the Coaching & Performance Administrator (01908 208876) to pay by card.