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# 1st4sport Level 1 Certificate in Coaching Table Tennis (L1CCTT)

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## INTRODUCTION TO THE QUALIFICATION

The 1st4sport Level 1 Certificate in Coaching Table Tennis (L1CCTT) is awarded by 1st4sport Qualifications and has been developed in partnership with the home country table tennis associations of England, Northern Ireland, Scotland and Wales.

The English Table Tennis Association is a 1st4sport Recognised Centre, approved to deliver the qualification in England, Northern Ireland and Wales.

The L1CCTT is a vocational qualification that provides students with an opportunity to study and be assessed for both the practical and theoretical aspects of coaching table tennis. The knowledge gained will enable students to develop a basic understanding of safe, ethical and effective table tennis coaching. Successful candidates will be qualified to deliver basic table tennis coaching activities, normally under the direct supervision of a more qualified coach.

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## ADDITIONAL INFORMATION

In addition to the 1st4sport L1CCTT course, candidates must provide evidence of having achieved the following pre-requisites for the qualification:

- Successful attendance at:
  - 3 hour Child Protection workshop (Safeguarding and Protecting Children or equivalent).
  - 3 hr (min) Emergency Life Support Course (St Johns Ambulance or equivalent).
- Obtain a satisfactory Criminal Records Bureau Enhanced Disclosure through ETTA. You will receive details of how to obtain this through ETTA after registering for the course (cost £16.00).

Where candidates have already achieved a pre-requisite, the certificate must be less than 3 years old at the time of certification to be valid. Please note: CRB, Emergency Life Support and Child Protection certificates must be less than 3 years old to be valid.

### **Clothing:**

The course is part practical so please come prepared to play; a tracksuit, shorts, t-shirt and indoor training shoes are suitable.

### **Equipment:**

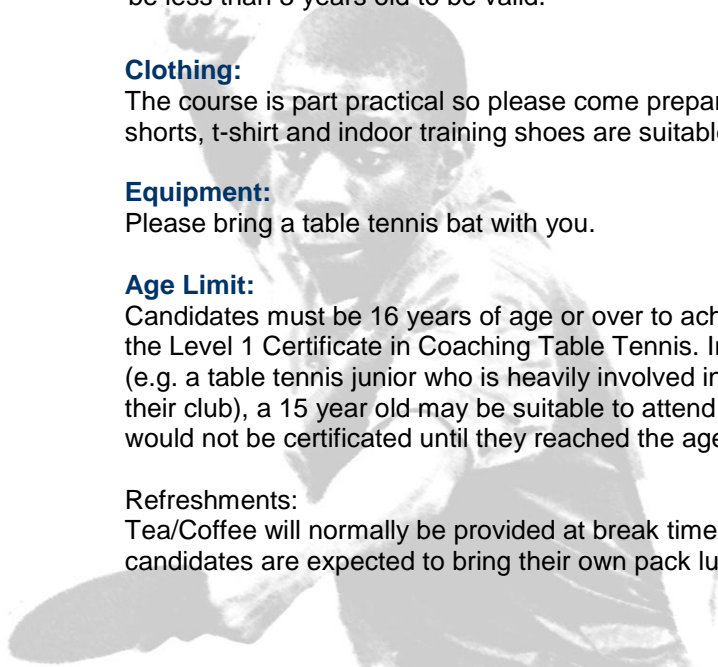
Please bring a table tennis bat with you.

### **Age Limit:**

Candidates must be 16 years of age or over to achieve certification for the Level 1 Certificate in Coaching Table Tennis. In some circumstances (e.g. a table tennis junior who is heavily involved in volunteering within their club), a 15 year old may be suitable to attend the course, but they would not be certificated until they reached the age of 16.

### **Refreshments:**

Tea/Coffee will normally be provided at break times on the course, but candidates are expected to bring their own pack lunch.



# 1st4SPORT LEVEL 1 CERTIFICATE IN COACHING TABLE TENNIS

## COURSE OVERVIEW

### DAY 1:

#### **Module 1 - Introduction to Coaching**

- Introduction to the structure of table tennis, the role of a Level 1 coach, coaching philosophy and the type of skills required by a coach

#### **Module 2 - Introduction to Coaching**

- Organising safe table tennis activities
- An opportunity to try out basic coaching skills

#### **Module 3 - Technical**

- How to demonstrate a variety of strokes
- Opportunities for coaches to deliver within a group situation and receive feedback
- Introduction to planning sessions

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#### **Coaching Practice + Home Study**

- 3 – 6 weeks - Completion of Learning and Assessment Tasks

### DAY 2:

#### **Module 4 - Re-cap and Evaluation**

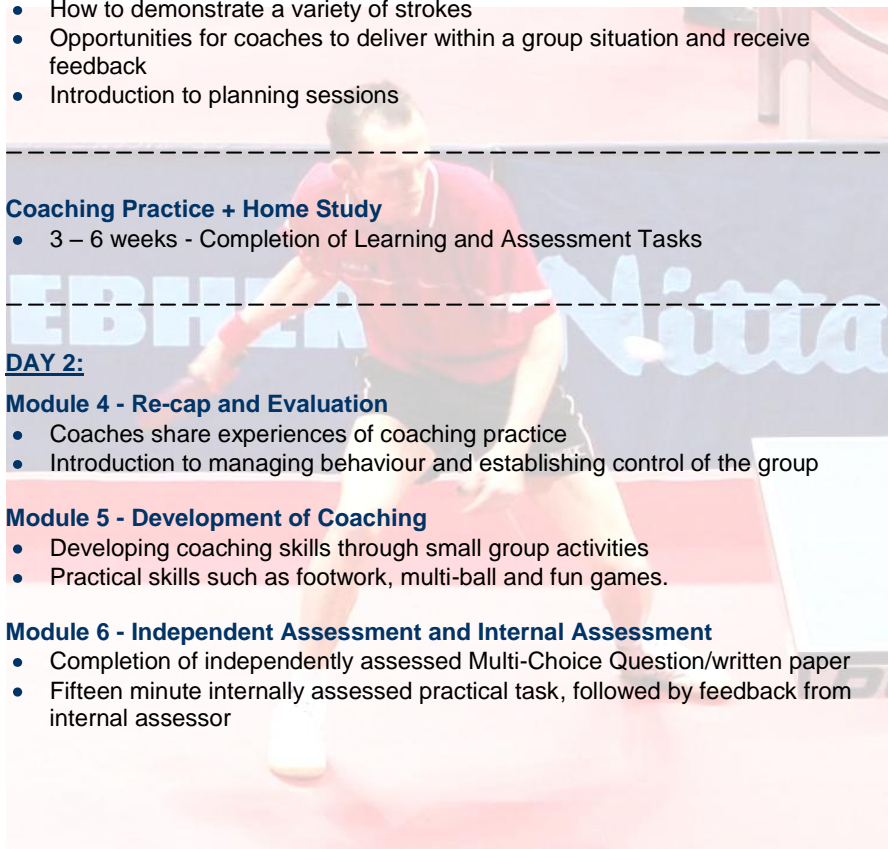
- Coaches share experiences of coaching practice
- Introduction to managing behaviour and establishing control of the group

#### **Module 5 - Development of Coaching**

- Developing coaching skills through small group activities
- Practical skills such as footwork, multi-ball and fun games.

#### **Module 6 - Independent Assessment and Internal Assessment**

- Completion of independently assessed Multi-Choice Question/written paper
- Fifteen minute internally assessed practical task, followed by feedback from internal assessor



For more information on ETTA programmes and initiatives please contact your Regional Development Officer:

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To apply for coach education courses, please contact:

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