

SINGAPORE TABLE TENNIS ASSOCIATION TABLE TENNIS COACHING COURSE (ITTF-PTT LEVEL 1)

I. INTRODUCTION

The ITTF-PTT Level 1 course is based on the International Table Tennis Federation (ITTF) Syllabus. The course will be held at STTA Training Hall – 297C Lorong 6 Toa Payoh Singapore 319389.

The ITTF-PTT Level 1 course will be conducted by a qualified International Course Conductor appointed by ITTF.

II. COURSE STRUCTURE

ITTF	PTT
<ul style="list-style-type: none"> • General Coaching Principles • Coaching Beginners and Schools Coaching • Techniques Beyond Basics • Introduction to Physical Training • Introduction to Sports Sciences • Tournament Organisation and Rules • Tournament Practical and Evaluation 	<ul style="list-style-type: none"> • Introduction to PTT • Classification • Equipment • Techniques • Tactics • Characteristics of Table Tennis in Each Class • General Considerations • Rules • Accessibility • Terminology • Tournament Practical and Evaluation

III. REQUIREMENTS

After completion of the Level 1 course with a passing grade from the assessment, all participants are required to complete 30 hours of coaching practice, with at least 5 hours supervised by an appointed coach or person with STTA.

ITTF-PTT Level 1 Coaching certificate will only be awarded after completion of the 30 hours of coaching practice followed by the submission of the “Confidential Coaching Report” to the ITTF appointed Course Conductor.

IV. CERTIFICATION

Upon completion of 30 hours of coaching practice followed by the submission of the Confidential Coaching Report, the participant will be awarded with ITTF-PTT Level 1 Certificate.

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Prerequisite Skill Test

To ensure the course participants are having a certain degree of technical ability, Singapore Table Tennis Association will hold a technical skill tests prior to the course enrolment. To be a coach, it is important for all participants to equip with the basic fundamentals of the sport. Hence, you are required to go through an amplitude test prior to the course. Only participants who meet the full requirements are eligible to sign up for the upcoming ITTF-PTT Level 1 Coaching Course.

1. Basic Skills Test:

Requires proper technical movements, no obvious action error

- A. Forehand attack: 8 to 10 returns
- B. Backhand drive (Shakehand grip): 8 to 10 returns
Backhand block (Pengrip): 8 to 10 returns
- C. Push: 8 to 10 returns
- D. Serve: Forehand backspin - short and long
Forehand sidespin - short and long
- E. Basic footwork - side to side, one step

2. Multi-ball training:

- A. Backspin ball feeding – left & right, short & long, fast & slow
- B. Topspin ball feeding – left & right, short & long, fast & slow

2017 年初级教练员课程报名技术测试达标要求

2017 年初级教练员课程即将开班，为确保参加课程的学员具有一定的乒乓球专项技术水准，新加坡乒乓总会决定在报名之前，举行技术测试，达标以后才能报名参加初级教练员课程。

1. 基本技术测试:

要求技术动作比较规范，没有明显的错误动作

- A. 正手对攻 8—10 个来回
- B. 反手快拨（横握球拍） 8—10 个来回
反手推挡（直握球拍） 8—10 个来回
- C. 搓球 8—10 个来回
- D. 发球：正手发下旋球 短球 长球
正手发侧旋球 短球 长球
- E. 基本脚步：侧滑步 单跨步

2. 多球训练:

- A. 喂下旋球 左右两角 长短 快慢
- B. 喂上旋球 左右两角 长短 快慢