



LEVEL D

GENERAL LEVELS AND CHARACTERISTIC OF THE ESTESS EDUCATION PROGRAM		
Course Program:	Level: Strategic Tutoring Mission	ESTESS Top Ten Equivalence „Highlighted Cornerstones“
D. Development Education 1. Discovery Coach, Preparatory Coach & Instructing Coach 2. Teaching Coach 3. Development Coach	Elementary Preparation	Motivation/Dedication 5S – Substance & Structure Time & Balance
C. Performance Education 1. Performance 2. High Performance I. Functional Biomechanics – Block I II. Functional Sports Psychology & Behavioral Science – Block II III. Functional Physical Training, Medicine & Therapy – Block III IV. Management & Organisation – Block IV V. Applied Skill & Sport Specific Topics – Block V	Functional Applied Development, Performance and High Performance	Determination, Responsibility, Concentration, Preparation, Discipline, 5S – System & Synchronization (Function & Skill) Flow & Coordination
B. Professional National Certification 1. 1st Professional Degree 2. CTP 3. CTP-Spec.	Professional Integration and Special Competence	Controlling, Awareness, Professional Attitude 5S – Controlling 4A – Attitude, Awareness Power, Confidence & Success
A. Professional International Certification D.Tr.® 2. DiT®	Analytical Advanced International Integration	Presentation & Performance 4A – Adaption, Adjustment 2F – Fact & Feelings Acting and Reacting

1. GENERAL INFORMATION

This document outlines the general characteristics of the EAU Coaching Development Course (Level 1,2,3 course).

EAU Grants

Grants for coaches' courses are available from EAU. Official ESTESS Partners interested in hosting a course should contact their National EAU Committee for further details.

SPECIFIC INFORMATION

Entering the ESTESS education program leading to the D.Tr.® and DiT® means the start on a journey that will not only give the students a lot of knowledge and big network but also an education that is merging into different aspect of the professional sports world. The fundamental and deep tuition of medical subjects and the specific course work of biomechanics and medical training give the participants the option to work as a tennis coach but also as a physical coach and massage sports therapist. ESTESS only guarantees for the knowledge and the specific level of the students and participants that has graduated with the full status of an PD, CTP, CTP-Specialist, D.Tr., and DiT including equivalent h.c. – coaches (honoris causa)

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Sports Consulting Dahlbo-Johansson OG
Mösererstrasse 632
6100 Seefeld/Austria

European Office

Tennis Sport International GmbH
20, rte de Bettembourg
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2. GENERAL FORMAT OF THE COURSE

The course levels are in total of 180 hours duration (3 x 60) and are divided into 2 x 2-day courses, 1 x 3-day course and 4 x 3,5 – days courses.

Below you can find an indication of the program:

Discovery Coach (Course 1), Ad´Skill Coach (Course 2) & Instruction Coaching (Course 3) – Thematic: 60 hours

Course 1 - Discovery Course D1A: Day 1 Course 9 hours
Day 2 Course 9 hours

Course 2 – Ad´Skill Course D1B: Day 1 Course 9 hours
Day 2 Course 9 hours

Course 3 – Instruction Course D1C: Day 1 Course 6 hours
Day 2 Course 9 hours
Day 3 Course 9 hours

Teaching Coaching – Thematic: 60 hours

Course 4: Day 1 Course 9 hours
Day 2 Course 9 hours
Day 3 Course 9 hours
Day 4 Course 4 hours

Course 5: Day 1 Course 9 hours
Day 2 Course 9 hours
Day 3 Course 8 hours
Day 4 Course 4 hours

Additional 300 hours of supervised work to attend the next level

Development Coaching – Thematic: 60 hours

Course 6: Day 1 Course 9 hours
Day 2 Course 9 hours
Day 3 Course 9 hours
Day 4 Course 4 hours

Course 7: Day 1 Course 9 hours
Day 2 Course 9 hours
Day 3 Course 8 hours
Day 4 Course 4 hours

Course hours: 180
Total hours: 480 h
Credits: 19

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Course Fact Sheet:

D.1-3

D1. Discovery Coach, Ad`Skill Coach & Instructing Coaching – 60 hours

• Course Goal

- Discovery Coach*: Working with yourself and exercising skills and attitude
- Ad`Skill Coach*: Adding skills to your own personality and to your game
- Instructing Coach*: Working with beginners.

• Course Duration: 2 x 2-day courses, 1 x 3-day course and 4 x 3,5 – days courses.

• Number of Course candidates: a maximum number of 48 candidates depending on the facilities available.

• Entry pre-requisites:

Age: participants must be a minimum of 16 years of age at the time of taking these courses.

Fitness and health level: participants are obliged to have a suitable personal health and fitness level to physically meet the course requirements.

D2. Teaching Coaching – 60 hours

• Course Goal: teach, coach and promote tennis at the grass roots levels up to the initial development stage (tournament participants).

• Course Access: School teachers, sport leaders, tennis coaches, officials, etc. with a sufficient playing standard.

• Course Duration: 2 x 3,5-day course.

The candidates need a minimum level of play (ability to rally / demonstrate basic strokes / feed ball to student). The candidates will attend a demonstration test.

• Number of Course Candidates: Maximum is 48.

• Entry pre-requisites:

Age: participants must be a minimum of 18 years of age at the time of taking this course.

Fitness and health level: participants are obliged to have a suitable personal health and fitness level to physically meet the course requirements.

Qualification: a certified instruction (D1) qualification or equivalent is required to enter the course.

D3. Development Coaching – 60 hours

• Course Goal: teach, coach and promote tennis at the grass roots levels up to the initial competition performance stage (tournament participants).

• Course Access: School teachers, sport leaders, tennis coaches, officials, etc. with an advanced playing standard.

• Course Duration: 2 x 3,5-day course.

The candidates need an advanced level of play (ability to rally / demonstrate advanced strokes / feed ball to student). There will be a demonstration test.

• Number of Course Candidates: Maximum is 48.

• Entry pre-requisites:

Age: participants must be a minimum of 20 years of age at the time of taking this course.

Fitness and health level: participants are obliged to have a suitable personal health and fitness level to physically meet the course requirements.

Qualification: it is necessary to have the certification of 500 hours supervised working experience and the courses D1 + D2 or equivalent.

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COURSE CONTENT

ESTESS DISCOVERY COACH COURSE D1A	
ELEMENTARY HUMAN BIOLOGY	HOURS/CREDITS
• Basics of General Nutrition & the Cardiovascular System I	2 h
ELEMENTARY BEHAVIOURAL SCIENCES	
• Exercising Sports Psychology – Visualizing & Memorizing	2 h
ELEMENTARY SPORTS MEDICINE	
• Sports Medicine and First Aid; ABC & ICE	1 h
ELEMENTARY SPORT SPECIFIC COURSES	
• ESTESS Philosophy & Tennis History - Introduction	1 h
• Exercising Fitness Training	1 h
• Exercising Techniques; Forehand, Backhand, Volleys, Overhead	3 h
• Exercising Doubles	1 h
ADDITIONAL SESSIONS	
• Thematic Discussions; Dreams and Visions	1
• Tennis Rules	2
PERSONAL SKILL APPLICATION	4 h
TOTAL AMOUNT OF HOURS	18 / 0,738 Credits

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ESTESS AD´SKILL COACH COURSE D1B	
	HOURS/CREDITS
ELEMENTARY HUMAN BIOLOGY	
• Easy General Motorical System & Postural Anatomy	1 h
ELEMENTARY BEHAVIOURAL SCIENCES	
• Methodics; Get the Message	1 h
• Pedagogics, How, When and Why	1 h
• Basic Sports Psychology: Be Your Best	1 h
ELEMENTARY SPORT SPECIFIC COURSES	
• Adapted Fitness Training	1 h
• Management and Organisation – Care, Safety & Communication	1 h
• Adapted Techniques; Forehand, Backhand, Volleys, Overhead	4 h
• Adapted Doubles	1 h
ADDITIONAL SESSIONS	
• Presentations; MyLife (CV)	2 h
• Group Work; Be A Better Player & Coach	1 h
• Regulations Tournaments	1 h
SUPERVISED PRACTICAL COURSE WORK	3 h
TOTAL AMOUNT OF HOURS	
	18 / 0,738 Credits

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ESTESS INSTRUCTING COACH COURSE D1C	
ELEMENTARY HUMAN BIOLOGY	HOURS/CREDITS
• Introduction Human Biomechanics & Biology; Forces & Structures	2 h
• Introduction Tennis Physiology – Energy Systems	2 h
ELEMENTARY BEHAVIOURAL SCIENCES	
• Methodics; Bring Your Message	1 h
• Pedagogics, How, When and Why	1 h
• Basic Sports Psychology: Get the 1st Edge - Motivation	2 h
ELEMENTARY MEDICINE AND THERAPY	
• Sports Medicine: Injury Prevention and Rehab	2 h
ELEMENTARY SPORT SPECIFIC COURSES	
• Instructing Fitness Training	1 h
• Management and Organisation – Care, Safety & Communication	1 h
• Instructing Techniques; Forehand, Backhand, Volleys, Overhead	3 h
• Instructing Doubles	1 h
ADDITIONAL SESSIONS	
• Thematic Discussions	2
• Presentations	2
• Regulations ITF and National Tournaments	1
SUPERVISED PRACTICAL COURSE WORK	3 h
TOTAL AMOUNT OF HOURS	24 / 1,00 Credits

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ESTESS TEACHING COACH COURSE D2	
ELEMENTARY HUMAN BIOLOGY	HOURS/CREDITS
• Neurology; CNS	4 h
• Adapted Biomechanics	2 h
• Sports Physiology – Cardiovascular System II	2 h
• Anatomy; Introduction – Skeleton and Tennis Specific Muscles	4 h
ELEMENTARY BEHAVIOURAL SCIENCES	
• Methodics; Types of Teaching Methods	3 h
• Pedagogics; Pedagogic Types	3 h
• Sports Psychology; Overcoming Stress	4 h
ELEMENTARY MEDICINE AND THERAPY	
• Sports Medicine and First Aid – Heart & Lungs	2 h
ELEMENTARY SPORT SPECIFIC COURSES	
• Fitness Training	3 h
• Management and Organisation	3 h
• Technique	3 h
• Doubles	3 h
• Tactics	3 h
• Strategy	3 h
ADDITIONAL SESSIONS	
• Thematic Discussion	3 h
• Presentations	3 h
• Group Work	4 h
• Rules and Regulations - Materials	2 h
SUPERVISED PRACTICAL COURSE WORK ON COURT	5 h
PERSONAL SKILL APPLICATION	5 h
TOTAL AMOUNT OF HOURS	60 h / 2,5 Credits

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ESTESS DEVELOPMENT COACH D3	
ELEMENTARY HUMAN BIOLOGY	HOURS/CREDITS
• Neurology, PNS, ANS	3 h
• Integral Biomechanics	3 h
• Tennis Physiology; Oxygene and Cells	3 h
• Anatomy – Connective Tissues	3 h
ELEMENTARY BEHAVIOURAL SCIENCES	
• Methodics – Games., Drills and Activities	3 h
• Pedagogics	3 h
• Sports Psychology	3 h
ELEMENTARY MEDICINE AND THERAPY	
• Sports Medicine	3 h
ELEMENTARY SPORT SPECIFIC COURSES	
• Fitness Training	3 h
• Management and Organisation	2 h
• Technique	3 h
• Doubles	2 h
• Tactics	3 h
• Strategy	4 h
ADDITIONAL SESSIONS	
• Thematic Discussions	3 h
• Presentations	4 h
• Group Work	4 h
	2 h
SUPERVISED PRACTICAL WORK – Club/Academy (before course)	300 h
DISTANCE COURSE WORK	5 h
PERSONAL SKILL APPLICATION	5 h
CLASS HOURS	60
TOTAL AMOUNT OF HOURS	360 h / 14 Credits

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2. NECESSARY FACILITIES AND EQUIPMENT

The Official ESTESS Partner is obliged to provide the following facilities and equipment for the course:

- Equipment on Court:
 - Balls: 40 x normal tennis balls per basket
 - Complimentary Tools: Nets, net tape, cones & markers, 10 x skipping ropes, 10 x cones, 10 x hoops
- Tennis courts: 4-6 courts
- Room facilities and additional equipment:
 - 1 indoor lecture room adjacent to the courts containing chairs and tables for the participants (48) and one table for the tutors.
 - Sufficient lighting, ventilation and other health and safety issues must be met.
 - Lecture Room equipment:
 - Computer with internet access for use by course participants
 - DVD Player or Laptop, LCD projector and large screen TV
 - flip-chart: For use on and off court with markers and eraser.
- Notice: Students – it is recommended to organize children and adult players suitable for all activities as students for the participants.
- The Official ESTESS Partner is obliged to deliver the material for the course sent by the EAU.

3. COMPETENCY STATEMENTS

The participants should be able to achieve the following basic competencies after completing the courses

- Training: Show ability to apply planning, organization and assessment strategies for the training of developing players. Be skilled in applying, through drills, fundamentals of basic game situations, strategy, tactics, including elementary technical information.
- Competition: organize different tournament formats for recreational and competitive practices adapted and adjusted to development players.
- Management: apply organization and communication skills and apply strategies to attract and retain players. Differentiate and rotate players in bigger groups on more courts or on one court.
- Education: Understand the role of the coach and at all times be a role model for other coaches and players, be a good colleague and follow the ethical rules of PTCA and EGASP.

4. DISCLAIMER

Acceptance of a candidate's entry and participation in the Course is without responsibility of any kind by the GroupEstess (EAU) and any other entity sponsoring the event. Participants should hereby for and on behalf of themselves and their heirs and legal representatives release and forever discharge EAU, its representatives, from all claims, demands and injuries, however arising, such claims are hereby waived and released, and covenant not to sue, therefore.

Questions regarding the course program should be directed to the EAU Development Officer or to the EAU Coaching / Development Department Staff

E-mail: office@estess-athleticuniversity.eu

Tel: +436502628184

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