

TTFC COACH LEVEL 1 IMPROVERS HANDBOOK

(Print / PDF – Final Draft Content)

COVER PAGE

Table Tennis Fun Club (TTFC)
Coach Handbook – Level 1 Improvers

Play. Improve. Enjoy.

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"Learn to play, play to learn"

www.tabletennis.com

Table of Contents

TTFC COACH LEVEL 1 IMPROVERS HANDBOOK	1
(Print / PDF – Final Draft Content)	1
COVER PAGE	1
1. INTRODUCTION	3
2. TTFC PHILOSOPHY & VALUES	3
3. THE LEVEL 1 IMPROVERS MISSION	3
4. COURSE STRUCTURE OVERVIEW.....	4
5. THE PHD SYSTEM (PROGRESSIVE HANDBOOK DRILLS)	5
6. COACHING LANGUAGE & COMMUNICATION	5
7. SESSION DELIVERY FRAMEWORK	6
8. ELEMENT-BY-ELEMENT COACHING GUIDANCE	6
9. ASSESSMENT & SCORECARDS	7
10. MOTIVATION & RETENTION.....	7
11. SAFETY, INCLUSION & WELLBEING	8
12. TTFC COACH CODE OF CONDUCT	8
13. CERTIFICATION REQUIREMENTS – LEVEL 1 COACH	8
14. FINAL WORD.....	8

1. INTRODUCTION

Welcome to the Table Tennis Fun Club Coach Handbook for **Level 1 Improvers**.

This handbook equips TTFC coaches with the structure, language, and tools required to deliver the Level 1 Improvers Course in a way that is **fun-first, confidence-building, and non-intimidating**.

Level 1 is the most important stage in a player's journey. It forms habits, beliefs, and attitudes toward improvement. As a TTFC coach, your role is not just to teach skills—but to **create an environment where players feel safe, supported, and motivated to learn**.

2. TTFC PHILOSOPHY & VALUES

The TTFC Coaching Promise

- Learning should feel enjoyable, not stressful
- Progress matters more than perfection
- Confidence grows through encouragement
- Community is as important as technique

Fun-First Coaching

Fun does not mean lack of structure. It means: - Clear goals - Achievable challenges - Positive reinforcement - Permission to make mistakes

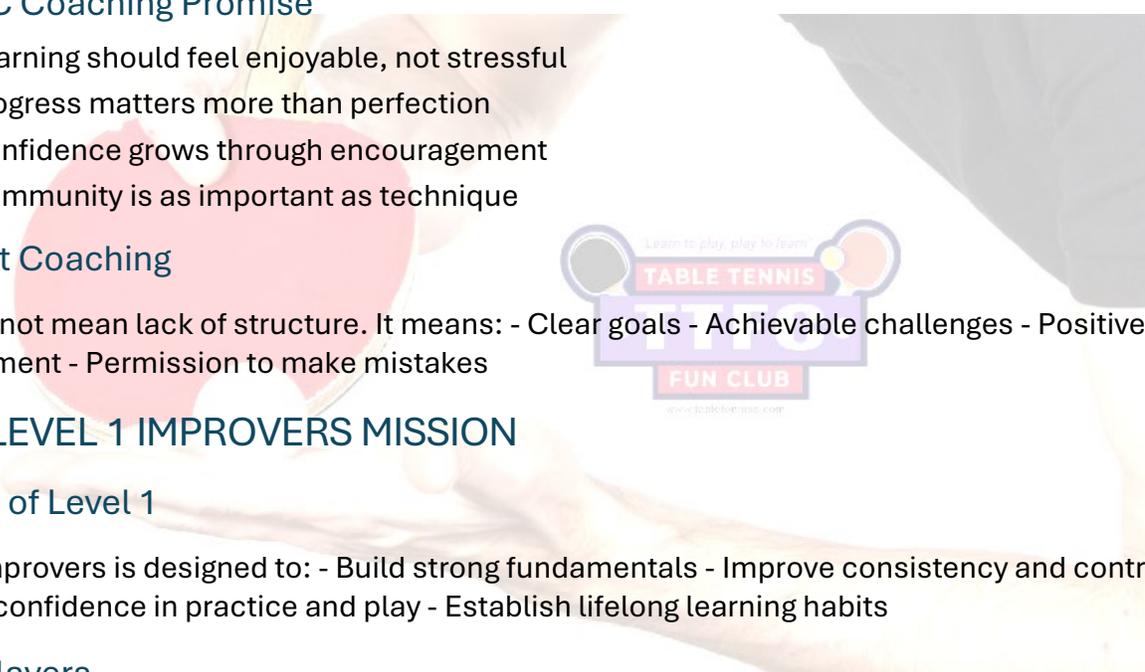
3. THE LEVEL 1 IMPROVERS MISSION

Purpose of Level 1

Level 1 Improvers is designed to: - Build strong fundamentals - Improve consistency and control - Increase confidence in practice and play - Establish lifelong learning habits

Target Players

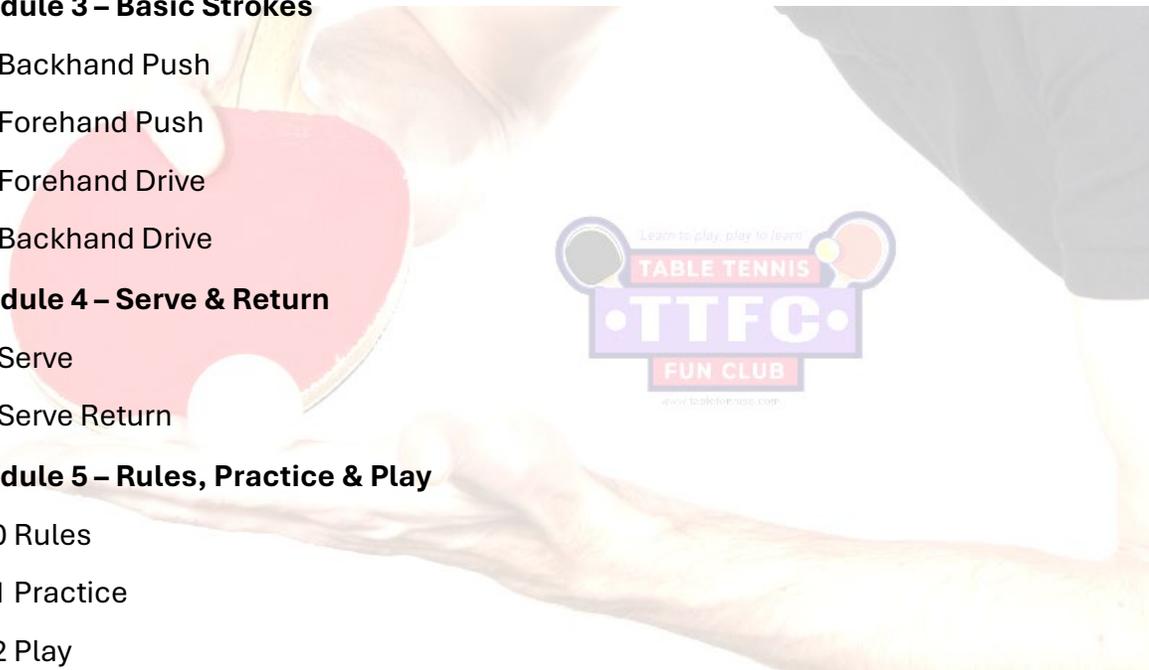
- Adult recreational players
- Over-50s learners
- Returning players rebuilding confidence
- Beginners transitioning to structured training



4. COURSE STRUCTURE OVERVIEW

Modules & Elements

- **Module 1 – Introduction & Mindset**
Orientation, expectations, confidence
- **Module 2 – Fundamentals**
E1 Grip
E2 Stance
E3 Footwork
- **Module 3 – Basic Strokes**
E4 Backhand Push
E5 Forehand Push
E6 Forehand Drive
E7 Backhand Drive
- **Module 4 – Serve & Return**
E8 Serve
E9 Serve Return
- **Module 5 – Rules, Practice & Play**
E10 Rules
E11 Practice
E12 Play
- **Module 6 – Integration & Progress Review**



5. THE PHD SYSTEM (PROGRESSIVE HANDBOOK DRILLS)

What is the PHD?

PHD stands for **Progressive Handbook Drills**.

It is TTFC's structured improvement system that combines: - Skill drills - Scorecards - Self-assessment - Reflection

Why PHD Matters

- Gives players visible progress
- Encourages accountability
- Reduces intimidation
- Reinforces consistency

Coaches must actively reference PHD scorecards in every session.

6. COACHING LANGUAGE & COMMUNICATION

Language Rules

- Use simple words
- Avoid jargon
- Speak calmly and positively

Replace This → With This

- “That’s wrong” → “Let’s try a small adjustment”
- “You should know this” → “This will feel easier with practice”
- “Don’t do that” → “Try this instead”

Coaching Cue Style

- One cue at a time
- Short phrases
- Reinforce effort



7. SESSION DELIVERY FRAMEWORK

Standard Level 1 Session (60–90 mins)

1. Welcome & Social Warm-Up (5–10 mins)
2. Physical Warm-Up (5 mins)
3. Skill Focus (20–30 mins)
4. Guided Practice (20 mins)
5. Play-Based Drills (15–20 mins)
6. Reflection & Scorecards (5 mins)

8. ELEMENT-BY-ELEMENT COACHING GUIDANCE

E1 Grip – Coach Focus

- Relaxation over force
- Grip pressure awareness
- Frequent self-checks

E2 Stance – Coach Focus

- Balance and posture
- Return to ready position
- Soft knees, calm upper body

E3 Footwork – Coach Focus

- Small steps
- Recovery habits
- Efficiency, not speed

E4–E5 Push Strokes

- Control first
- Soft hands
- Placement before spin

E6–E7 Drive Strokes

- Balanced finish
- Smooth swing
- Consistency before power

E8 Serve

- Legal action first
- Calm rhythm
- Accuracy goals



E9 Serve Return

- Reading spin
- Correct racket angle
- Control over aggression

E10 Rules

- Clarity builds confidence
- Reinforce during play

E11 Practice

- Short and focused
- Purpose-driven

E12 Play

- Encourage learning mindset
- Celebrate rallies, not results

9. ASSESSMENT & SCORECARDS

Coach Responsibilities

- Ensure players complete scorecards
- Review progress weekly
- Praise improvement trends

What to Look For

- Increased confidence
- Improved consistency
- Better movement efficiency



10. MOTIVATION & RETENTION

Adult Learner Truths

- Confidence matters more than performance
- Encouragement beats correction
- Belonging drives consistency

Simple Motivation Tools

- Weekly challenges
- Badges and certificates
- Public recognition

11. SAFETY, INCLUSION & WELLBEING

- Adapt drills to ability
- Encourage rest
- Respect physical limits
- Foster inclusive environment

12. TTFC COACH CODE OF CONDUCT

As a TTFC Level 1 Coach, you commit to: - Fun-first coaching - Respect and inclusivity - Lifelong learning - Upholding TTFC values

13. CERTIFICATION REQUIREMENTS – LEVEL 1 COACH

To become a **Certified TTFC Level 1 Improvers Coach**: 1. Complete Level 1 Course 2. Study this handbook 3. Deliver 3 supervised sessions 4. Submit session reflections 5. Pass TTFC review

14. FINAL WORD

TTFC coaching is about more than table tennis.

It's about helping people rediscover joy in movement, confidence in learning, and connection through play.

Thank you for being part of the Table Tennis Fun Club coaching community.

