

State Coach Certification

Objectives:

- To plan and carry out individual and group training sessions for player development.
- To teach basic and advanced skills and techniques of table tennis.
- Maintain a greater knowledge of major concepts of Technical Training and Physical Conditioning methods.
- To teach players from beginner up to a USATT Rating Level of 1850.

Requirements:

- a. Pass State Coach written test.
- b. Certified as Club Coach for a minimum of 2 years.
- c. **Complete Coach Activity Form for State Coach (must include community development activity).**
- d. USATT affiliate member for at least four years and have had a MER of 1600.
- e. Submit certification fee of \$30 payable to USATT.
- f. Must submit two recommendation letters from coached players or parent/guardian of player.
- g. Must show a history of at least two years of coaching activity.
- h. Coached player(s) must show participation in a Regional (***) level tournament or higher.

Testing process:

An open book test that requires 80% correct answers for certification. Interested USATT members shall apply to USATT for the coaching test. Once received the open book test should be completed and returned to USATT. USATT will process the tests and send a State Coach Certification for successful exams.

Curriculum:

- a. All subjects from Club Coaching Certification.
- b. Development of seasonal and progressive training plans¹. (Tepper, p. 24, 40-48, 57)
- c. Physical conditioning principles & methods for table tennis training^{1,3}. (Tepper, p. 247-251; Seemiller & Holowchak, p. 127-132; see "Helpful Organizations & Resources")
- d. Nutrition (Diet)^{1,3,7} (Tepper p.280-281; Seemiller & Holowchak, p. 89-94; Messinis, p. 141-148)
 1. also American College of Sport Medicine- www.acsm.org, American Dietitians of Canada- Nutrition and Athletic Performance
 2. Gatorade Sports Science Institute, Sport Science Exchange number 43 and 81- www.gssiweb.com
- e. Multi ball training^{1,3}. (Tepper, p.236-240; Seemiller & Holowchak, p.101-102)
- f. Technique Beyond Basics¹. (Tepper, p. 193-217)
- g. Patterns of movements^{1,8}. (Tepper, p. 94-101; Hudetz, p.97-223)
- h. Serving and return of service principles^{1,3}. (Tepper, p. 218-226; Seemiller & Holowchak, p. 39-61)