

# USATT COACHING CERTIFICATION CRITERIA AND CURRICULUM

The following outlines USATT Coaching Certification criteria for coaching table tennis in the United States. The criteria are set forth as guidelines for certification as a USATT coach. USATT members applying for coach certification that do not meet the requirements listed for a certification level may submit “demonstrated coaching ability” for each certification level (see below). Coaches applying for Regional and National levels that do not meet the general guidelines for certification shall meet “equivalent experience” (see **appendix 1**) criteria, to be reviewed by the USATT Coaching Certification Committee.

## **Grandfathering:**

USATT reserves the right to certify a candidate for meeting “equivalent experience” qualifications to grandfather and certify a coach at the appropriate level in some cases (see **appendix 1**).

## **How to get certified:**

To receive the Instructors Guide and Instructors Guide test (for Instructor, Club Level Coaches and State Level Coaches), go to [http://www.usatt.org/club\\_programs/index.shtml](http://www.usatt.org/club_programs/index.shtml) and go to the bottom of the page to “helpful resources” or send request to:

U.S.A. Table Tennis Association  
One Olympic Plaza  
Colorado Springs, Co 80909-5789  
Phone: (719) 866-4583  
Fax: (719) 632-6071

## **Note:**

**Applicants must be 18 years old or older. Coaches that were certified prior to implementation of new criteria, and are under 18 years old, will keep current certification, but they will be able to take the test for next level only after they reach 18 years old.**

**Please, return all application materials (filled-out Instructor’s Guide test, checks, activity forms, media for practical segment, etc.) to USATT.**

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# Instructor Certification

## Objectives:

Intended for coaches or educators who want an insight on how to teach table tennis to beginning juniors or adult players. Not intended for active table tennis players.

## Requirements:

- Pass Instructors Guide written test
- Prior coaching or teaching experience.
- This Instructor Certification is free of charge.
- **Complete Coach Activity Form for Instructor level.**

## Testing process:

An open book test, requiring 80% correct answers for certification. When you pass, you will receive certification as a table tennis instructor. Curriculum is based on the content areas listed below and from references given in bibliography.

## Curriculum:

- Coaching fundamentals.
- Rules of table tennis.
- Basic table tennis skills.
- Games kids can play (see ITTF's Breaking Down Barriers Program)

## Bibliography:

- 1) USATT Instructor's Guide; Hodges, Larry, 1989; edited by Seemiller, Dan & Nordby, Mark, 2000; from USATT, \$3.
  - 2) Breaking Down Barriers with Table Tennis Balls; Tepper, Glenn 2003; International Table Tennis Federation (ITTF)-see ITTF website.
  - 3) ITTF Rules Book 2003-2004 from USATT, \$4.
  - 4) ITTF Handbook 2003-2004 from USATT, \$9.
  - 5) ITTF website: [www.ittf.com](http://www.ittf.com) select "Regulation" page.
  - 6) USATT Rules-see this website address: [www.usatt.org/rules/index.shtml](http://www.usatt.org/rules/index.shtml)
  - 7) USATT Rules Quiz-see this website address: [www.pub.alxnet.com/quiz?id=2127726](http://www.pub.alxnet.com/quiz?id=2127726)
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## USATT Coaching Certifications

The following criteria for USATT coaching certification is intended for skill development of active USATT members and table tennis players from novice to World/Olympic level.

### **Demonstrated Coaching Ability:**

USATT members that do not meet requirements for a particular certification level may submit a Coach Activity Form that describes experience and coaching activity. The Coach Activity Form will be reviewed by the USATT Coach Certification Committee to determine “demonstrated coaching ability” for certification level being applied for. Additional requirements for State, Regional and National levels are as follows:

#### **State level:**

- a) Must submit two recommendation letters from coached players or parent/guardian of player.
- b) Must show a history of at least two years of coaching activity.
- c) Coached player(s) must show participation in a Regional (\*\*\*) level tournament or higher.

#### **Regional level:**

- a) Must submit three recommendation letters from coached players or parent/guardian of player.
- b) Must show a history of greater than three years of coaching activity.
- c) Coached player(s) must show participation in a Regional (\*\*\*) level tournament or higher.

#### **National level:**

- a) Same requirements as Regional level.
- b) Must submit a study project as indicated for this level of certification.

### **Minimum Estimated Rating (MER):**

This requirement is given as a **guideline** for competence in the skills and success in competition of the sport of table tennis. If a coach does not have a USATT rating history to meet the associated rating level for a particular coaching level; an estimated rating from the USATT Technical Director or a USATT delegate is an acceptable estimate. The Minimum Estimated Rating will be adjusted for women coaches by -150 rating points.

## Club Coach Certification

### Objectives:

- To teach basic skills and techniques of table tennis.
- To plan and carry out training sessions with beginning player groups.
- To coach beginning players on competitive match play.
- To teach beginning players up to a USATT Rating Level of 1700.

### Requirements:

- Pass Club Coach written test.
- USATT affiliate member for at least two years and have had a minimum estimated rating (MER\*) of 1400.
- **Complete Coach Activity Form for Club Coach.**
- Submit certification fee of \$20, payable to USATT.

### Testing process:

It is an open book test, requiring 80% correct answers for certification. Interested USATT members shall apply with USATT for the coaching examination. Once you receive the test you should complete the open book test and submit back to USATT. USATT will process the tests and return a Club Coach Certification for successful exams.

### Curriculum:

- A) Basic technique and teaching methods<sup>1,2,3</sup> (Tepper, p. 30-37; Hodges, p. 10-63; Seemiller & Holowchak, p.3-39)
- B) Coaching Principles<sup>1</sup>. (Tepper, p.9-25)
- C) Rules and Equipment for table tennis<sup>1,3,5,6</sup>. (Tepper, p. 241-244 and 285-298; Seemiller & Holowchak, p.73-78; ITTF Rules Book 2003-2004; ITTF Handbook 2003-2004)
- D) Drills for skill development<sup>1,3</sup>. (Tepper, p.163-177; Seemiller & Holowchak, p.95-109)
- E) TOPS table tennis program for schools<sup>1</sup> (Tepper, p. 27-53)
- F) Code of Ethics from USATT, USOC and ITTF<sup>1</sup> (Tepper, p.25; also see “Other Web Sites”)
- G) Basics of physical conditioning for table tennis<sup>1</sup>. (Tepper, p.54)
- H) First aid for sport injuries<sup>1</sup>. (Tepper, p. 19-23)
- I) Basic guidelines for coaching leadership<sup>1</sup>. (Tepper, p. 9-12)
- J) How to become a professional table tennis coach<sup>4</sup>. (Hodges, Professional Table Tennis Coaches Primer).

## 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:

- Pass State Coach written test.
- Certified as Club Coach for a minimum of 2 years.
- **Complete Coach Activity Form for State Coach (must include community development activity).**
- USATT affiliate member for at least four years and have had a MER of 1600.
- Submit certification fee of \$30 payable to USATT.

### 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 plans<sup>1</sup>. (Tepper, p. 24, 40-48, 57)
  - C) Physical conditioning principles & methods for table tennis training<sup>1,3</sup>. (Tepper, p. 247-251; Seemiller & Holowchak, p. 127-132; see "Helpful Organizations & Resources")
  - D) Nutrition (Diet)<sup>1,3,7</sup> (Tepper p.280-281; Seemiller & Holowchak, p. 89-94; Messinis, p. 141-148 also American College of Sport Medicine- [www.acsm.org](http://www.acsm.org), American Dietitians of Canada- Nutrition and Athletic Performance Gatorade Sports Science Institute, Sport Science Exchange number 43 and 81-[www.gssiweb.com](http://www.gssiweb.com))
  - E) Multi ball training<sup>1,3</sup>. (Tepper, p.236-240; Seemiller & Holowchak, p.101-102)
  - F) Technique Beyond Basics<sup>1</sup>. (Tepper, p. 193-217)
  - G) Patterns of movements<sup>1,8</sup>. (Tepper, p. 94-101; Hudetz, p.97-223)
  - H) Serving and return of service principles<sup>1,3</sup>. (Tepper, p. 218-226; Seemiller & Holowchak, p. 39-61)
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## Regional Certification Criteria

### Objectives:

To teach intermediate adults and juniors from 1750 up to a USATT Rating Level of 2250.

To plan and carry out training sessions for players and coaching development.

Knowledge development of advanced training concepts for higher-level player development.

To learn tournament organization methods.

### Requirements:

- Certified State Coach for a minimum of 3 years.
- USATT affiliate member for at least six years and have had a MER of 2100.
- Pass written and practical (5 -10 minute demonstration of teaching a common stroke, tactic or strategy) test.
- Submit certification fee of \$40 payable to USATT.
- **Complete Coach Activity Form for Regional Coach (must list minimum of 5 active players).**
- Participate as an assistant coach for at least one training camp run by National Level Coach(s) (minimum of 18 hours), or by attending one Coaching Seminar organized by the USOC/USATT.
- Submit at least one table tennis coaching article to Coaching Committee Chairman for publication in USATT magazine.

### Testing process:

USATT will provide date and location of the test. The test will be composed of:

-Written test (70%)

-Practical test (30%, based on a checklist of 6 skills)

Combined tests will require 80% for certification.

### Curriculum:

A) All the subjects from State Coach Certification.

B) International History of Table Tennis<sup>7</sup>. (Messinis, p.1-4).

C) Advanced Technique in Table Tennis<sup>1</sup>. (Tepper, p. 193-235).

D) Scientific principles of table tennis practice<sup>1,8</sup>. (Tepper, p.265-283; Hudetz, p. 252-257)

E) Game and overall performance analysis<sup>1</sup>. (Tepper, p. 299-301)

F) Advanced physical conditioning concepts<sup>1</sup>. (Tepper, p. 163-191, 247-263)

G) The philosophy of training<sup>9</sup>. (Gadal, p. 21-26)

H) Mental Training concepts<sup>1,7,9</sup>. (Tepper, p. 273-279; Messinis, p.135-140; Gadal, p. 75-90)

I) Advanced training plan development<sup>7,9</sup>. (Messinis, p.97-108; Gadal, p. 103-112)

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## National Certification Criteria

**National Coach Level 4 is the highest level of coaching education offered by USATT.**

### **Objective:**

The National Coaches should have a comprehensive knowledge of working with junior and senior elite players.

To train and coach players for conditioning and competition at the highest levels, including the World/Olympic Games.

To demonstrate strong leadership for the sport of table tennis and represented entities in all coaching experiences.

### **Requirements:**

- Certified Regional Coach for a minimum of 3 years.
- Pass National Coach written test.
- Submit a study project about subject chosen by the candidate and approved by USATT.
- **Complete Coach Activity Form for National Coach.**
- USATT affiliate member for a minimum of 8 years and have had a MER of 2300.
- Submit certification fee of \$50 payable to USATT.
- Have submitted at least two table tennis coaching articles to the Coaching Committee Chairman for possible publication in USATT magazine.
- Must attend a minimum of two USOC/USATT Coaching Seminars.

### **Testing process:**

Each applicant must pass a written test along with a written study about a subject chosen by the candidate and approved by USATT. The candidate must submit their subject for the written study project six months before the written test. USATT will determine if the subject chosen is applicable. The written study project shall be submitted to USATT one month before the test for review. Final step is: USATT must approve the written study for the candidate to take the written test. The written test will be a writing test requiring 80% correct answers for certification.

### **Curriculum:**

- A) All the subjects from Regional Coach.
- B) Sport psychology-goal setting, communication, attributes, and motivation.
- C) Individual performance planning (analysis and evaluation).
- D) Advanced theory and methods of table tennis conditioning and training.
- E) Practical activity in sport departments.
- F) Table tennis philosophy.

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### **Bibliography:**

1. Tepper, Glenn. ITTF Level 1 Coaching Manual, International Table Tennis Federation, 2003.
2. Hodges, Larry. Table Tennis-Steps to Success, Human Kinetics, 1993.
3. Seemiller, Danny. Winning Table Tennis: Skills, Drills and Strategies, Human Kinetics, 1997.

(You can buy this book from: <http://www.ping-pong.com/cgi-bin/shopper.cgi?keywords=ttbook&search=action&template=Templates/ttbook.htm>)

4. Hodges, Larry. Professional Table Tennis Coaches Primer, United States Table Tennis Association, 2003.
5. ITTF Rules Book 2003-2004, International Table Tennis Federation, 2003.
6. ITTF Handbook 2003-2004, International Table Tennis Federation, 2003.
7. Messinis, Dimosthenis. Table Tennis from A to Z, Dimosthenis E. Messinis, Athens, Greece, 1997.
8. Hudetz, Radivoj. Table Tennis 2000-Technique with Vladimir Samsonov, Huno Sport, Zagreb, Croatia, 2000.
9. Gadal, Michel. Train to Win, Michel Gadal, Ottawa, Ontario, Canada, 2000.
10. Arizona Accord, Olympic Coach by United States Olympic Committee, vol. 9, #2, Spring 1999.

### **Helpful Organizations & Resources**

USATT and USOC sites –

[www.usatt.org/rules/index.shtml](http://www.usatt.org/rules/index.shtml)  
[www.usatt.org/organization/club\\_hand\\_book.shtml](http://www.usatt.org/organization/club_hand_book.shtml)  
[www.usatt.org/club\\_programs/index.shtml](http://www.usatt.org/club_programs/index.shtml)  
[www.usatt.org/rules/index.shtml](http://www.usatt.org/rules/index.shtml)  
[www.usatt.org/rules/itff\\_rules.shtml](http://www.usatt.org/rules/itff_rules.shtml)  
[www.usatt.org/equipment/index.shtml](http://www.usatt.org/equipment/index.shtml)  
[www.usatt.org/organization/USATT Code of Ethics.pdf](http://www.usatt.org/organization/USATT_Code_of_Ethics.pdf)  
[www.usolympicteam.com/education/ethics.pdf](http://www.usolympicteam.com/education/ethics.pdf)

International Table Tennis Federation (ITTF)- [www.ittf.com](http://www.ittf.com)

Swedish Table Tennis Association- [www.svenskbordtennis.com](http://www.svenskbordtennis.com)

Australia Table Tennis Association - [www.ausport.gov.au/tta/](http://www.ausport.gov.au/tta/)

England Table Tennis Association- [www.englishtabletennis.org.uk](http://www.englishtabletennis.org.uk)

German Table Tennis association - [www.tischtennis.de](http://www.tischtennis.de)

France Table Tennis Association- [www.fft.com](http://www.fft.com)

Gatorade Sports Science Institute - [www.gssiweb.com](http://www.gssiweb.com)

## APPENDIX 1

### **Grandfathering –equivalent experience or demonstrated coaching ability**

USATT will use the following criteria to evaluate a candidate that is to be considered for “grandfathering” to a particular certification level. Foreign coaches providing the following information will be reviewed for certification by USATT Coaching Certification Committee.

- Proof of formal training as a table tennis coach from a national association (must indicate a certification level or geographic scope of certification – ie., state, district, regional or national – and country of origin). Must also include a photo and/or a certification date. This evidence is required in order to be certified as a USATT Certified Coach at a similar level as indicated by prior certification.
- Prior certification or coaching activity must be within 5 years of application for USATT certification. If prior certification or experience is greater than 5 years, candidate may be requested to complete additional training for evaluation.
- Demonstration of communication and/or language skills may be requested in order to achieve certification level being requested.
- Other references or endorsement may be submitted to describe prior coaching experience and ability to perform at the level being requested.

Players or former players of foreign associations that meet the following criteria for USATT Coach Certification will be reviewed for USATT Coaching Certification.

Proven communication skills (English language) will be required in addition to following criteria to qualify for certification. Player history may not exceed 20 years.

Former National Team players\* of the top ranked (male & female respectively) countries in the world\*\*, may apply as follows:

- National Team player from one of the top eight ranked national associations in the world will be recommended for National Certification status.
- National Team player from one of the top nine to sixteen ranked national associations in the world will be recommended for Regional Certification status.

\* Former National Team players – player must have represented team in the World Championships, Asian Championships or European within past 20 years. Year of participation as National Team player must be submitted with application for USATT Coaching Certification.

\*\* Top ranked countries – ranking is based on results of World Championships that is within 2 years of submitting player’s participation as a National Team player.

- Applicants with a player (Men’s or Women’s) history of reaching in following events will be recommended for National Certification status.
  - Finalist of World University Games
  - Quarterfinalist of World Championships
  - Round of 8<sup>th</sup>’s finalist of Olympic games

- Applicants with a player (Men's, Women's) history of reaching in following events will be recommended for Regional Certification status.
  - Semifinalists of World University Games
  - Quarterfinalist of European or Asian Championships
  - Round of 8<sup>th</sup>'s finalist of World Championships
  - Round of 16<sup>th</sup>'s finalist of Olympic Games