



ETTU COACH EDUCATION SYSTEM (ETTU CES)

STARTING YEAR: 2025

**Organisers:
ETTU Development Department &
ASCENT Academy**





Project objectives

The **main objectives** of the project are to:

- Create a pathway for coach education and certification of European table tennis coaches to support their continuous professional development
- Offer training programmes and development opportunities for coaches to improve their expertise and skills
- Use the human and organisational resources of the European table tennis family to raise the level of coaching standards in Europe in all areas of training and at all levels



Structure of the ETTU CES



ETTU LEVEL 1 Certificate

This coach education and professional development course aims to provide fundamental coaching skills for those working with children/beginners in table tennis.



ETTU LEVEL 2 Certificate

This coach education and professional development course aims to provide fundamental coaching skills for those working with youth/performance development table tennis players.



ETTU LEVEL 3 Certificate

This coach education and professional development course aims to provide fundamental coaching skills for those working with high performance/elite table tennis players.

Structure of the ETTU CES

The **ETTU CES structure** consists of **3 levels**, as presented in the table below, with each level corresponding with a particular coaching occupation and coaching domain, in which a coach should be qualified to work in.

COACHING COURSE	COACHING OCCUPATION	COACHING DOMAIN	TEACHING DELIVERY METHODS	PRACTICAL PART DURATION (days)
ETTU Level 1	Participation Coaching	Kids beginners, grassroots sports for participation-oriented sports population	Hybrid learning (online generic part + “Face-to-face” TT specific practical part)	4-5
ETTU Level 2	Performance Coaching	Emerging and Performance developing athletes	Hybrid learning (online generic part + “Face-to-face” TT specific practical part)	4-5
ETTU Level 3	Performance Coaching	High Performance (elite) athletes	Hybrid learning (online generic part + “Face-to-face” TT specific practical part)	4-5



Each of the 3 proposed coaching levels consists of **5 generic courses** aiming to provide coaches with basic theoretical and practical knowledge in 5 different generic areas of applied sports science and related scientific disciplines fields considered to be of crucial importance for coaches.

1. **Fundamentals of human body structure function and movement** - Fundamentals of functional anatomy & physiology; Basic principles of human movement; etc.
2. **Fundamentals of applied sports psychology** - Mindset; Goal setting; Motivation; Self-confidence; Concentration; Coping with anxiety; etc.
3. **Fundamentals of nutrition, recovery and lifestyle management** - Nutrition and supplementation for health and sport performance; Advanced knowledge of recovery, sleep and performance; General lifestyle management etc.
4. **Theory and methodology of sports training** - Biological principles of sports training - adaptation, continuity, planning and programming of training; LTAD; Periodization of annual training cycles; etc.
5. **Social aspects of sports coaching** - Coach-athlete relationships and communication; Basic coaching principles/coaching styles; Coaching ethics; Presentation skills; Public image etc.



It also consists of **5 specific courses related directly to table tennis coaching**, aiming to provide coaches with basic theoretical and moreover practical knowledge and skills needed to perform advanced coaching functions in different TT coaching occupations and domains.

1. **Structural and performance analysis of TT**
2. **Methodology of technical and tactical training in TT**
3. **Methodology of conditioning in TT**
4. **Talent identification, selection and development in TT**
5. **Rules, regulations and competition/tournament management in TT**

The titles of the courses are the same in each of the 3 proposed coaching levels, but selected topics and learning objectives differ between the levels, depending on the target population and the main learning outcomes set for each coaching level.



Expert team & Learning methods

Lectures provided by International team of eminent sport scientists and top-class table tennis coaches and experts.

Content of the lectures is to be delivered by using **“hybrid” learning methods**, which connote a combination of both **“Online”/distance learning methods** and classical **“Face-to-face” learning methods**.

“Online”/distance learning methods are used for delivering learning materials from the 5 courses related to generic sport science and related scientific disciplines.

Classical **“Face-to-face” learning methods** are used during the practical parts of the program for delivering content of the specific TT courses, as “Methodology of Technical and Tactical Training in TT”, in practical coaching environment.



Who is this program for?

For coaches

who want to develop personally and professionally, obtain an official ETTU coaching certificate and acquire comprehensive skills and knowledge in the field of sports science and table tennis coaching.

For players

who are interested in a coaching career in table tennis after finishing their playing career and want to become professional TT coaches certified by the continental sports federation.

For Member Associations

that do not have a well-developed CES or wish to develop the existing ones and join the ETTU's overall efforts to ensure high quality coaching standards across the continent.

Member Associations are particularly encouraged to put forward their best coaching experts to apply for the role of ETTU Course Instructors and to co-organise the practical events.



Course fees and financial support

The **course fee** is € 1.500,00 per course.

The fee includes:

- Access to online lectures delivered by an international team of renowned sports scientists.
- Practical "live" lectures led by top table tennis coaches and experts.
- Assessments and practical activities with personalized feedback.
- 24-hour access to study materials, from anywhere, at any time and on any device.
- IT and administrative support.
- Certificates issued by the ETTU.

The fee does not include travel and accommodation costs for the practical part of the course, which lasts 4-5 days. However, these costs should be kept to a minimum as the provision of affordable accommodation and catering packages for applied coaches is defined as one of the requirements for a TT centre hosting the practical part of the course.



Course fees and financial support

The fee can be paid in **one lump sum** or in **two instalments**.

The first instalment of € 750,00 is to be paid in order to gain online access to the general content of the course, which relates to the 5 different general areas of applied sport science that are crucial for high quality coaching.

The second instalment of € 750,00 must be paid before the start of the practical part of the course at the chosen location at one of the ETTU hotspots for coach education.

A certain number of **scholarships** are awarded annually to the best candidates who fulfil the criteria described in the respective course announcement. Information on available scholarship opportunities can be found on the ASCENT and ETTU websites.

Candidates are also encouraged to seek financial support from their National association, National Olympic Committees, the Ministry of Sport, sport clubs, municipal sport departments, etc.



Admission requirements

● ETTU LEVEL 1 COURSE - Participation Coach

- High school diploma
- Certificate/letter from the National Association confirming that the applicant has been registered as a player or coach for at least 3 years

● ETTU LEVEL 2 COURSE - Performance Development Coach

- High school diploma

Possession of at least one of the following criteria:

- ETTU LEVEL 1 certificate
- Member of the junior national team at EYC/WYC as a player
- Coach of the national team (cadets/juniors) at EYC/WYC/YOG
- Certificate/letter from the National Association confirming that the applicant in question has “produced” at least two players who were/are members of the cadet/junior national team at EYC/WYC/YOG*

(*only one coach can be credited for one player)



Admission requirements

● ETTU LEVEL 3 COURSE - High Performance Coach

- High school diploma

Possession of at least one of the following criteria:

- ETTU LEVEL 2 certificate
- Member of the senior national team at EC/WC/OG as a player or TOP 100 in the world rankings / TOP 50 in the European rankings
- National team coach at EC/WC/Olympics or club coach who has coached a team in the final of a European Cup
- Certificate/letter from the National Association confirming that the applicant in question has regularly coached a player who was/is a member of a national team at the EC/WC/OG (for at least of 3 years as the player's main/head coach) or TOP 100 in the world rankings / TOP 50 in the European rankings*

(*maximum of four coaches can be credited for one player)




Main features of the ETTU CES program

- Specially created to support the professional development of European TT coaches working at all levels and in all coaching domains.
- Lectures from an international team of renowned sport scientists and top table tennis coaches and experts.
- “Hybrid” learning model, combining e-learning methods with the practical “Face-to-face” parts of the program
- 24-hour access to the study materials, from anywhere, at any time and on any device.
- Certificates issued by ETTU, in line with the European Qualifications Framework and global coaching standards
- Available scholarship opportunities
- Openness to TT clubs and academies, national associations, continental federations and various sport and educational institutions



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