iTPA Master Tennis Performance Specialist (MTPS) Requirements

Quizzes for Plyometrics for Tennis and Olympic Weightlifting for Tennis

- Watch the info for each course and complete/pass the quiz for each. You can retake the quiz if you do not pass it the first time.

Periodization and Planning Exercise

You will need to present a weekly plan for one of your athletes. You will have freedom to present in whichever format you feel is most appropriate. Certain parameters must be met. This should include a weekly schedule for Monday –Sunday and also all physical training performed in addition to placeholders for the on-court tennis practices.

Include the following:

- Major focus of the week
- Secondary focus (or focuses) of the week
- Age
- Gender
- Level
- Tournament Schedule the next 4 weeks
- Weekly plan for all physical training
- Also include the amount of tennis practice that week
- Daily exercises, reps, sets

10 minute presentation: Film a video discussing your plan and email it to us along with your powerpoint, excel doc, etc. to contact@itpa-tennis.org. You may need to use Google Drive to upload and send us the link.

Videos/work with an Athlete:

- Videos with an athlete: (due within 4 months of registration). The person will be evaluated on his/her comprehension and ability to apply the information learned from both the CTPS and MTPS curriculums. This evaluation will involve the participant working with one or more of his/her tennis athletes and the requirements for the work include a detailed video session broken into the following 6 areas:

1) Testing/Screening

2) Dynamic Warm–Up

3) Tennis-Specific Movement Training Sessions (on-court)

4) Tennis-Specific Strength Training Session (either in the gym or on-court).

5) Post Training or Match Stretching & Recovery Routine

6) Shoulder, Hip and Core Prehab/Injury Prevention Routine

A sample of the breakdown of video content is below.

Video		
Testing/Screening	30 minutes	
Dynamic Warm-Up	10 minutes	
Tennis-Specific Movement Training Session	30 minutes	
Tennis-Specific Strength Training Session	30 minutes	
Post-Training or Match Stretching	10 minutes	
Shoulder, Hip & Core Prehab Program	10 minutes	
Written		
12 week periodization plan (1 athlete)	Written using whatever software/delivery method you currently use with your athletes	
52 week Annual plan (1 athlete)	Written using whatever software/delivery method you currently use with your athletes	

Written: For the written portion, please complete a 12 week periodization plan for an athlete, as well as a 52 week annual plan for an athlete.

Email videos and files to contact@itpa-tennis.org. You may need to use Google Drive to upload and send us the link.