



ESSEX TENNIS

Coach Forum 2021

Topic: *Alleviating Pressure on Court*

Date: 11th November 2021

Time: 9:00 – 13:30

Location: Redbridge Sports Centre (Please note parking charges clearly signed at the centre)

Price: £15.00 book your place with janice@essextennis.org.uk

Payment: Essex County Lawn Tennis Association: Account No: 40359359 Sort Code: 09-06-66
Reference: Your Name

CPD Points: 2

After a lengthy absence due to Covid-19 we are delighted to invite you to attend our next Coach Forum.

WimX our Essex course provider has teamed up with Dr Richard Buscombe of UEL and Sophie Cockell (our new Ladies Captain) of SC tennis and author of “My Tennis Brain” to provide an exciting bespoke CPD course for Essex LTA coaches.

The course is inspired by the recent success in British Tennis of Emma Raducanu which highlighted the need for Psychology in Tennis and how it can support a player to achieve success. The session will be court based and the team will be supported by Stuart Twigg (Level 5 coach). It will have elements for coaching players of all levels and provide some takeaway tools. The session will benefit from 2 CPD points.

Delivering Your Bespoke Content will be:

Stuart Twigg

Stuart is a level 5 Master Performance Coach, LTA National Assessor and Tutor. He’s been delivering coach education for over 15 years and was extensively involved with the development of the new LTA Instructor qualification. He became a full-time coach at 17 and after growing a large development programme and coach workforce from nothing. Stuart then focused predominantly on performance tennis, working with players who have represented Great Britain alongside winning 5 national championship titles as well as travelling on tour. Having competed at regional and national level as a junior, Stuart has represented his home county of Staffordshire for the last 30 years.

Dr Richard Buscombe

Richard works as a senior lecturer at the University of East London and is a BASES accredited sport and exercise scientist (psychology). Richard has published 27 research papers and written one book chapter covering various aspects of sport and exercise psychology including papers for the ITF and USPTR. Richard is an LTA Level 2 coach, played junior county tennis and has provided psychological support for athletes at local, national and international events.

Sophie Cockell

Sophie is a level 4 Senior Performance Coach, LTA tutor, Sports Psychologist and Director of SC Tennis Doubles School. Sophie gained a Masters in Sports Psychology in Brunel in 2007 and has worked with various athletes in this field. Having developed a successful doubles coaching business, Sophie created the new LTA CPD “Coach Better Doubles.” Sophie was part of the successful Essex County Ladies team which won the division 1 title four times in the 90s and has recently taken on the role of Essex Ladies County Captain.

Any questions please contact janice@essextennis.org.uk

