

ITTF Level 3 Coaching Course

September 4-11, 2019



Samson Dubina Table Tennis Academy
Akron, Ohio, USA



Christian Lillieroos – Course Conductor

Coach Christian has taught over 800 coaches over the span of 49 ITTF level 1, 2 and 3 courses hosted in 19 different countries:

- 🇺🇸 Certified ITTF Level 3* Coach
- 🇺🇸 Coached 7 World Champions
- 🇺🇸 Produced two instructional TT DVDs
- 🇺🇸 Head Coach for Texas Wesleyan University (won 16 NCTTA Titles)
- 🇺🇸 USATT Coaching Development Director
- 🇺🇸 USA Mens' National Team Coach



Register by June 1st and SAVE \$75!





ITTF Level 3 Course

We are delighted that ITTF, USATT, and the Samson Dubina Table Tennis Academy will be jointly hosting an ITTF Level 3 Coaches Course from September 4-11, 2019. The venue will be the Samson Dubina Table Tennis Academy in Akron, Ohio. We only have 20 available spots for qualified USATT/ITTF Level 2* Coaches who wish to attend only the ITTF Level 3 Course. Please register EARLY to reserve your spot! Participants can arrange their own accommodations or choose the accommodations package.

Dates: September 4-11, 2019

Normal Cost: \$725 for 8 days of professional instruction

Early Bird Cost: \$650 for 8 days of professional instruction
June 1st early-bird deadline
Register now to get the discount!

Accommodations: \$47 per night shared room
or \$67 per day individual room
Includes airport transportation to and from the airport, daily local transportation to and from the venue, daily local transportation to and from restaurants and grocery stores, also includes breakfast daily

Daily Schedule: Wednesday, September 4th 9am-9pm
Thursday, September 5th 9am-4pm
Friday, September 6th 9am-9pm
Saturday, September 7th 9am-9pm
Sunday, September 8th (1pm-9pm)
Monday, September 9th 9am-9pm
Tuesday, September 10th 9am-9pm
Wednesday, September 11th 9am-9pm

Course Conductor: Coach Christian Lillieroos
He has taught over 800 coaches over the span of 49 ITTF level 1, 2 and 3 courses hosted in 19 different countries.



- Course Description:** The ITTF Level 3 Course is designed to help meet the needs of coaches who are either coaching National Teams or preparing elite level athletes for National or International competitions.
- Subjects:**
- Required qualities of High Level Players
 - Talent Identification
 - High Road Path – comparison of athlete path in different countries
 - Training Session Design with emphasis on Tactical Training Sessions
 - Training Methods and Themes
 - Strategy and Tactics
 - Advanced Physical Preparation – speed , strength, coordination, and recovery
 - Advanced Psychology – Performance Tools and Relaxation
 - Periodization of Training Programs
 - Camps Organization
 - Project Management
 - History of Table Tennis
 - ITTF Rules
 - ITTF Ranking System
 - Real Winner – Anti doping Course
- Grading:** The ITTF Level 3 Course offers much higher level of material than that found at the Level 2. The exam has two components – theoretical and technical, which are divided into five parts.
- Theoretical component:** The Presentation of selected topics, individually or in pairs, about Rules, Tournament Organization and ITTF Coach Accreditation Scheme, held on the evening of Day 2. The Real Winner-Anti Doping, held on the evening of Day 4. Theory exam that evaluates the Coaches’ knowledge in various areas of ITTF Rules and Regulations including World Ranking, Rules important for coaches, Tournament Organization, ITTF Coach Accreditation Scheme and Syllabus Topics will be held on the evening of Day 6.
- Technical component:** The Technical component evaluates the level of the Coaches’ capacities in the Presentation and Leading of a technical table tennis session, both held on Day 8 of the course.
- Grading:**
- 0 - 49% - Failing Grade
 - 50% - 74% - Pass as ITTF Level 3
 - 75% - 100% - Pass as ITTF Level 3* (Eligible to take future High Performance Course)



Please Note:

In addition to full attendance at the 48 hour course, Coaches must successfully pass both components of the ITTF Level 3 Exam, the theoretical and the technical one [in addition to 80 hours of coaching practice with 5 hours supervised AFTER the course] to be awarded the ITTF Level 3 Certificate.

Contact: Coach Samson Dubina
 Website: www.SamsonDubina.com
 E-Mail: tt@SamsonDubina.com
 Phone: 330-949-9230
 Academy Address: 2262 S. Arlington Rd Akron, Ohio
 Early-Bird: Register by June 1st and receive \$75 Discount!!!



Name _____
 Address _____
 City _____ State _____
 Zip code _____ Country _____
 Phone _____
 E-mail _____
 ITTF Date Certified as Level 2* _____
 Location + Date of ITTF Level 2 Course attended _____

**Register by
 June 1st and
 receive \$75
 Discount!!!**

International applicants must include a letter of support by their National Table Tennis Federation.



The Samson Dubina Table Tennis Academy is dedicated to bringing the Olympic sport of table tennis to a new level in Ohio through professional coaching, elite tournaments, world class equipment, and promoting sportsmanship on and off the court.