



Tennis Coaching

The children slums of Kampala love playing tennis and need volunteer coaches. Come volunteer with us! This volunteer program is especially suitable for:

Singles, Couples, Groups

About the Program

This tennis volunteer project has a unique focus, especially for a country like Uganda; it uses tennis to educate and empower youth and children.

Tennis For All is actively promoting tennis by creating structured and progressive coaching but also competitive structures for athletes, coaches, administrators and match officials to be involved in these sports, from beginner's level to international games.

This shall be guided by the following principles:

- Creating an environment for children in the slums that are interested to develop both positive physical health standards but also life skills, social skills and personal development.
- Improving the standard of play and promoting tennis in the region to compete with the best on a local, regional and international level.
- The mission of this program is to provide necessary skills in tennis in a sustainable, structured, progressive and professional manner as well as introducing the program's objectives at various youth organizations, like primary and secondary school.

The organization is involved in many activities that improve the general health of children and develop the skills of tennis as a life sport.

Coaching

One of the main activities of Tennis for all, where volunteers will be involved, is the actual playing and coaching of tennis. The daily coaching sessions will show you just how big the interest of the local youth is in getting actively involved, even though these sports are not the most well-known or popular in Uganda. Training sessions are focused at different age groups and levels of experience, and any volunteer with basic skills can contribute hugely by offering the extra help.

Coaching Workshops

To offer the best quality of training and to have a sustainable long term focus there is an ongoing need for coaches with the project who are dedicated and know how to coach and improve the skills of the children and young adults. Tennis For all conducts coaching courses at the beginning of every year to provide more advanced coaching skills to already trained coaches, any new coaches coming from different youth organizations and teachers from the primary schools we work with.

End of Month Tournaments

The project organizes end of month tournament which involves players of different age group and level competing against each other. Currently there is a total of 125 youth and children taking part in the tournaments. The Tennis for all coaches are usually assigned to visit the schools every week to train any interested children and to identify talent.

Typical day

Working hours are flexible, but will generally be from 9.30am – 5pm during the week including the following activities.

1. Help develop social, interpersonal, and life skills of the children and youth in both during school and on Saturday
2. Build an active environment to encourage the betterment of physical health.
3. Help empower and educate youth and children through sports.
4. Immerse in the culture and lifestyle of Ugandans through daily interactions with locals.

Free-time activities

There are other things to do during your stay. There is a shopping Centre with a modern supermarket and lots restaurants where you can go to. Furthermore you can go hiking Climbing, Safari/Zoo, Hiking, Museum, Sports and rafting! If you like to do more, you can go a little bit further by public transport or rent a car and do it yourself!

Program Requirements

Minimum Age

In order to join the program you need to be at least 18 years old on the program start date. There might be exemptions if you can provide the permission of your legal guardian(s) or if you are accompanied by your parents.

Language Skills

You need to speak English (basic level)

Nationality Restrictions

No restrictions. Helping hands from all over the world are welcome.

Time Commitment

Your helping hand will be required on Monday, Tuesday, Wednesday, Thursday, Friday from 09:30 - 17:00 and Saturday from 9:30 – 14:00