

SPORTS AUTHORITY OF INDIA
NETAJI SUBHAS NATIONAL INSTITUTE OF SPORTS: PATIALA

ONLINE COACH EDUCATION PROGRAMME – SYLLABUS
LAWN TENNIS

Sr.No.	Topics	Contents
1.	Tennis during lock down	Introduction to the Tennis World,
		World Tennis Structure, ATP, WTA, ITF, ATF, AITA
		Tennis during lock down – Lesson plan, Equipment, Area available, Social distancing, Personal Hygiene and personal protection equipment while practicing tennis sessions in indoor.
2.	Communication	What is communication?
		Purpose of communication
		Forms and Types, styles of communications
		How to improve sending and receiving message?
		How communication can fail?
		Different situations of communication
		Assertive skills
		Communication with parents
3.	Fitness Training	Communication with agitated players and the parents
		Strength and conditioning
		Energy systems
		Long term athletic development plan
		Fitness requirements for Tennis
4.	Mental Training	Injury management
		What is sports Psychology?
		Importance and integration of sports psychology in Tennis
		Session plan in sports psychology
		How to provide mental training routines for tennis players?
		How to provide mental routines before, during and after the tennis matches?
		Tips for how to stay calm under pressure in all situations
		What does a tennis player do before the match to become mentally ready?
		Visualization
Motivation		
5.	Strategy and Tactics Part-I	What is the meaning of strategy?
		What is the meaning of tactics?
		Parts of tactics- Technical and Psychological
		Singles Strategy – Steadiness and length
		Corner to corner theory
		Varying the length of the rally
6.	Strategy and Tactics Part-II	Offensive tactics against net rushing player - left hand players
		Defensive tactics against hard hitters, pushers (Retrievers)

		Using the weaknesses of the opponents to exploit the game
7.	Nutrition	What is performance nutrition?
		Role of protein, carbohydrate and fat.
		Training diet
		Moderate training diet, Hard training diet, Pre-competition diet, Post competition diet, Gluten free diet, Vegan diet
		How to hydrate tennis players?
		What and when the tennis player should eat after the workout.
		Benefits of optimal sleep
8.	Mental Training	Mental toughness
		Emotional control
		Goal oriented commitment
		Learning from everything
		Confidence in abilities
		Interpersonal confidence
		Life control, Level of aspiration
9.	Competition Format	Under 10, Under 12, Under 14, Under 16, Under 18 – Boys and Girls
		Men and Women -
		Seniors (Veterans)
		Championship Series, Talent series, Super series, National series, Nationals, Challenger, ATP

10.	Sports Authority of India and its Existence in Indian sports especially for Tennis	SAI schemes – TOPS, CDS, NCOE, STC, ABSC
		Financial assistance to all the federation
		Organizing of the national coaching camps – Junior and Senior
		Broad based sports activities – Come and play, Pay and play, Summer coaching camp
		Khelo India- Identifying and nurturing of sports talents
		Academic program – NIS Diploma in sports coaching, six weeks certificate course, Skill development courses for three weeks, Post graduate diploma in Sports Medicine through NEET, M.Sc in sports coaching for two years, Refresher course
		Sports Sciences- Anthropometry, Biochemistry, Biomechanics, Exercise Physiology, Psychology, General Theory and Methods of Training (GTMT), Sports Medicine (Rehab and Recovery)
11.	Planning and Periodization	Career plan

		Annual plan
		Monthly plan
		Weekly plan
		Daily plan
		Session plan
		What is periodization?
		Benefits of periodization
		Models of periodization
		Adaptation and Transition