

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

ONLINE COACH EDUCATION PROGRAMME – SYLLAB US
TABLE TENNIS

Sr.No.	Topics	Contents
1.	Important life value for making champion.	Planning and goal setting.
		Cultivating good habits.
		Gratitude to the parents.
		Can do attitude and visualization of whole day workout?
		Focus on main task.
2.	Method and Importance to train players in different rhythm.	Important point to understand the nature of sports.
		Reason why dexterity is utmost important in T.T.
		How to develop dexterity?
		Benefits of mental dexterity.
3.	Insight and benefits of playing in European Circuits.	How much time needed to make a world class.
		Positive points regarding training in Europe.
		Negative points regarding training in Europe.
		Comparison of training system in India and Europe.
		Duration of European Club season.
4.	Mental health in present time and importance of change and adoptability.	Name the countries of Europe where A.Sharath Kamal played.
		How to keep your mental balance proper during lockdown?
		Visualization of training session.
		Major changes taken place 2000 onwards.
		Impact on game after changes in size of ball from 38mm to 40mm.
5.	Advantage and disadvantage of long pimple and how to use it.	Difference between on average player and a champion.
		What is long pimple and short pimple and different types of other deceptive rubber?
		Advantage and disadvantage of long pimple.
		How to play with these rubbers?
6.	Advancing Indian Table Tennis through Coach Education.	Importance of twiddling for combination rocket users.
		Salient points for Talent identification.
		How to improve your coaching ability during lockdown?
		What should be the main consideration to get better results at world level?
7.	Importance of footwork and technique to be the world class player.	Importance of upper body in forehand stroke.
		Type of footwork used in table tennis.
		How to develop footwork in table tennis?
		Some physical fitness and footwork exercises.
8.	Importance of right time advice by the coach.	Importance of crossover footwork.
		Importance of pivot footwork at world level.
		Importance of physical fitness in table tennis.
		Importance of service in table tennis.
		Importance of hard working and self-determination in the game.

9.	How to measure success in practice and the advantages of measuring it.	Importance of Goal setting.
		How to measure goal achievement in technique?
		Benefits of measuring attained techniques.
		Involvement of player in measuring and goal setting.
10.	How to encourage and develop individual strength and style of a player and develop Reverse serves & banana flicks.	How to encourage individual players to develop their individual strength and style in the game?
		Importance of individual players with variation in T.T.
		Importance of reverse service in the game.
		Importance of Banana flick in modern game.
11.	Advancing Indian Table Tennis through Coach Education, Part-II	Importance of coaching tips during matches.
		Upper body use in backhand topspin drive.
		Use of services in matches.
		Service return with banana flick.
12.	Indian teams achievements in 2018 & how to improve service & receiving.	Execution of service practice with multi ball points to be remembered.
		What is analytical method for service practice?
		What is conceptual method for service execution?
		What are the things should be kept in mind while serving practice and preparation for upcoming ball?
		While receiving service the focus should be on connection to identify the type of spin.
13.	Developing Choppers and how to play against them.	How to identify the talented defenders?
		Importance of mental & environmental factors for the selection.
		How to motivate the players for defensive style?
		Special qualities of defenders.
		Essential mental qualities required for defensive players.
14.	Camp planning.	Important considerations before camp planning.
		One day training plan for Camp.
		One week training plan for Camp.
		Recovery plan for the camp.
		Individualizing sessions for the players.
15.	Periodization.	Type of periodization.
		Ratio of physical, technical and tactical segment in preparatory phase.
		Ratio of physical, technical and tactical in pre-competition phase.
		Ratio of Physical, technical and tactical in competition phase.
		What is transitional period?
16.	Developing players at grass root level.	Identification of players for grass root level training.
		Role of coach at grass root level.
		Teaching fundamental to a large number of players.
		Communication skill to convince the players and parents.
		How to motivate talented players at grass root level?

17.	Elements of tactics.	What is pre-determined tactics?
		How to use tactics in a match.
		What is expected tactics?
		Learning phases of techniques in table tennis.
		Effect of playing condition on the game in a match.
18.	Role of Coaches in nurturing laws of table tennis in players.	Service rule application.
		Time to report at call area.
		Pre match preparations or requisite before leaving hotel for the match.
		Authorized suspensions of players.
		Impact of the manifesting emotions after the match weather win or lost.
19.	Challenges faced by female athletes.	Approach to the game is very conservative.
		Limited exposure to all round techniques of the game from a very young age.
		High dependency on the support system – culture driven.
		Understanding female physiology – menstruation.
		Infrastructure of training venue, tournament venue, safety of women athletes.
		Balancing family & sport in the long run.
20.	Injury management and longevity of career.	Reason behind my long career.
		How important is the role of physical fitness?
		As a coach how to work with injured players?
		As a player essential points to be careful about during rehabilitation.