

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

DIPLOMA COURSE IN SPORTS COACHING

REVISED SYLLABUS 2015-16

THEORY & SCIENCE OF TENNIS

1st Semester

THEORY PAPER -I

| Sr. No. | Topics | | | | Teaching hours |
|-----------|---|---|-------|---------------------|----------------|
| 1. | HISTORY, DEVELOPMENT AND ORGANIZATIONS | | | | 10 |
| | a) | Origin and Development of tennis. | | | |
| | b) | Development of game in the World, Asia, India. | | | |
| | c) | The International Tournament Structure | | | |
| | i) | ITF | vi) | HOPMAN CUP | |
| | ii) | ATP | vii) | GRAND SLAM | |
| | iii) | WTA | viii) | OLYMPIC GAMES | |
| | iv) | DAVIS CUP | ix) | ITF JUNIOR CIRCUITS | |
| | v) | FED CUP | x) | REGIONAL CIRCUITS | |
| 2. | ITF RULES AND THEIR INTERPRETATIONS | | | | 25 |
| | a) | Knowledge and interpretation of the rules. | | | |
| | b) | Mechanism of officiating | | | |
| | c) | Cooperation between chair umpire and line umpires | | | |
| | d) | Signals of the chair umpire and line umpires | | | |
| | e) | Official score card | | | |
| | f) | ITF official's hand book | | | |
| | g) | Making draws and fixtures | | | |
| 3. | BIOMECHANICS OF TENNIS | | | | 15 |
| | i) | Introduction | v) | Momentum | |
| | ii) | Balance | vi) | Elastic energy | |
| | iii) | Inertia | vii) | Co-ordination chain | |
| | iv) | Opposite force | viii) | Biomec - Figure | |

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|--------------|---|---|---|-------|---------------------------|
| 4. | FACILITIES AND EQUIPMENT MANAGEMENT: | | | | 15 |
| | a) | Developmental tendencies in the equipments and their role in the development in the game: | | | |
| | | i) | Tennis Rackets | vi) | Foot Wear |
| | | ii) | Tennis Balls | vii) | Anatomy of Racket |
| | | iii) | Tennis Net | viii) | Court surfaces |
| | | iv) | Tennis Strings | ix) | Tennis court |
| | | v) | Tennis Kit | x) | Marking of a Tennis court |
| | b) | Construction and maintenance of different Tennis Court surfaces. | | | |
| 5. | REQUISITES OF A COACH: | | | | 20 |
| | | a) | Philosophy of coaching and concepts followed by a coach | | |
| | | b) | Qualities and abilities followed by the coach | | |
| | | c) | The Roles of a coach and coaching styles | | |
| | | d) | Communication skills for a tennis coach | | |
| | | e) | The Business of coaching | | |
| | | f) | ITF code of Ethics for coaches | | |
| 6. | METHODOLOGY OF TEACHING AND COACHING | | | | 15 |
| | | a) | Definition, importance, objective | | |
| | | b) | Teaching and learning | | |
| | | c) | Types of teaching | | |
| | | d) | Teaching methods applied to tennis. | | |
| 7. | REQUISITES OF A TENNIS PLAYER | | | | 10 |
| | | a) | Physical demands of a Tennis player | | |
| | | b) | Motor and coordinative abilities | | |
| | | c) | Intellectual and Psychological | | |
| Total | | | | | 110 |

| Sr. No. | Topics | | Teaching Hours |
|---------|---|--|----------------|
| 1. | WARM UP AND LIMBERING DOWN (GENERAL AND SPECIFIC) | | 06 |
| | a) | Principles and Developing tennis fitness | |
| | b) | Warm-up and cool down | |
| | c) | Endurance | |
| | d) | Speed | |
| | e) | Strength and power | |
| | f) | Flexibility | |
| | g) | Co-ordination | |
| | h) | Balance | |
| | i) | Circuit training | |
| | j) | Agility | |
| | k) | Guidelines | |
| | l) | Evaluating Tennis fitness | |
| 2. | FUNDAMENTALS OF TENNIS | | 14 |
| | 1 | The Grip | |
| | 2 | The Tennis form | |
| | 3 | The swing watch and hitting the ball | |
| | 4 | The Foot work | |
| | 5 | The Timing | |
| | 6 | The Tracking | |
| | 7 | The Unit turn | |
| 3. | VARIOUS STAGES OF MOTOR LEARNING AND THE PRINCIPLES: | | 10 |
| | a) | How to buy a tennis racket | |
| | b) | Ball sense exercises without racket | |
| | c) | Ball sense exercises with racket | |
| | d) | Tennis Readiness | |

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| 4. | INTRODUCTION, IMPORTANCE AND ELEMENTS OF THE BASIC TECHNIQUES | 40 |
| | a) Grip(s) | |
| | b) Forehand | |
| | c) Double handed backhand | |
| | d) Single handed backhand | |
| | e) Service | |
| | f) Volley | |
| | g) Lob | |
| | h) Smash | |
| 5. | BASIC STRATEGY AND TACTICS IN TENNIS | 15 |
| | a) Singles | |
| | b) Doubles | |
| 6. | TENNIS TEACHING AIDS | 15 |
| | a) Introduction | |
| | b) Off court instruction | |
| | c) Available aids in the club/Academy | |
| | d) Make-it-yourself teaching aids | |
| | e) Aids which may be purchased | |
| 7. | ERROR AND CORRECTION | 10 |
| | i) Handling the racket | |
| | ii) Preparing to hit | |
| | iii) Ground strokes | |
| | iv) Serve | |
| | v) Volley | |
| | vi) Lob | |
| | vii) Smash | |
| Total | | 110 |

1st SEMESTER**PRACTICALS**

| Sr. No. | Topics | | | | Teaching Hours |
|----------------|---|--|-------------------------|-------|--------------------------|
| 1. | WARMING UP: General warming up procedures and different exercises for warming up. | | | | 30 |
| 2. | GENERAL TRAINING (conditioning) calisthenics and basic endurance, continuous and interval method, explosive strength and strength endurance, weight training, medicine ball exercises. | | | | 30 |
| 3. | GENERAL TRAINING: speed & speed endurance (sprint, relay races, court running etc.) | | | | 30 |
| 4. | FLEXIBILITY: Through passive stretching and ballistic stretch. | | | | 30 |
| 5. | MOTOR COORDINATION REQUIRED IN TENNIS: | | | | 30 |
| | a) | Jumping on one leg and other co-ordinations | | | |
| | b) | Opposite hand and opposite leg movements | | | |
| | c) | Motor coordination for strokes production | | | |
| | d) | Quick start, sudden stop with specific foot work | | | |
| | e) | Acceleration, change of direction | | | |
| 6. | TECHNIQUE OF SPORTS: | | | | 150 |
| | a) | Ball sense exercises – without & with racket | | | |
| | b) | Feeding | | | |
| | | i) | Drop feed | iii) | Racket feed & Rally feed |
| | | ii) | Hand feed | | |
| | c) | Development of ability to demonstrate and personal performance. Grip, ready position, back swing, point of impact, follow through of BASIC | | | |
| | | i) | Forehand | v) | Volley |
| | | ii) | Double handed back hand | vi) | Lob |
| | | iii) | Single handed back hand | vii) | Smash |
| | | iv) | Service | viii) | Moving strokes |
| 7. | Development of constant volleying power, speed & power behind the strokes , target practice & corrections. | | | | 50 |
| 8. | Simple teaching & coaching. | | | | 46 |
| Total | | | | | 396 |

2nd Semester - THEORY PAPER - I

| Sr. No. | Topics | | Teaching Hours |
|----------------|--|---|-----------------------|
| 1. | ADVANCE STRATEGY AND TACTICS | | 30 |
| | i) | Principles for strategy and tactics in singles play | |
| | ii) | Factors influencing match play | |
| | iii) | The different game styles and the ways to counter | |
| | iv) | Tactics used in five game situations | |
| | v) | Strategy and tactics for doubles | |
| | vi) | Mentality for tournament Doubles play | |
| | 1) | How to choose a Doubles partner | |
| | 2) | Communication in Doubles | |
| | 3) | What to do during the match in Doubles | |
| 2. | METHODS OF EVALUATION OF PROGRESS IN TACTICAL TRAINING: | | 15 |
| | a) | Tactical match analysis | |
| | b) | Tactical training | |
| | c) | Tactical aspects of percentage play | |
| | d) | Match charting | |
| 3. | SPECIFIC MOTOR ABILITIES FOR ELITE TENNIS PLAYERS | | 10 |
| | a) | Definition, importance of specific motor abilities | |
| | b) | Movement cycle in tennis | |
| | 1) | Positioning | |
| | 2) | Movement to the ball | |
| | 3) | Placement around the ball | |
| | 4) | Recovery | |
| 4. | ADVANCED STROKE TECHNIQUES | | 10 |
| | I. | Introduction | |
| | II. | The forehand and its variations | |
| | III. | The back hand and its variations | |
| | IV. | The serve and its variations | |
| | V. | The Volley and its variations | |
| | VI. | The Lob and its variations | |
| | VII. | The smash and its variations | |
| | VIII. | Other strokes for advanced players | |

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| 5. | THE TECHNICAL AND TACTICAL APPLICATION OF SPIN | | 05 |
| | a) | Top spin | |
| | b) | Slice | |
| 6. | DEVELOPMENT OF A TENNIS PLAYER ON LONG TERM BASIS | | 06 |
| | | Training of children in various age group: | |
| | i) | Under - 10 | |
| | ii) | Under - 12 | |
| | iii) | Under - 14 | |
| | iv) | Under-16 | |
| | v) | Under - 18 and above | |
| 7. | EVALUATION OF PROGRESS IN THE TOURNAMENT PARTICIPATION AND THE CAREER PATH | | 04 |
| | i) | Age 12-15 | |
| | ii) | Age 15-17 | |
| | iii) | Age 17-18 | |
| | iv) | Age 19+ | |
| | v) | Age 21+ | |
| 8. | GOAL SETTING FOR TOURNAMENT PLAYERS | | 05 |
| | i) | Introduction | |
| | ii) | Goal setting applied to tennis | |
| | iii) | Practical applications | |
| 9. | NUTRITION FOR A TENNIS PLAYER | | 15 |
| Total | | | 100 |

2nd Semester - THEORY PAPER-II

| Sr. No. | Topics | | Teaching hours |
|-----------|--|--|----------------|
| 1. | METHODS AND DEVELOPMENT OF TEACHING ABILITIES AND TECHNICAL DIAGNOSIS AND CORRECTION: | | 15 |
| | a) | Introduction | |
| | b) | Types of corrections for tournament player | |
| | c) | When to correct | |
| | d) | How to correct tournament players | |
| | e) | Correction techniques and its methodology | |
| | f) | Correction tips | |
| 2. | METHOD OF DEVELOPING PERSONAL PERFORMANCE, INDIVIDUAL AND GROUP TRAINING: | | 10 |
| | a) | Through drills | |
| | b) | Through different practice procedures | |
| 3. | PLANNING OF TRAINING FOR ELITE TENNIS PLAYERS: | | 25 |
| | I. | Introduction to periodisation | |
| | II. | Planning the tennis training | |
| | i) | The Annual Plan | |
| | ii) | The Month Periods | |
| | iii) | The Week Periods | |
| | iv) | Day periods | |
| | v) | Career plan | |
| 4. | PSYCHOLOGICAL PREPARATION (MENTAL TRAINING) FOR TOURNAMENT PLAYERS | | 10 |
| | I. | Introduction | |
| | II. | Motivation | |
| | III. | Concentration | |
| | IV. | Emotional control | |
| | V. | Self confidence | |
| | VI. | Mental performance in tournament play | |
| | VIII. | Dealing with parents | |

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| 5. | TRAVELLING WITH TOURNAMENT PLAYERS | | 05 |
| 6. | TENNIS MEDICINE AND TENNIS COACHING | | 05 |
| 7. | COACHING/TRAINING WOMEN TENNIS PLAYER: | | 10 |
| | i) | Introduction | |
| | ii) | Characteristics of Female player | |
| | iii) | Ideas for teaching female players | |
| 8. | TENNIS COACH AND SPORTS MEDICINE | | 10 |
| 9. | GENERAL TENNIS ISSUES | | 10 |
| | i) | Conquering jet lag | |
| | ii) | Skin care for tennis players | |
| | iii) | Psychology of tennis injuries | |
| | | Total | 100 |
| 10. | GENERAL INSTRUCTIONS FOR THE PROFESSIONAL NEEDS <i>SPORTS MARKETING</i> | | 20 |
| | a) | Introduction to Sport Marketing | |
| | | Definition and explanation of sport Marketing, Marketing pioneers, unique features of Marketing | |
| | b) | Consumer Behaviour | |
| | i) | Sport Consumers (Professional setting, Educational setting, Recreational setting) | |
| | ii) | Internal & External Influences | |
| | iii) | Decision – Making process | |
| | iv) | Customer Motives, customer satisfaction | |
| | c) | Public Relations and Sponsorship | |
| | i) | Media & Community Relations, Public Relations tools, image enhancement | |
| | ii) | Sponsorship Trends, Endorsement, Planning & sales Process, Sales Promotions, Advertisement, Event promotion | |
| 11. | <i>COMPUTER APPLICATION</i> | | 20 |

Note: There shall not be any examination for topics number 10 & 11.

2nd Semester - PRACTICALS

| Sr. No. | Topic | Teaching Hours |
|--|--|---|
| TENNIS TOURNAMENT SPECIFIC CONDITIONING PROGRAMME | | |
| 1. | WARMING UP AND COOL DOWN | 20 |
| 2. | GENERAL TRAINING (CONDITIONING) & TOURNAMENT PREPARATIONS | 20 |
| 3. | MINI TENNIS | 20 |
| 4. | MOTOR COORDINATION FOR THE ELITE TOURNAMENT PLAYERS | 10 |
| 5. | DEVELOPMENT OF PERSONAL PERFORMANCE AND PERSONAL ABILITY TO DEMONSTRATE IN: | 45 |
| | a) | Advance techniques |
| | i) | Ground strokes- flat, top spin, slice in forehand and backhand |
| | ii) | Service- flat, topspin, slice |
| | iii) | Smash & its variations |
| | iv) | Lob-Flat, Slice, top spin |
| | v) | Volley-Low, drop, stop, drive, touch, half, high, lob volleys |
| | vi) | Counter from baseline and the net game |
| | vii) | Return of serve – chip, block and other variation of drives |
| | viii) | Rally, Power behind the strokes |
| | ix) | Approach and passing shot |
| | x) | Emergency shots |
| | b) | i) Shadow drill and sequence of approach |
| | | ii) Kill and finish against short ball approach |
| | | iii) Off-fore hand |
| | c) | Defensive technique – Foot work and movement, large number of rallies to specific targets, ground strokes, service, volley, lob & smash |
| 6. | OFFENSIVE TACTICS AGAINST VARIOUS TYPES OF PLAYERS INCLUDING LEFT HANDED PLAYER, DOUBLE HANDED PLAYER, SERVE AND VOLLEYERS(NET RUSHER) & BASE LINERS. | 20 |
| 7. | DEFENSIVE TACTICS AGAINST VARIOUS TYPES OF PLAYERS: | 20 |
| | i) | Use of variations to exploit the weakness in the opponent's game. |
| | ii) | Against hard hitters, counter punchers, net rushers, all rounder's |
| | iii) | Lob return, chip return & block return of service |

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| 8. | DEVELOPMENT OF DEMONSTRATION AND TEACHING ABILITY OF GROUP AND TEAM PRACTICE THROUGH ANALYSIS AND IMPROVING OF PERSONAL PERFORMANCE: | | 20 |
| | i) | Teaching and training of individual tactics | |
| | ii) | Teaching and variation in individual tactics | |
| | iii) | Adjustment to various surfaces | |
| | iv) | Pace and controlled pace | |
| | v) | Passing and approach shots with variations | |
| 9. | a) | SINGLES GAME -Tournament strategy& tactics for the elite players | 40 |
| | b) | DOUBLES GAME - Tournament strategy& tactics for the elite players | |
| 10. | PEDAGOGIC PRACTICES: | | 30 |
| | i) | Group coaching | |
| | ii) | Individual coaching | |
| | iii) | Team coaching | |
| | iv) | Officiating, organizing and conducting tournaments | |
| 11. | SPECIAL DRILLS FOR VARIOUS ADVANCE SKILLS | | 30 |
| 12. | COACHING OF VARIOUS LEVELS. | | 30 |
| | I) | Beginners – Fundamentals of the basic strokes | |
| | II) | Intermediates – Biomechanical approach on Drills for different skills | |
| | III) | Advance players: | |
| | a) | Physical fitness | |
| | b) | Technical strength and their implementations | |
| | c) | Psychological fitness | |
| 13. | PEDAGOGIC PRACTICES – TEACHING, COACHING AND TRAINING TECHNIQUES, SINGLES & DOUBLES PLAY WITH STRATEGY & TACTICS FOR TOURNAMENT PLAYER OF DIFFERENT LEVEL FROM UNDER-12 TO MEN & WOMEN. | | 60 |
| 14. | RUNNING A COACHING CENTER | | 05 |
| 15. | PREPARING TRAINING PROGRAMME | | 05 |
| 16. | MATCHES AND GAME PLAN. | | 05 |
| Total | | | 380 |

Date: 28-12-2013

Place: Bangalore

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