

SPORTS AUTHORITY OF INDIA

NETAJI SUBHAS SOUTHERN CENTRE, BENGALURU

DIPLOMA IN SPORTS COACHING

Course Framework -2025

Course Name: Diploma in Sports Coaching

Course: – LAWN TENNIS MAIN

Level: Diploma

Course Objectives:

1. Develop philosophy, personality, communication skills, ethics of a Tennis Coach
2. Develop Coaching skills of a Tennis Coach with a structured and progressive approach
3. Develop ability to demonstrate, explain, analyse, observe and correct the basic as well as advanced techniques of tennis strokes
4. Develop ability to train players as per their level and prescribe both general and tennis specific exercises
5. Develop an awareness of quality coaching and coach's role in the learning of players.
6. Develop an awareness of Talent, Potential in a player and concept of Talent Identification
7. Develop ability to set up goals, appropriate planning of training and execution of the training plan, evaluate the progress of trainee from time to time
8. Develop an awareness of Sports Sciences and utilization of latest technology in Pedagogical process.

Learning Outcomes

1. Students will be able to explain the meaning, Philosophy and historical development as well as future prospects of Tennis
2. Students will be able to apply rules of the game in different competitions from Coach's perspective and train students accordingly
3. Students will be able to apply appropriate Coaching methods as per the demand of trainees during the sessions
4. Students will be able to apply sports science knowledge during the training sessions
5. Students will be able to recognize the importance of training Technique, Tactics, Physical Fitness, Mental Abilities in the game of Tennis for performance of a player.
6. Students will be able to design appropriate training programs and apply as well as evaluate the progress of training as well as competition performance

Skills Developed

1. Basic and advanced techniques of Tennis strokes and ability to teach to various trainees
2. Basic and advanced Strategy and Tactics and ability to teach to various trainees
3. Coaching skills to various trainees
4. Basic movements and footwork for various strokes
5. Communication skills and handling interpersonal relationships
6. Innovative thinking and Team work skills
7. Effective Planning and Decision Making in Game related activities
8. Sparring skills

Course Outline

Unit No/Description/Topics Covered	Teaching Method	No of Hours	Online/Class room	Faculty Description
Ist Semester: Lawn Tennis Sport Theory				
Unit 1: HISTORY, DEVELOPMENT, EVOLUTION AND ORGANIZATIONS				
Terminology in Tennis	Lecture	1	Classroom	Inhouse
Origin And Development of Tennis	Lecture	1	Classroom	Inhouse
Development of game in the World and India	Lecture	1	Classroom	Inhouse
Governing bodies and their Tournament Structure: <ul style="list-style-type: none"> • International: ITF, Davis Cup, Fed Cup, Olympics, Asian Games, Hopman Cup, Grand Slams, ATP, WTA, Junior Circuits. • Domestic: TS, CS, SS, NS, Nationals, Inter-state 	Lecture	4	Classroom	Inhouse
Role of SAI in Indian Tennis	Lecture	1	Classroom	Inhouse
Unit 2: ITF RULES AND THEIR INTERPRETATION				
Knowledge AND Interpretation of the rules of Tennis and Mini Tennis	Lecture	1	Classroom	Inhouse
Mechanism of Officiating, Co-operation between Chair Umpire and Line Umpires, Signals of the Chair Umpire and Line Umpires, Official Scorecard	Tutorial	2	Classroom	Inhouse
Making Draws and Fixtures	Lecture+ Self-work	2	Classroom	Inhouse
Unit 3: FACILITIES AND EQUIPMENT MANAGEMENT				
Developmental Tendencies in the equipment's and their role in the development of the game. <ul style="list-style-type: none"> i. Tennis Racquets v. Footwear ii. Tennis Balls vi. Court Surfaces iii. Tennis Net vii. Tennis Court iv. Tennis Strings viii. Tennis Kit 	Lecture+ Self-work	6	Classroom	Inhouse

Construction and Maintenance of different Tennis	Lecture	1	Classroom	Inhouse
Court surfaces				
Unit 4: REQUISITES OF A COACH				
Philosophy of Coaching and Concepts followed by a Coach	Lecture	2	Classroom	Inhouse
Qualities and abilities followed by the Coach, The Roles of a Coach and Coaching styles	Lecture	1	Classroom	Inhouse
Communication skills for a Tennis Coach	Tutorial	2	Classroom	Inhouse
The Business of Coaching	Lecture	1	Classroom	Inhouse
ITF Code of Ethics and TACP (Tennis Anti-Corruption Program) for Coaches	Lecture	1	Classroom	Inhouse
Unit 5: REQUISITES OF A TENNIS PLAYER				
Physical Demands of a Tennis Player	Lecture	1	Classroom	Inhouse
Motor and Coordinative Abilities	Lecture	2	Classroom	Inhouse
Intellectual and Psychological Abilities	Lecture	2	Classroom	Inhouse
Unit 6: TALENT IDENTIFICATION				
Introduction, Benefits, Limitations	Lecture	2	Classroom	Inhouse
Parameters used in Tennis for Talent detection	Lecture	2	Classroom	Inhouse
Unit 7: WARM UP, LIMBERING DOWN AND FITNESS (GENERAL AND SPECIFIC)				
Principles of developing Fitness and its Guidelines	Lecture	2	Classroom	Inhouse
Warm up and Cooling Down	Tutorial	3	Classroom	Inhouse
Fitness Components: Co-ordination and Agility, Balance, Endurance, Circuit Training, Speed, Strength and Power, Flexibility	Tutorial+ Self-work	4	Classroom	Inhouse
Evaluating Fitness	Tutorial+ Self-work	2	Classroom	Inhouse
Unit 8: MINI TENNIS (ITF PLAY TENNIS)				
<i>Mini-Tennis Courts, Introduction to 10s Play & Stay Mini Tennis – Stages & Goal of mini tennis (Pathway for player development)</i>	Tutorial + Practical	5	Classroom & Court	Inhouse
Unit 9: VARIOUS STAGES OF MOTOR LEARNING AND ITS PRINCIPLES				
How to buy a Tennis Racquet	Lecture	1	Classroom	Inhouse
Ball Sense exercises with/ without Racquet and/or Ball	Tutorial	3	Classroom	Inhouse
Tennis readiness	Lecture	2	Classroom	Inhouse
Unit 10: FUNDAMENTALS OF TENNIS				

The Grip, The Timing, The Tennis Form, The Tracking, The Footwork, The Unit Turn, The Swing watch and hitting the Ball	Lecture	6	Classroom	Inhouse
Unit 11: TENNIS TEACHING AIDS				
Off-court Instruction	Lecture	3	Classroom	Inhouse
Make it yourself Aids, Available aids in Club/ Academy, Aids which can be purchased	Tutorial+ Self-work	2	Classroom	Inhouse
Unit 12: INTRODUCTION, IMPORTANCE AND ELEMENTS OF BASIC TECHNIQUES				
Various Types of Grips	Lecture	2	Classroom	Inhouse
Ground strokes: Forehand, Single/ Double 1 han Backhand	Lecture	3	Classroom	Inhouse
Service I, II	Lecture	2	Classroom	Inhouse
Net Game: Volley, Smash	Lecture	3	Classroom	Inhouse
Lobs	Lecture	2	Classroom	Inhouse
Unit 13: DIAGNOSIS AND CORRECTION				
Handling the Racquet, preparing to hit	Lecture	1	Classroom	Inhouse
Ground strokes: Forehand, Single/ Double 1 han Backhand	Lecture	2	Classroom	Inhouse
Service I, II	Lecture	1	Classroom	Inhouse
Net Game: Volley, Smash	Lecture	1	Classroom	Inhouse
Lobs	Lecture	1	Classroom	Inhouse
Unit 14: BASIC STRATEGY AND TACTICS IN TENNIS				
Singles	Lecture	4	Classroom	Inhouse
Doubles	Lecture	2	Classroom	Inhouse
Unit 15: BIOMECHANICS OF TENNIS AND ITS APPLICATIONS				
Developmental Tendencies in the equipment's and their role in the development of the game. i. Balance iv. Momentum ii. Inertia v. Elastic Energy iii. Opposite Force vi. Co-ordination Chain	Lecture	3	Classroom	Inhouse
BIOMECH Figure and application in stroke	Lecture	3	Classroom	Inhouse
	Total	94		
1st Semester: Lawn Tennis Sport Practical				

Unit 1: WARM UP AND LIMBERING DOWN (GENERAL AND SPECIFIC)				
General warming up procedures and different exercises for warming up.	Practical	10	Court	Inhouse
Unit 2: GENERAL TRAINING				
Co-ordination, agility and balance exercises (ladder, cones and dooms etc.)	Practical	10	Court	Inhouse
Basic endurance, continuous and interval training, explosive strength and strength endurance, weight training, medicine ball exercises	Practical	20	Court	Inhouse
Speed and speed endurance (sprints, relay races, court running, etc.)	Practical	15	Court	Inhouse
FLEXIBILITY: through passive stretching and ballistic stretch, PNF methods	Practical	15	Court	Inhouse
Unit 3: MOTOR COORDINATION REQUIRED IN TENNIS				
Acceleration, change of direction, Quick start, sudden stop with specific footwork	Practical	5	Court	Inhouse
Jumping on one leg and other coordination exercises	Practical	2	Court	Inhouse
Opposite hand and leg movements	Practical	3	Court	Inhouse
Motor coordination for stroke production	Practical	5	Court	Inhouse
Unit 4: BALL FEEDING				
Feeding variations to different level of players i. Hand: Drop and throw Feed ii. Racquet (static) Feed iii. Rally Feed iv. Live ball drills	Practical+ Field work	10	Court	Inhouse
Unit 5: TECHNIQUE OF SPORTS				
Ball sense exercises- with and without racquet and/ or with ball	Practical	5	Court	Inhouse
Development ability to demonstrate and personal performance. Grip, ready position, back swing, point of impact, follow through of BASIC strokes:	Practical+	45	Court	Inhouse
<ul style="list-style-type: none"> Ground strokes: Forehand, Single Handed Backhand, Double Handed Backhand Service I, II Net Game: Volley, Smash Lob Moving Strokes 	Field work			Inhouse
Applying Biomechanics in Strokes	Practical+ Field work	5	Court	Inhouse

Error and Correction techniques of Basic strokes	Practical+ Field work	15	Court	Inhouse
Unit 6: MINI TENNIS				
<i>Variation of equipment's and Marking Mini-Tennis Courts</i> <i>Introduction to 10s</i> <i>Play & stay</i>	Practical	10	Court	Inhouse
Unit 7: DEVELOPMENT OF CONSTANT VOLLEYING POWER, SPEED AND POWER BEHIND THE STROKES, TARGET PRACTICE AND CORRECTIONS	Practical+ Field work	15	Court	Inhouse
Unit 8: SIMPLE TEACHING AND COACHING	Practical+ Field work	20	Court	Inhouse
Unit 9: PREPARING ONE DAY SESSION(S) PLAN	Practical+ Field work	10	Court	Inhouse
Unit 10: RUNNING A COACHING CENTER & MAINTENANCE OF A COURT	Practical+ Field work	15	Court	Inhouse
Unit 11: GAME PLAY: APPLICATION OF STRATEGY AND TACTICS	Practical+ Field work	25	Court	Inhouse
	Total	265		

IInd Semester: Lawn Tennis Sport Theory				
Unit 1: PSYCHOLOGICAL PREPARATION (MENTAL TRAINING) FOR TOURNAMENT PLAYERS				
Motivation, Concentration	Lecture	3	Classroom	Inhouse
Self-confidence, Emotional control	Lecture	3	Classroom	Inhouse
Relaxation Techniques	Lecture + Self-work	3	Classroom	Inhouse
Mental performance in tournament play	Lecture	2	Classroom	Inhouse
Unit 2: TRAVELLING WITH TOURNAMENT PLAYERS				
Responsibilities of a Coach (Captain)	Lecture	1	Classroom	Inhouse
Developing Professional Attitude in young Players	Lecture	2	Classroom	Inhouse
What to do before, during and after the match	Tutorial	3	Classroom	Inhouse
Unit 3: COACHING/TRAINING FEMALE TENNIS PLAYERS				
Characteristics of Female player	Lecture	2	Classroom	Inhouse

Ideas for teaching Female players & its application	Lecture	2	Classroom	Inhouse
Unit 4: GOAL SETTING FOR TOURNAMENT PLAYERS				
Goal setting applied to Tennis	Lecture	3	Classroom	Inhouse
Practical applications	Tutorial +Self-work	3	Classroom	Inhouse
Unit 5: NUTRITION FOR A TENNIS PLAYER				
Basic Principles of Nutrition	Lecture	2	Classroom	Inhouse
Eating for Practice and Competition	Lecture	2	Classroom	Inhouse
Drink to Win	Tutorial	1	Classroom	Inhouse
Unit 6: INJURY PREVENTION IN COMPETITIVE SPORTS				
The coach and sports medicine	Lecture	1	Classroom	Inhouse
Most common injuries in tennis and their prevention	Lecture	3	Classroom	Inhouse
Other common issues in tennis: drugs and doping	Lecture	2	Classroom	Inhouse
Unit 7: PLANNING THE TENNIS TRAINING				
Introduction to periodization	Lecture	1	Classroom	Inhouse
Pluriannual cycle, annual plan, macrocycle, mesocycle, microcycle, daily plan and training session	Lecture	3	Classroom	Inhouse
Training guidelines for the different phases of the annual plan	Lecture	3	Classroom	Inhouse

Unit 8: ADVANCE STRATEGY AND TACTICS				
Principles for strategy and tactics in Singles Play, Factors influencing Match Play	Lecture	3	Classroom	Inhouse
The different game styles and the ways to counter	Lecture	3	Classroom	Inhouse
Tactics used in five game situations	Lecture	3	Classroom	Inhouse
Strategy and Tactics for Doubles. Mentality for tournament Doubles Play: i. How to choose a Doubles partner ii. Communication in Doubles Iii. What to do during the match in Doubles	Lecture	3	Classroom	Inhouse
Unit 9: AWARENESS OF STANDARDS AND ANALYSIS OF PLAYERS				

i. Long term planning for a tennis player	Lecture	5	Classroom	Inhouse
ii. Player profiling	+			
iii. Guidelines for training plan (according to appropriate age group)	Self-work			

Unit 10: THE TRAINING SESSION: DRILLS, GROUP AND INDIVIDUAL TRAINING

Introduction, principle and general structure	Lecture	2	Classroom	Inhouse
i. Drills planning and structure	Lecture	4	Classroom	Inhouse
ii. Group training plan iii. Individual training plan	+			
	Self-work			
	Total	68		

IInd Semester: Lawn Tennis Sport Practical

SPECIFIC CONDITIONING PROGRAMME FOR ELITE GROUP

Unit 1: WARMING UP AND COOLING DOWN

General warming up procedures and different exercises for warming up during tournament.	Practical	6	Court	Inhouse
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Unit 2: METHODS AND DEVELOPMENT OF TEACHING ABILITIES AND TECHNIQUE DIAGNOSIS AND CORRECTION

Types of correction for tournament players	Practical	5	Court	Inhouse
When to correct, how to correct tournament players	Practical	5	Court	Inhouse
Correction techniques and methodology	Practical	5	Court	Inhouse
Correction tips (teaching aids)	Practical	5	Court	Inhouse

Unit 3: ON COURT MOTOR COORDINATION DRILLS FOR ELITE PLAYERS

Practical 10 Court Inhouse

Unit 4: DEVELOPMENT OF PERSONAL PERFORMANCE AND PERSONAL ABILITY TO DEMONSTRATE IN:

Advance techniques:	Practical +	30	Court	Inhouse
i. Ground strokes, Service, Smash, Lob: flat, slice, topspin	field work			
ii. Volley: low, high, stop, drive, drop, touch, punch, lob volley(half) iii. Return of service: drive, chip, block and other variations of drives.				
iv. Rally, power behind the strokes				
v. Kill and finish for Approach and passing shots				
vi. Counter from baseline and net game. vii. Emergency shots				
Shadow drill and sequence of approach	Practical +	5	Court	Inhouse
	field work			

Defensive technique: footwork and movement, large number of rallies to specific targets	Practical + field work	6	Court	Inhouse
Unit 5: OFFENSIVE TACTICS AGAINST VARIOUS TYPES AND STYLES OF PLAYERS (LEFT-HANDED PLAYER, DOUBLE HANDED PLAYER, SERVE AND VOLLEYERS/ NET RUSHERS AND BASELINERS ETC.)	Practical+ Field work	10	Court	Inhouse
Unit 6: DEFENSIVE TACTICS AGAINST VARIOUS TYPES OF PLAYERS				
Use of variations to exploit the weakness in the opponent's game	Practical	5	Court	Inhouse
Against hard hitters, counter punchers, net rushers, all rounder's	Practical+ Field work	4	Court	Inhouse
Lob return, chip and charge, block return of service	Practical+ Field work	6	Court	Inhouse
Unit 7: DEMONSTRATION AND TEACHING ABILITY OF GROUP AND TEAM PRACTICE THROUGH ANALYSIS AND IMPROVEMENT OF PERSONAL PERFORMANCE				
Teaching and training of individual tactics	Practical	6	Court	Inhouse
Variations in individual tactics	Practical+ Field work	7	Court	Inhouse
Adjustment to various surfaces	Practical+	4	Court	Inhouse
	Field work			
Pace and controlled pace, Passing and approach shots with variations	Practical+ Field work	8	Court	Inhouse
Unit 8: STRATEGY AND TACTICS FOR ELITE PLAYERS				
Singles Game	Practical+ Field work	10	Court	Inhouse
Doubles Game	Practical+ Field work	5	Court	Inhouse
Unit 9: SPECIAL DRILLS FOR VARIOUS ADVANCE SKILLS	Practical+ Field work	8	Court	Inhouse
Unit 10: MATCHES AND GAME PLAN				
Beginners: Fundamentals of basic strokes	Practical	2	Court	Inhouse
Intermediates: Biomechanical approach on drills for different skills	Practical+ Field work	5	Court	Inhouse
Advance players: Physical and Psychological fitness, Technical strength and their implementation	Practical	5	Court	Inhouse

Unit 11: ANALYSIS OF GAME PLAY				
Application of Strategy and Tactics	Practical	5	Court	Inhouse
Match Analysis and Match Charting	Practical+ Field work	5	Court	Inhouse
Evaluation of Progress and Training Program	Practical+ Field work	5	Court	Inhouse
Observation of Matches, Competitions, Statistics	Fieldwork	10		
	Total	187		

***Note**

- **ITF Academy Online Courses (Link: <https://www.itf-academy.com/>) are to be completed twice a month, with the submission of course completion certificates in soft copy.**
- **The submission of detailed project work on a specific assigned topic.**
- **A mandatory two-month internship at various prestigious academies.**
- **Many renowned & experience coaches, sports scientist & tennis officials are being involved to take theory & practical classes as a Guest-faculty during both semesters.**

Training Books, Journals, Online Resources Prescribed for Trainees

1. <http://www.itftennis.com/>
2. <http://www.aitatennis.com/>
3. <http://www.tennisiCoach.com/>
4. <https://www.itf-academy.com/>
5. The Inner Game of Tennis by Timothy Galwey
6. Pressure is a Privileged by Billie Jean King
7. Tennis Anatomy by E. Paul Roetert

8. Complete Conditioning for Tennis by Mark S.
9. Game, Set and Match by Mark Hodgkinson
10. Strokes of Genius by Nana Malone
11. The Mental Game of Tennis by Bill Cole
12. Tennis for the Player, Teacher and Coach by Bill Murphy

Equipment Required for Conducting Diploma Course

1. Tennis Court
2. Tennis Balls (Normal, Red, Orange, Green)
3. Racquets and Balls for Mini Tennis
4. Teaching-Aids (Dooms, Cones, Markers, Hoops, Ropes, Bands etc)
5. Video Making for biomechanical analysis