

SPORTS AUTHORITY OF INDIA

SYLLABUS FOR SPORTS COACHING COURSE

DISCIPLINE: TABLE TENNIS

COURSE NAME: DIPLOMA

COURSE CODE:



Fig. Table Tennis

Total Credits: 24	Semester - I	L	Assignment	P	SW / FW	TOTAL CREDIT UNITS
		80	20	300	30	12
		(L-Lecture, P-Practical, SW - Self Work, FW - Field Work)				
	Semester - II	L	Assignment	P	SW / FW	TOTAL CREDIT UNITS
		80	20	300	30	12
		(L-Lecture, P-Practical, SW-Self Work, FW - Field Work)				

COURSE OBJECTIVES:

- ❖ To have knowledge, Demonstrates and Illustrate the development of Table Tennis in the wider world, to understand the Table Tennis and place within society and Moreover To develop a sense of cultural heritage of Table Tennis.
- ❖ Demonstrates an awareness and understanding of the concept of quality coaching and the associated pedagogical aspects of coach's work for high performance.
- ❖ Demonstrate an awareness and understanding of coaches' role in the learning of the Athletes.
- ❖ Demonstrates an awareness and understanding of the centrality of learning to coaching Practice and its implementation practically.
- ❖ Full filling the what to expect the Students to know after completion of a course.
- ❖ To understand the experiment of latest Table Tennis means for technique development.
- ❖ To know the updated knowledge of ITTF and TTFL.
- ❖ To know the purpose of Talent Identification and to identify the potential in young Athletes.
- ❖ To Learn how to make Planning, Organizing, Analyzing, Execution, Innovating and Researching about New Techniques.
- ❖ To have knowledge, Demonstrates and illustrate of procedure, benefits and principles of warm-up, and cooling down and its advantages.
- ❖ To have knowledge about how to handle and utilize the New Technologies, Equipment's and deference age group Athlete's.
- ❖ Most importantly, To Learn how to Utilize Science of Physiology, Kinesiology, Bio-Mechanics, Sports Medicine, Psychology and Table Tennis Techniques in Pedagogical Process.

LEARNING OUTCOMES:

- ✧ The ability to search, collect, analyse and organize information, concepts, ideas and to convey those ideas clearly and fluently, both theoretically and practically in coaching.
- ✧ Students will be able to identify and describe the contours and stakes of Table Tennis
- ✧ Student will learn about various means and its implementation in Table Tennis training.
- ✧ The knowledge and respect of ethics and ethical standard in relation to organization of Session effectively and efficiently.
Help the students to analyse major competition performances and Utilizing that gained Knowledge into their success.
- ✧ Ability to demonstrate adequately and can teach from what he observes of players Performance.
- ✧ Recognize the importance of Physical Fitness, Technical, Tactical Training and Creating & Evaluating the role of strategy against different style of Players and Rubbers.
- ✧ It enables the student to get maturity in coaching, teaching, training and making strategies.
- ✧ Players willing to put their full efforts and ready to work for him.
- ✧ Creating, Planning, Understanding, executing different Types of Training Methods and Means in Table Tennis.

SKILLS DEVELOPED:

- ☺ **Leadership** Quality
- ☺ **Smart & Innovation** thinking
- ☺ Efficient & Effective **Planning and Execution**
- ☺ **Decision** making
- ☺ Effective & Gracious **Communication**
- ☺ **Problem Handling & Solving** very Sensibly
- ☺ Friendly **Social &** Interpersonal **relationship**
- ☺ **Knowledge** Sharing and Team Work
- ☺ Working under the **Ethics and Conscience**

DETAILED SYLLABUS (SEMESTER - I)

THEORY - I

(Total Credit: 4)

Unit No.	Description/Topics Covered	Teaching Method L/T/P	No. of Hours (period)	Online / Class room	Faculty
1.	General Topics: -				
	a) History and Development of Table Tennis -(2Hrs) b) Warm-Up & Cooling Down -(2Hrs) i. General ii. Specific	L	4		Sh.Ravi Kanaujia Miss.Khushboo Soni
2.	Laws, Rules, Regulations & Terminology of the Game: -				
	a) Constitution of ITTF b) Mechanism of Officiating c) Qualities & Duties of Referee and Umpires d) Terminology of Game	L & T	18		Guest Faculty
3.	Techniques and Their Development: -				
	a) Pedagogical principles in Table Tennis Teaching and Practice -(2Hrs) b) Basic Techniques: - ✓ Grip & Stance Position - (2Hrs) ✓ Different Types of Footwork -(2Hrs)	L & P	8		Sh.Ravi Kanaujia Sh.G.Thamizhanban

	<ul style="list-style-type: none"> ✓ Backhand Push -(1Hrs) ✓ Forehand Push -(1Hrs) 				Miss.Khushboo Soni
4.	Techniques beyond the Basic: -				
	<ul style="list-style-type: none"> a) Backhand Counter Attack without Rotation -(2Hrs) b) Forehand Counter Attack without Rotation -(2Hrs) c) Forehand Topspin Attack -(2Hrs) d) Backhand & Forehand Block -(4Hrs) e) Service Execution & Service Receiving -(6Hrs) 	L & P	16		Sh.G.Thamizhanban Miss.Khushboo Soni Sh.Ravi Kanaujia
5.	Qualities Required to become a Successful Table Tennis Coach: -				
	<ul style="list-style-type: none"> a) Philosophy of Coaching and Concept b) Role of Coach c) Hints for Beginner Coaches d) Legal responsibility of the Coach e) Coach's Code of Ethics f) Coaching Children <ul style="list-style-type: none"> i. What children want in a Coach ii. Participation iii. Children's Needs iv. Growth and Development v. Stage of Skill learning 	L & T	6		Guest Faculty

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	g) During Match				
8.	Miscellaneous Organization and Management of Competition & Facilities, Equipment and It's Developmental Process: -	T & P	2		Miss.Khushboo Soni

PRACTICAL - I

(Total Credit: 8)

Unit No.	Description/Topics Covered	Teaching Method	No. of Hours (period)	Online / Class room	Faculty
1.	General and Specific Warming up: -				
	a) Active and passive Stretching Exercises b) Jogging c) Co-ordination Exercises d) Shadow practice i. Shadow practice for foot work ii. Shadow practice for Techniques with heavy Racket, Thera-band and Thera-Loops	P	40		Sh.Ravi Kanaujia Sh. G.Thamizhanban Miss.Khushboo Soni
2.	General Motor abilities development: -	P	45		

	<p>a) Basic endurance with Variations</p> <p>b) Explosive Strength and Strength endurance with weight training, Plyometric exercises and medicine Ball exercises, etc.</p> <p>c) Maximum Speed and Speed Endurance through Sprints, relay races, skipping rope and other high-speed footwork exercises</p> <p>d) Agility, change of direction and Other Specific movements related to Table Tennis</p> <p>e) Flexibility through active and passive stretching</p>				
3.	Motor Co-ordination required in Table Tennis: -				
	<p>a) Jumping, Hopping and Skipping</p> <p>b) Motor Co-ordination exercises for hand, eye and foot Co-ordination</p>	P	55		

4.	Basic Technique & Development of personal performance and demonstration ability: -				
	a) Grip and Stance position b) Without ball shadow practice for various Techniques c) Service execution including high toss services d) Backhand and Forehand Push e) Backhand and Forehand without rotation attack	P	40		
5.	Different Techniques practice: -				
	a) Backhand and Forehand Block b) Different Services execution including high toss service c) Forehand topspin drive d) Chop to Chop Sparing play	P	60		
6.	Common tactics used against all type of players: -	P	60		

<p>a) Switch tactics</p> <p>b) Switch the Switch tactic</p> <p>c) Wide ball tactic</p> <p>d) Down the line tactic</p> <p>e) X – point and Body line tactic</p> <p>f) Half long and Short service as Tactical game plan for third ball attack tactic</p> <p>g) Regular, Semi-Regular & Irregular Sequences of Play</p> <p>h) How to play against different type of players</p> <p>Such as: -</p> <p>i. Attacker</p> <p>ii. Defensive Player</p> <p>iii. All round type of Player</p> <p>iv. Left-handed Player</p> <p>v. Pen holding grip Player</p>				
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DETAILED SYLLABUS - SEMESTER II

THEORY - II

(Total Credit: 4)

Unit No.	Description/Topics Covered	Teaching Method	No. of Hours (period)	Online/Class room	Faculty
1.	Talent Identification in Table Tennis: -				
	a) Definition & Principles b) General & Specific Motor Abilities c) Tests and Parameters	T, P & F/W	14		Sh.Ravi Kanaujia Sh. G.Thamizhanban Miss.Khushboo Soni
2.	Planning & Periodization in Table Tennis: -				
	d) Definition & It's Principles e) Types of Formulation i. Long Term Plan ii. Annual Plan iii. Training Plan	T, P & S/W	14		
3.	Advance Techniques: -				
	a) Backhand Topspin Drive b) Backhand Power Drive c) Backhand Smash d) Forehand & Backhand Long	T & P	14		

	<p>Table Défense</p> <p>e) Forehand & Backhand Loop Drive</p> <p>f) Different Types of Flicks Including Banana Flick</p>				
4.	Multi-Ball Training: -				
	<p>a) Definition & Description</p> <p>b) Feeding Mechanism:-</p> <p>i. Regular Sequence</p> <p>ii. Semi-Regular Sequence</p> <p>iii. Irregular Sequence</p> <p>c) How to Feed in the Different Stage of Training</p> <p>d) Physical Specific Movements</p> <p>e) Tactical Drills through Multi-Ball</p> <p>f) Types of Exercise Through Multi-Ball</p>	T & P	4		
5.	Psychological preparation of Table Tennis Player & Special Feature of Women Training: -				
	a) Methods for	L & T	4		

	<p>Development of Prerequisites</p> <p>b) Questionnaire</p> <p>c) Mental Techniques</p> <p>d) Behaviour Analysis</p> <p>e) Psychological preparation for Training</p> <p>f) Special Features of Training for women athletes & Sports Person with Extraordinary characteristics</p>				
6.	Table Tennis Tactics: -				
	<p>a) Offensive Tactics</p> <p>b) Defensive Tactics</p> <p>c) Tactics Against various Type of players</p> <p>d) Tactics for Doubles</p> <p>e) Method & Means for Tactical Training</p> <p>f) Match Strategies</p>	L & P	18		
7.	Requisite of Player for Higher Performance: -				
	<p>a) Introduction</p> <p>b) Development and Training of various age group</p> <p>c) Physical</p> <p>d) Physiological</p> <p>e) Psychological</p>	L & T	4		

	f) Technical g) Intellectual level h) Pedagogical Training Principle for Table Tennis				
8.	Means of Evaluation To check the Training Process: -				
	a) Match Observation & Match Analysis b) Recording of Performance c) Statistical Analysis	L & T	4		
9.	Preparation for Competition: -				
	a) Replicating Match Conditions b) Managing Competition c) Build up Competition with Specific Tasks and Psychological Preparation d) Pep Talk e) Advice during The Competition	T & P	4		

PRACTICAL - II

(Total Credit: 8)

Unit No.	Description/Topics Covered	Teaching Method	No. of Hours (period)	Online/ Class room	Faculty
1.	Advance Technique Practice: -				
	a) Long Table Defense Forehand and Backhand b) Backhand Topspin Drive c) Backhand Power Drive d) Backhand smash e) Backhand and Forehand Loop Drive f) Different types of Flicks including Banana Flick g) Tactical Practice for Doubles and Team Events	P	60		Sh.Ravi Kanaujia Sh. G.Thamizhanban Miss.Khushboo Soni
2.	Multi-Ball Training System: -				
	a) How to feed Multi-Ball to Beginner level Players i. Technique Learning	P	70		

	<p>Phase – along with Footwork and Stroke Execution</p> <p>b) How to feed Multi-Ball to Medium level Players</p> <p>i. Technique Perfection Phase – Speed and Spin Variations</p> <p>c) How to feed Multi-Ball to advance Players</p> <p>i. Technique Mastery Phase – Preciseness in Placing, Speed and Spin</p> <p>d) Tactical Practice through Multi-Ball</p> <p>i. Regular Sequences</p> <p>ii. Semi Irregular Sequences</p> <p>iii. Irregular Sequences</p> <p>iv. Match Type Sequences</p> <p>e) Physical Fitness through Multi-Ball Practice</p> <p>i. Continuous Method</p> <p>ii. Interval Method</p>				
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	<ul style="list-style-type: none"> iii. Trial and error Method f) Statistics Through Multi-Ball Training i. Individual Subjects Technique Execution Data Collection ii. Data Collection through Multi-Ball for a group of Subjects 				
3.	Teaching and Coaching Practice: -				
	<ul style="list-style-type: none"> a) Phase wise Session Planning practical Implementation i. Preparative Phase – I ii. Preparative Phase – II iii. Pre – Competition Phase iv. Competition Phase v. Transitional Phase 	P	60		
4.	Tests and Measurements of Skills and Specific motor abilities for National level Players: -	P	25		

5.	Officiating Practice for National and International Level Matches: -	P	25		
6.	Multi-Ball Drill fabrication for different type of Players: -	P	40		
	i. Shake-Hand Grip Players ii. Loop Drive Players iii. Attacking Players iv. All Round Type of Players v. Away from Table Defensive Players				
7.	Training camp organization	P & FW	20		

Training Books, Journals, Online Resources Prescribed for Trainees

- ✓ Expert Table Tennis Success by Richard McAfee
- ✓ The Myth of Talent and the Power of practice by Matthew Syed
- ✓ ITTF Laws of the game (Hand Book)
- ✓ ITTF 1st, 2nd & Advanced Edition Journals
- ✓ Periodization of strength training by Bompa, TO(1993)
- ✓ The new wave in strength training by Dufferin St. Toronto
- ✓ Table Tennis (Skill, Techniques and Tactics) by Martin Hugher
- ✓ Table Tennis Play book (2013) by Ben Larcombe
- ✓ Table Tennis Tactics for thinkers by Larry Hodges
- ✓ Get your game face on like the Pros! By Dora Kusimay
- ✓ Ping Pong for Fighters by Tahl Leibevity
- ✓ Bing Bong Diplomacy by Nicholas Griffin
- ✓ Table Tennis: Steps to Success by Larry Hodges
- ✓ Table Tennis Tactics by Klaus M. Geske
- ✓ Table Tennis Tales and Techniques by Larry Hodges
- ✓ Winning Table Tennis by Dan Seemiller
- ✓ The Spirit of Pong by Larry Hodges
- ✓ Table Tennis Manuals
- ✓ The Science of Table Tennis by Brian Burn
- ✓ Pocket Guide to Table Tennis Tactics by David Fairholm
- ✓ Table Tennis: Skills, Techniques, Tactics by Jenny Heatoy
- ✓ Specific Interval Training in Table Tennis by Zoran Jokic
- ✓ Multi-Ball Training Methods by W Zheng
- ✓ [Table Tennis Articles | Pro Table Tennis | Rowden Fullen](#)
- ✓ <https://www.allabouttabletennis.com/>

ASSESSMENT

	Semester 1	Semester 2	Internal/External %
Theory Monthly Assessments	<p>Monthly Assessment using Online Testing Tools with Multiple Choice & Descriptive questions of covered topics during the month</p> <p>Total – 4 Assessments</p>	<p>Monthly Assessment using Online Testing Tools with Multiple Choice & Descriptive questions of covered topics during the month</p> <p>Total – 4 Assessments</p>	<p>30 % marks of internal assessment will be done on the basis of the marks scored in monthly assessment by adding all the score</p> <p>Test data will be recorded for reference</p>
Monthly Practical/Lab/Field	<p>Monthly Assessment Practical demonstration & Execution of learnt techniques</p> <p>Total – 5 Assessments</p>	<p>Monthly Assessment Practical demonstration & Execution of learnt techniques</p> <p>Total – 5 Assessments</p>	<p>30 % marks of internal assessment will be done on the basis of the marks scored in monthly assessment by adding all the scores.</p> <p>Test data will be recorded for reference</p>
Monthly Quiz/Assignments	<p>1 Assignment per month</p> <p>Total – 4 Assignments</p>	<p>1 Assignment per month</p> <p>Total – 4 Assignments</p>	<p>30 % marks of internal assessment will be done on the basis of the marks scored in monthly assessment by adding all the scores.</p> <p>Test data will be recorded for reference</p>
Theory Exam	At the end of semester – I	At the end of semester – II	70 % of total score in Theory
Practical Exam	At the end of semester – I	At the end of semester – II	70 % of total Score in Practical