

M.P.E – 306 (C) GAME OF SPECIALIZATION – TENNIS

UNIT –I Learning the basic skills of the game & the scientific principles involved in the skill.

UNIT –II COMPETITION PLANNING

- 2.1 General and specific conditioning exercise.
- 2.2 Various drills for developing the basic skills and combination drills.
- 2.3 Team system and tactical training
 - offensive system in play
 - defensive system in play
- 2.4 Diet and nutrition for a Tennis player
- 2.5 Coordination among team management personal – the coach , doctor, Psychologist , coach and the players

UNIT –III SCIENTIFIC APPLICATIONS

- 3.1 Anthropometrical and physiological considerations
- 3.2 Biomechanical analysis of skills

UNIT –IV TRAINING LOAD AND ADAPTATION

- 4.1 Principles of load and adaptation
- 4.2 Fatigue , recovery and super – compensation
- 4.3 Overload and its management

UNIT –V

- 5.1 Scouting and analysis of the individual performance and opposing team
- 5.2 Standardized skill test in the game.
- 5.3 Rehabilitation
- 5.4 Rules and regulation and officiating.