



Podar Enrichment Academy

2011 - 12

SYLLABUS OF TABLE-TENNIS

Lesson 01-05→ Introduction, Rules of the game, History, Concept of the game
General and Specific warming up, Basic Training.

10 Mints→ Running (Start with the One full Round of Ground) Warming up
Exercise's After Every Five Sessions increase One round of Ground.

15 Mints→ General warming up and Specific Warming up

15 Mints→ Basics→ Backhand push and Service, Forehand push and Service.

20 Mints→ Playing Game/Cooling down

Next...

Lesson 06-10→ Stance, Basic Shots and Services, Counter Stroke.

10 Mints→ Running (Start with the One full Round of Ground) Warming up
Exercise's After Every Five Sessions increase one round of Ground.

15 Mints→ Basics→ back hand push and Service, fore hand push and Service

15 Mints→ Fore hand Counter Stroke, Stance→Positioning.

20 Mints→ Playing Game/Cooling down

Next...

Lesson 11-15→ Single's and double's, Lecture on Concentration.

10 Mints→ Running (Start with the One full Round of Ground) Warming up
Exercise's. After Every Five Sessions increase one round of Ground

15 Mints→ Basic idea about Single's Game and double's Game.

15 Mints→ Lecture on increasing the level of Concentration.

20 Mints→ Playing Game/Cooling down



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Next...

Lesson 16-20→ Reaction abilities, Smashing, Defensive Shots, Drop Shots

10 Mints→ Running (Start with the One full Round of Ground) Warming up
Exercise's After Every Five Sessions increase One round of Ground.

15 Mints→ Reaction Abilities and Smashing

15 Mints→ Defensive Shots and Drop Shots

20 Mints→ Playing Game/Cooling down

Next...

Lesson 21-25→ Specific topics on how to serve with the Varieties

10 Mints→ Running (Start with the One full Round of Ground) Warming up
Exercise's After Every Five Sessions increase one round of Ground.

15 Mints→ Specific topics→ Spin Service, Variety of Services → Toss and Service

15 Mints→ Exposure to others, Defensive Shots and Drop Shots.

20 Mints→ Playing Game/Cooling down

Next...

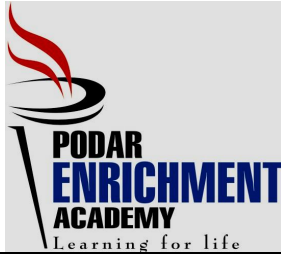
Lesson 26-30→ Advance Training, Specific Topics→ Spins Increasing the Maturity level and approach should be professional

10 Mints→ Running (Start with the One full Round of Ground) Warming up
Exercise's After Every Five Sessions increase One round of Ground.

15 Mints→ Lectures and drills on maturity level and professionalism

15 Mints→ Specific topics→ Spin Service, Variety of Services → Toss and Service Exposure to others, Defensive Shots and Drop Shots

20 Mints→ Playing Game/Cooling down



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