



SANKAR POLYTECHNIC COLLEGE

A Government Aided, Autonomous Institution,
Approved by AICTE & Affiliated to DoTE, Chennai.

SANKAR NAGAR – 627357



DEPARTMENT OF PHYSICAL EDUCATION

SANKAR POLYTECHNIC COLLEGE: SPORTS ACHIEVEMENTS (2023-2024)

Here are the achievements, strengths, infrastructure, and key highlights of Sankar Polytechnic College (SPC) with respect to sports in this year 2023-2024

FACILITIES AND SUPPORT INFRASTRUCTURE

The college has fairly comprehensive sports facilities: a large athletics ground with a non-standard 400-meter track, net practice cricket pitch, well-maintained cricket ground for matches.

It has courts for Ball Badminton, Volleyball (two), Handball, Tennikoit.

A gym with single- and multi-station machines, and various weight training accessories. Physical Education Department runs conditioning, fitness routines.

PARTICIPATION AND COMPETITIVE SUCCESS

Students regularly represent at district and state levels. The SPC teams have “set up an impressive and consistent record in almost all games and sports.”

Besides team events, SPC students get individual honours: for instance, representing at higher levels and being acknowledged in the Physical Education department.

DISCIPLINE, SPIRIT, AND RECOGNITION

The college emphasises discipline and cooperative behaviour during tournaments.

Recognition is given to students who achieve individual success – state/district representatives are acknowledged.

SCOPE FOR GROWTH / OBSERVED CHALLENGES

While there are wins in cricket and likely good performance in various games like carrom, chess, badminton outcomes in major tournaments.

Given the facilities are good, more institutional support toward coaching, specialized training, competition exposure could further enhance performance.

PHYSICAL EDUCATION DEPARTMENT'S ROLE

The PE staff conduct conditioning exercises based on proficiency.

Facilities allow both net practice and full match simulation for cricket.

ONE-MONTH TRAINING PLAN: METHODS FOR CRICKET, CARROM, CHESS, BADMINTON, BASKETBALL AND ATHLETICS.

Below are a suggested training schedule and methods for each of the four sports when preparing for a tournament, for the month before the event. The plan assumes players are in college, have access to facilities (like at SPC) and are balancing academics. The month is broken into roughly 4 weeks, with progressive intensity, tapering toward the tournament.

CRICKET

OBJECTIVES FOR THE MONTH BEFORE TOURNAMENT

Improve batting, bowling and fielding skills; build match fitness

Simulate match conditions to reduce pressure on match day

Improve mental toughness, strategy (e.g. reading pitch, opponent, etc.)

- Sankar Polytechnic College, Physical Education Department sent a circular to all the Department HOD's about the selection process for the College Cricket team.
- For selection trial more than 45 students came to participate, from 45 students 20 were selected by analyzing their batting, bowling, wicket keeping and fielding performance to represent the College Cricket team for the year 2023-2024.

SL.NO	REG. NO	NAME	DATE OF BIRTH	DEPARTMENT	YEAR	GAME	YEAR	POSTION
1	223205	G. GOPALAKRISHNAN	14-04-2005	ELECTRICAL	III	CRICKET	2023-2024	WINNERS
2	215153	U. UTCHIMAHALI	16-02-2002	MECAHNICAL	III	CRICKET	2023-2024	WINNERS
3		A. MARI KARTHICK	08-11-2007	ELECTRICAL	I	CRICKET	2023-2024	WINNERS
4		S. SANKARA SUBRAMANIAN	23-05-2008	MECAHNICAL	I	CRICKET	2023-2024	WINNERS
5		M. SIVA MANI KANDAN	24-09-2007	MECAHNICAL	I	CRICKET	2023-2024	WINNERS
6	234212	K. JERIN	19-04-2006	ELECTRONICS	II	CRICKET	2023-2024	WINNERS
7	225605	T.G.V. GURU JOEL	30-08-2006	MECAHNICAL	II	CRICKET	2023-2024	WINNERS
8		S.P. SIVA BHARATH	18-09-2007	COMPUTER	I	CRICKET	2023-2024	WINNERS
9	215104	A. ANTONY VINISH	30-06-2004	MECAHNICAL	III	CRICKET	2023-2024	WINNERS
10	213606	M. RAJAVEL PERUMAL	21-01-2006	ELECTRICAL	III	CRICKET	2023-2024	WINNERS
11	215121	S. KUMAR	18-07-2006	MECAHNICAL	III	CRICKET	2023-2024	WINNERS
12	223621	G. SANGAR MAADHESH	30-10-2006	ELECTRICAL	II	CRICKET	2023-2024	WINNERS
13	232133	R. SELVA SURYA	06-12-2007	COMPUTER	I	CRICKET	2023-2024	WINNERS
14	231122	J. RABIN	04-11-2006	CIVIL	I	CRICKET	2023-2024	WINNERS
15	225201	S. DEV VISHVA	03-03-2004	MECAHNICAL	III	CRICKET	2023-2024	WINNERS
16	223143	G. SUNDAR	26-09-2006	ELECTRICAL	II	CRICKET	2023-2024	WINNERS
17	222125	P. VANAMAMALAI	24-04-2006	COMPUTER	II	CRICKET	2023-2024	WINNERS
18	234201	J. ALBERT	04-12-2005	ELECTRONICS	II	CRICKET	2023-2024	WINNERS
19	225635	U. VIMAL KARTHIKEYAN	23-10-2006	MECAHNICAL	II	CRICKET	2023-2024	WINNERS
20	225604	S. ESSAKKI MUTHU	13-11-2006	MECAHNICAL	II	CRICKET	2023-2024	WINNERS

- Training started one month prior to the competition date 04.09.2023 to 06.09.2023.
- During the training sessions techniques of batting, bowling and fielding were corrected. Within days there is an improvement in their performance.
- Every day different kinds of training's was given, to improve their fitness and their game performance.

WEEKLY LAYOUT

WEEK 1 ASSESSMENT & BASICS

- Skills assessment (batting technique, bowling action, fielding catch/drop)
- Fitness test: endurance, sprinting, agility
- Technical drills: batting against pace & spin, footwork; bowling accuracy drills
- Fielding drills: slip catching, ground fielding, throwing accuracy

WEEK 2 SPECIALIZATION & MATCH SKILLS

- Based on assessment, more specialized work (for batters: facing net bowlers, specific shots; for bowlers: yorker, variations, swing/spin)
- Match simulation: practice matches, nets with match-scenario tasks
- Fielding under pressure: catching at high pace, run-outs, boundary saving
- Fitness training: interval training, endurance runs, strength training (core, legs)

WEEK 3 TACTICAL & PRESSURE TRAINING

- Simulated matches with opposition or internal teams under tournament rules
- Scenario practice: e.g. chasing target under pressure, death overs, setting target
- Mental preparation: studying opponent teams, individual planning
- Sharpening skills: batting against specific bowlers, bowling under pressure, adapting to pitch
- Intensive fielding drills: reflex drills, diving, catching in low light/odd angles

WEEK 4 TAPER AND PEAKING

- Reduce volume, maintain intensity
- Light nets & training, avoid overuse injuries
- Mental rehearsal, visualization, reviewing past matches
- Focused net sessions: batting/w bowling for maintaining rhythm
- Rest + recovery: proper sleep, stretching, physiotherapy
- Warm-up routines and match day routines finalized

DAILY/SESSION COMPONENTS

- Warm-up (dynamic stretches, jogging, shadow practice)
- Skill drills (depending on role: batting, bowling, fielding)
- Physical conditioning (strength, speed, agility)
- Cool-down (stretching, ice or massage if needed)
- Mental prep: review video, opponent, self-analysis

ADDITIONAL TIPS

- Use video analysis: record batting/bowling/fielding to spot flaws
 - Rotate players so everyone's match sharp
 - Nutrition: balanced diet, adequate protein for muscle repair, hydration
 - Injury prevention: avoid over-bowling, monitor workload, rest days
- With lots of practice matches with other teams they were able to perform well in different situations.
- During Competition they were able to face any critical situation with ease through their performance and secured **WINNER** in the Divisional level tournament.

CARROM

Though less physically intense than cricket or badminton, carrom demands fine motor control, concentration under pressure, strategic thinking, and consistency.

OBJECTIVES

- Improve shot precision (striker control, angle, speed)
 - Enhance ability to plan multi-move sequences (strategy)
 - Build stamina of concentration, mental calm under match conditions
- Sankar Polytechnic College, Physical Education Department sent a circular to all the Department HOD's about the selection process for the College Carrom team.
- For selection trial more than 10 students came to participate, from 10 students 5 were selected to represent the College Carrom team for the year 2023-2024.

SL.NO	REG. NO	NAME	DATE OF BIRTH	DEPARTMENT	YEAR	GAME	YEAR	POSTION
1	225606	M. IYYAPPAN	05-06-2004	MECAHNICAL	II	CARROM	2023-2024	WINNERS
2	224211	A. MOHAMED FAISAL	19-11-2004	ELECTRONICS	III	CARROM	2023-2024	WINNERS
3	225704	S. ANWAR	26-02-2005	MECAHNICAL	III	CARROM	2023-2024	WINNERS
4	223629	S. VELDOSS	21-11-2003	ELECTRICAL	II	CARROM	2023-2024	WINNERS
5	225120	K. LAKSHMANA PERUMAL	25-01-2007	MECAHNICAL	II	CARROM	2023-2024	WINNERS

- Training started one month prior to the competition date 26/08/2023 & 27/08/2023

WEEKLY LAYOUT

WEEK 1 FUNDAMENTALS & ASSESSMENT

- Assess strengths: break shots, rebound shots, board control
- Work on grip, strike technique, stance
- Basic shots repeatedly: straight shots, angle shots
- Mental training: concentration, patience exercises

WEEK 2 ADVANCED SHOTS & STRATEGIES

- Rebound/back shots, double/carrom rebounds
- Defensive play: returning opponent's attack, safety shots
- Practice tricky angles, thin shots, bounces
- Simulation of match pressure: timed games, partner pressure

WEEK 3 MATCH SIMULATION & CONSISTENCY

- Full carrom games with opponents, tournament format
- Pressure situations: last two coins, must win boards
- Strategy: planning moves ahead, predicting opponent's responses
- Mental endurance: longer sessions, staying focused when behind

WEEK 4 TAPER & SHARPNESS

- Cut back on volume, maintain sharpness
- Light practice: focusing on consistent shots, not trying new techniques
- Mock matches
- Mental rehearsal: visualization, calmness under pressure
- Rest eyes, avoid fatigue, good sleep

SESSION COMPONENTS

- Warm-up: wrist and finger exercises, light stretching
 - Rehearsal of key shots (break, rebound, board control)
 - Strategy discussion with coach / peers (board reading, move planning)
 - Mental training: breathing, concentration techniques (e.g. mindfulness)
 - Cool-down: hand, wrist relaxation, stretching
- With lots of practice matches with each other they were able to perform well in different situations.
- During Competition they were able to face any critical situation with an ease through their performance and secured **WINNER** in the Divisional level tournament and qualified for State level tournament.
- Training was given for the state level tournament. Mistakes have been corrected from the previous tournament and the students improved a lot during the training time before the State level tournament.
- In the State level tournament, our students secured **RUNNERS UP**

CHES

Preparation in chess is more mental, but physical well-being also contributes. For tournament readiness: openings, tactics, endgames, plus managing game time, nerves.

OBJECTIVES

Sharpen tactical vision, calculation speed. Review and deepen opening repertoire, middle game plans, endgame knowledge

Practice time-management, psychological resilience in critical positions

- Sankar Polytechnic College, Physical Education Department sent a circular to all the Department HOD's about the selection process for the College Chess team.
- For selection trial more than 15 students came to participate, from 15 students 8 were selected to represent the College Chess team for the year 2023-2024.

SL.NO	REG. NO	NAME	DATE OF BIRTH	DEPARTMENT	YEAR	GAME	YEAR	POSTION
1	223144	N. SURESH	7/20/2006	ELECTRICAL	II	CHES	2023-2024	PARTICIPATION
2	223131	M. PRAKSAH KUMAR	6/10/2007	ELECTRICAL	II	CHES	2023-2024	PARTICIPATION
3	213105	I. BALA VIGNESH	7/11/2005	ELECTRICAL	III	CHES	2023-2024	PARTICIPATION
4	215613	A. MOHAMED ARAFAT SAMJID	8/12/2004	MECAHNICAL	III	CHES	2023-2024	PARTICIPATION
5	225104	A. ARUN KUMAR	5/19/2007	MECAHNICAL	II	CHES	2023-2024	PARTICIPATION
6	223225	S. PRIYADHARSAN	5/20/2005	ELECTRONICS	II	CHES	2023-2024	PARTICIPATION
7		J. SURESH KUMAR	3/28/2006	MECAHNICAL	I	CHES	2023-2024	PARTICIPATION
8	213127	S. MURUGESAN	9/29/2003	ELECTRICAL	III	CHES	2023-2024	PARTICIPATION

- Training started one month prior to the competition date 26/08/2023 & 27/08/2023

WEEKLY LAYOUT

WEEK 1 ASSESSMENT & FOUNDATIONS

- Identify opening repertoire, work on weak lines
- Solve tactical puzzles daily: forks, pins, skewers, deflections
- Basic endgames: king and pawn, rook endings
- Play slow games to assess strategic understanding

WEEK 2 DEEPENING & STRATEGY

- Study annotated master games in your preferred openings
- Work on middlegame themes: pawn structures, typical plans
- Increase difficulty of tactics, timed tactics
- Endgame practice: more complex endings (minor piece, opposite colour bishops etc.)

WEEK 3 MATCH PRACTICE & SIMULATION

- Play practice tournaments / matches under tournament time controls
- Post-mortem analysis: mistakes, time usage, psychological errors
- More tactics, with mixed themes
- Visualisation / blindfold practice if possible

WEEK 4 TAPERING & PSYCHOLOGICAL PREP

- Fewer new content; revise openings, key endgames
- Maintain solving tactics but reduce volume to avoid burnout
- Mental visualization: simulate tournament settings
- Physical rest, good sleep, manage stress
- Perhaps a few light games to stay sharp

SESSION COMPONENTS

- Warm-up: tactical puzzle or two
- Opening review
- Play game(s) or analyse games
- Endgame drills
- Review key positions from past game
- As tournament nears, shorter sessions with high focus

ADDITIONAL TIPS

- Keep a notebook of last-minute errors to avoid repeating them
- Time management practice (both with clock)
- Use of software / databases to prepare against likely opponents if known
- Stay physically healthy: posture, avoid fatigue, good lighting

- With lots of practice matches with each other they were able to perform well in different situations.
- On tournament our students not able to get to the top position

BADMINTON

This is physically demanding; speed, agility, stamina, skill (smash, drop, net, defence) are all important. Also, tactical awareness.

OBJECTIVES

Improve footwork, quick directional changes. Increase power and consistency in shots (smashes, drops, clears).

Endurance to last multiple matches; mental resilience.

- Sankar Polytechnic College, Physical Education Department sent a circular to all the Department HOD's about the selection process for the College Women's Badminton team.
- For selection trial more than 10 students came to participate, from 10 students 5 were selected to represent the College Women's Badminton team for the year 2023-2024.

SL.NO	REG. NO	NAME	DATE OF BIRTH	DEPARTMENT	YEAR	GAME	YEAR	POSTION
1	232103	V. AMRITHA	18-11-2007	COMPUTER	I	BADMINTON	2023-2024	
2	234124	M. PADMA SINI	22/05/2008	ELECTRONICS	I	BADMINTON	2023-2024	
3	214103	A. AMEERA UMMU SALMA	27/02/2006	ELECTRONICS	III	BADMINTON	2023-2024	
4	214101	M. ABIRAMI	27/03/2006	ELECTRONICS	III	BADMINTON	2023-2024	
5	214102	A. AFSHAN FAREEN	05-12-2005	ELECTRONICS	III	BADMINTON	2023-2024	

- Training started one month prior to the competition date 26/08/2023 & 27/08/2023

WEEKLY LAYOUT

WEEK 1 BASICS & PHYSICAL PREP

- Assessment of stroke technique: clears, drops, drive, net play
- Footwork drills: on court movement patterns, shadow play
- Physical training: agility, endurance, strength (legs, core)
- Practice consistency: hitting to target areas

WEEK 2 SHOT-VARIETY & TACTICAL WORK

- Work on offensive shots: smash, jump smash, attack play
- Defense: blocks, drives, clearing under pressure
- Doubles/singles strategy depending on event
- Simulated rallies with variation, speed work

WEEK 3 MATCH PLAY & PRESSURE

- Practice matches under tournament rules; both singles & doubles if applicable
- Pressure drills: playing from behind, closing matches
- Mental training: dealing with unforced errors, handling long rallies
- Fine-tuning serves, net kills, deceptive shots

WEEK 4 TAPERING & PEAK READINESS

- Reduce volume, maintain intensity
- Light technique work: accuracy over power
- Match rehearsals: warm-ups, pre-match routine
- Rest, recovery (massage, physiotherapy)
- Mental rehearsal: visualize match, opponent reactions, stress situations

SESSION COMPONENTS

- Warm-up: dynamic stretches, footwork ladder, light shuttle runs
- Technical stroke practice
- Match or rallying practice
- Fitness work: interval, agility drills
- Cool-down, stretching, injury prevention

ADDITIONAL TIPS

- Nutrition: light, balanced, avoid heavy meals pre practice
 - Hydration especially in hot climates
 - Proper footwear and gear
 - Rest and recovery vital given the physical load
- With lots of practice matches with each other they were able to perform well in different situations.
- On tournament our students not able to get to the top position

BASKETBALL

OBJECTIVES

It's designed to improve team cohesion, conditioning, skills, and game-readiness, blending physical training, basketball drills, strategy sessions, and recovery.

- Sankar Polytechnic College, Physical Education Department sent a circular to all the Department HOD's about the selection process for the College Basketball team.
- For selection trial more than 15 students came to participate, from 15 students 7 were selected to represent the College Basketball team for the year 2023-2024.

SL.NO	REG. NO	NAME	DATE OF BIRTH	DEPARTMENT	YEAR	GAME	YEAR	POSTION
1	223607	S. HARIHARAN	11-12-2004	ELECTRICAL	II	BASKETBALL	2023-2024	
2	222125	P. VANAMAMALAI	24-04-2006	COMPUTER	II	BASKETBALL	2023-2024	
3	225109	S. BALAJI	13-10-2005	MECAHNICAL	II	BASKETBALL	2023-2024	
4	223601	S. AHAMED ABDUL RIYAS	19-05-2006	ELECTRICAL	II	BASKETBALL	2023-2024	
5	233702	P. ANTO SUNIL	11-10-2003	ELECTRICAL	II	BASKETBALL	2023-2024	
6	223630	R.K. VIVEK SELVAM	06-04-2007	ELECTRICAL	I	BASKETBALL	2023-2024	
7	233117	N. KARTHIKEYAN	16-09-2007	ELECTRICAL	I	BASKETBALL	2023-2024	

- Training started one month prior to the competition date.

WEEKLY BREAKDOWN

WEEK 1: BASE BUILDING & TEAM CHEMISTRY

- Focus on conditioning, individual skills, learning team concepts.
- Install basic offense and defence sets.
- Build aerobic & anaerobic base.
- Emphasize communication and team culture.
- Teach man-to-man defence and motion offense.

WEEK 2: INTENSITY + SYSTEMS

- Increase intensity of practice.
- Add pressure and game situations.
- Full-court pressure and fast break execution.
- Shooting under fatigue.
- Defensive rotations and rebounding.

WEEK 3: GAME PREPARATION

- Emphasis on scrimmages, special plays, and conditioning maintenance.
- Simulate end-of-game scenarios.
- Finalize plays (ATO, BLOB, SLOB).
- Emphasize role definition.

WEEK 4: TAPER & FOCUS

- Shorter, sharper practices.
- Mental preparation, confidence, recovery.
- Reduce physical load, maintain sharpness.
- Focus on scout, film, and team morale.
- Walkthroughs & light shootarounds.

WEEKLY PRACTICE PLAN

MONDAY

- Dynamic Warm-Up.
- Team Conditioning: Sprint intervals + Defensive Slides.
- Skill Work: Ball handling + Finishing.
- Team Offense: 5-out motion + Pick & Roll.
- 3v3 half-court.
- Free Throws.

TUESDAY

- Weight Room: Full-body strength.
- Defensive Shell Drill (4v4, 5v5).
- Transition Offense Drills (lane running, advantage drills).
- 4v4 to 5v5 Scrimmage.
- Stretching + Core.

WEDNESDAY

- Warm-Up + Ball Handling Circuit.
- Special Situations: Last 5 seconds, BLOB, Press Break.

- Full Scrimmage (2 halves, 15 mins each).
- Cool Down + Film Review.

THURSDAY

- Conditioning: 17s, suicides.
- Shooting Drills: Spot-up, off-movement, catch-shoot.
- 3v3 Half-Court w/ constraints (e.g., 1-dribble max).
- End with FT pressure game.

FRIDAY

- Weight Room (Strength & Power, lower reps).
- Zone Défense / Zone Offense Implementation.
- 5v5 controlled scrimmage.
- Shooting Ladder.

ADDITIONAL TIPS

- Analyse both own practice/scrimmages and scout opponents.
 - Post-practice talks, accountability partners, leadership huddles.
 - Foam rolling, contrast baths, proper nutrition, sleep emphasis.
 - Hydration charts
 - Pre/post-practice meals (high protein, balanced carbs)
- With lots of practice matches with each other they were able to perform well in different situations.
- On tournament our students not able to get to the top position.

ATHLETICS (TRACK & FIELD)

OBJECTIVES

This plan is general-purpose, ideal for sprinters, jumpers, middle-distance runners, and can be easily customized for specific events.

- Sankar Polytechnic College, Physical Education Department sent a circular to all the Department HOD's about the selection process for the College Basketball team.
- 10 students were selected for the college athletics team.

SL.NO	REG. NO	NAME	DATE OF BIRTH	DEPARTMENT	YEAR	GAME	EVENT	YEAR
1	211110	M. KALINAJ	1/28/2004	CIVIL	III	ATHLETICS	4*400 METER RELAY	2023-2024
2	215110	S. DEEPAK KUMAR	6/2/2004	MECHANICAL	III	ATHLETICS	4*400 METER RELAY	2023-2024
3	223205	G. GOPALA KRISHNAN	4/14/2005	ELECTRICAL	III	ATHLETICS	4*400 METER RELAY	2023-2024
4	234105	P. AYIRAM AKASH	6/10/2008	ELECTRONICS	I	ATHLETICS	4*400 METER RELAY	2023-2024
5	225201	S. DEV VISHVA	3/3/2004	MECHANICAL	III	ATHLETICS		2023-2024
6	211123	M. SANKARAVEL	7/18/2006	CIVIL	III	ATHLETICS		2023-2024
7	211128	K. VEMBU	11/16/2005	CIVIL	III	ATHLETICS		2023-2024
8	233606	GANDHI RAJ	5/13/2006	ELECTRICAL	I	ATHLETICS		2023-2024
9	223105	E. ANDROWS WILLIAMS	11/17/2006	ELECTRICAL	II	ATHLETICS		2023-2024
10	235117	G. MAHARAJA	11/7/2005	MECHANICAL	I	ATHLETICS		2023-2024

GOAL OF THE 4-WEEK PLAN

WEEK - FOCUS

Week 1 - Base conditioning & technique

Week 2 - Speed, strength, and event-specific work

Week 3 - Peak intensity + competition simulation

Week 4 - Tapering + recovery + mental prep

WEEKLY TRAINING STRUCTURE

MONDAY - Sprint Mechanics + Acceleration + Weights

TUESDAY - Event-Specific Training + Plyometrics

WEDNESDAY - Endurance / Tempo Runs + Core

THURSDAY - Sprint Technique + Blocks/Starts + Weights

FRIDAY- Event-Specific + Light Conditioning

SATURDAY- Competition Simulation / Time Trials

SUNDAY- Rest or Light Recovery (Yoga, Mobility, Stretching)

WEEK-BY-WEEK TRAINING PLAN

WEEK 1: FOUNDATION & TECHNIQUE

- Build base speed, endurance, and correct form
- Introduce light weights, drills, and tempo runs
- Sprint drills: A-skips, B-skips, high knees, butt kicks
- Acceleration: 5x20m sprints from 3-point/blocks
- Weights: Full-body (moderate weight, higher reps)
- Plyometrics: Box jumps, hops, skipping bounds
- Tempo: 6x200m @ 70% with 90s rest

WEEK 2: STRENGTH + SPEED DEVELOPMENT

- Build top-end speed and specific event power
- Increase weight training intensity
- Sprint starts: 5x30m + 3x flying 40m
- Bounding, single-leg hops, triple jump drills (for jumpers)
- Weights: Power cleans, squats, lunges, core (3x6 reps)
- Event-specific: Long jump technique / hurdle drills / 400m pacing
- Speed Endurance: 3x300m @ 90% with 4–5 min rest

WEEK 3: PEAK PERFORMANCE & SIMULATION

- Maximum intensity sessions, technical polish
- Practice competition timing & pacing
- Sprint blocks: 4x30m + 2x60m starts
- Race simulations: 100m/200m/400m time trials
- Hurdle rhythm drills or jump approach work
- Speed endurance: 2x150m @ 95% with 6 min rest
- Weights: Reduce volume, focus on power (2–3 sets x 3–4 reps)

WEEK 4: TAPER & SHARPENING

- Reduce load, keep intensity, allow full recovery
- Mental prep, visualization, light technical work
- Sprint starts: 3x20m + 2x40m (full rest)
- Technique drills: Light bounding, hurdle rhythm, form running
- Plyos: Low volume (2 sets each)
- Weights: Very light, or bodyweight only
- Competition warm-up rehearsal
- Visualization & relaxation sessions

RECOVERY & MOBILITY (Daily)

- Foam rolling (quads, hamstrings, calves)
- Dynamic warm-up before training
- Static stretching post-workout
- Ice baths
- Sleep: 8–9 hours/night

ADDITIONAL TIPS

- Warm-Up: 10 mins dynamic drills
- Sprint Technique: A/B skips, dribbles
- Block Starts: 4x30m
- Top-End Sprinting: 3x flying 30m
- Plyometrics: Depth jumps + bounding
- Strength: Squats + RDLs + core (low reps)
- Cooldown: Stretch + foam roll

TABLE TENNIS

TRAINING PLAN

One month training plan designed specifically to elevate your technical skills, match readiness, and mental game, whether you're playing singles or doubles.

- Sankar Polytechnic College, Physical Education Department sent a circular to all the Department HOD's about the selection process for the College Table Tennis team.
- For selection trial more than 10 students came to participate, from 10 students 4 were selected to represent the College Table Tennis team for the year 2023-2024.
- Training started one month prior to the competition date.

SL.NO	REG. NO	NAME	DATE OF BIRTH	DEPARTMENT	YEAR	GAME	YEAR	POSTION
1	225201	S. DEV VISHVA	3/3/2004	MECAHNICAL	III	TABLE TENNIS	2023-2024	RUNNERS
2	232133	R. SELVA SURYA	12/6/2007	COMPUTER	I	TABLE TENNIS	2023-2024	RUNNERS
3	225618	S. K. NARRENTHRA	9/28/2006	MECAHNICAL	II	TABLE TENNIS	2023-2024	RUNNERS
4	215104	A. ANTONY VINISH	6/30/2004	MECAHNICAL	III	TABLE TENNIS	2023-2024	RUNNERS

WEEKLY FOCUS OVERVIEW

Week 1 Technique, Foot work

Week 2 Serve/ Return Mastery, Tactical Play

Week 3 Match Simulation, Pressure Training

Week 4 Tapering, Peak Performance Prep

WEEK 1: FUNDAMENTALS & FOOTWORK

GOAL: Improve technique, consistency, and agility

- Shadow strokes, forehand/ backhand drives (100 each), 2- point footwork.
- 3 types of serves: backspin, topspin, sidespin (50 each), and focus on low bounce.
- FH-BH switching, pivot footwork, cone drills.
- Short serve → push return → 3rd ball attack.
- Random placement, target zones, control under fatigue.
- 3 to 5 games focusing on consistency, no pressure.
- Light jog, dynamic stretching, and recovery work.

WEEK 2: SERVE, RETURN & GAME PATTERNS

GOAL: Sharpen serve/return and build tactical intelligence

- Deep to corners, short to middle, no-repeat zones.
- Flick, short push, fast long push, variation drills.
- Serve + 3rd ball loop, BH flick + rally, kill shot timing.
- FH topspin rally, BH rally, switching drills (10–20 balls per set).
- Point play with conditions: only open with BH, FH pivot attack only.
- Best of 5 or 7 sets with coach/partner, review after.
- Ladder drills, planks, leg raises, yoga stretches.

WEEK 3: MATCH SIMULATION & PRESSURE HANDLING

GOAL: Simulate real matches, build pressure-handling skills

- Warm-up + Best-of-5 match, score pressure focus.
- Serve → 3rd ball → 5-shot rally; focus on finishing points.
- Focus on weaknesses (e.g., flick, loop, serve receive).
- Practice from 8–10 down, deuce play, serve under pressure.
- Rotation drills, serve-receive formations, communication.
- Full match environment, umpire if possible.
- Watch pro games, visualize winning rallies, and relax brain.

WEEK 4: TAPERING + PEAK PERFORMANCE

GOAL: Reduce volume, maintain intensity and focus on sharpness & recovery

- 100 serves – variation, placement, pre-serve routine.
- 3–5 games focus on rhythm, not intensity.
- Visualization + mirror/solo shadow technique.
- Fast hands with multi ball, footwork burst sets.
- One short match, tactical play only.
- Stretching, hydrate, positive self-talk.
- Warm-up, focus, visualizes success, stay calm.

- During the training sessions techniques of strokes were corrected. Within days there is an improvement in their strokes.
- With lots of practice match with each other they were able to perform well in different situations.
- During Competition they were able to face any critical situation with an ease through their performance and secured RUNNER in the Divisional level