

PART I
PHYSICAL FITNESS

1.01 RUNNING

Starting with slow jogging to normal running During running different exercises can be performed such as hands sideways, hands upward hands forward, back and bending forward and down touching the fingers to the ground.

Running sideways for 2.5 mtrs. on both sides i.e. one two keeping left leg as leading leg and then Right leg as leading leg. After the 50 mtrs. Alternate running sideways changing the leading leg from left to right and right to left.

High knee action for 25 mtrs and any other running style one wishes to perform.

1.03 EXERCISES

After completing the running programme which takes around 15-20 minutes go for body exercises (Statemery)

Hope you can follow the exercises and let us have a quick look and perform.

Starting from head towards down to toes.

- a) Head rotation, clock & anti clock wise, sideways and up and down
- b) Wrist rotation Front and Back
- c) Hands rotation Front and Back
- d) Fingers on shoulder and elbows rotation front and back
- e) Arms swings up sideways single arm alternately
- f) Arms swings up sideways both arms
- g) arms stretching back alternately
- h) Trunk rotation clock and anti clock wise
- i) Legs/Feet apart sideways bend
- j) Feet together truck bending toward and hands touching the ground
- k) Feet a part trunk bending front and back
- l) Feet (4) apart and alternate toe touches
- m) Four count exercise with legs wide spread

Count 1 Bend toward and touch the toes with hands

Count 2 Bend forward and elbows touch the ground

Count 3 Bend forward and hands stretch back through the legs

 4 Up and bend back keeping the hands on waist.

(The above exercises should be performed in a swinging action)

- n) Same position (feet wide spread) Forehead touching to the knee
- o) Same position turn to left bend the left knee keeping the Right leg straight on toe rising the heel and pushing the body down
- p) Same to right side
- q) Same left keeping the heel down to left side
- r) Same let keeping the heel down to right side
- s) legs spread and touching the forehead to the ground.
- t) jumps with hands movements (different exercises such as sideways, upwards, forward, front side)
- u) Disco jumps
- v) Normal jumps
- w) Jumps with cycling movement
- x) Jumps with leg rising sideways
- y) jumping and high knee action
- z) Ankle rotation.

Perform these exercise regularly, it takes 30 minutes to finish all these exercises including running for 15-20 minutes.

This will help you to avoid injuries during the game and gain physical fitness required to withstand the pressure.

PART II

2.1 SPECIFIC WARMING UP

2.2 COURT EXERCISES

Court Exercises required for this game.

Before you start playing with the Koit in the Court, you should have an idea of the measurements of the court which helps you a lot in the practice as well as in the tournaments to judge a Koit whether in or out.

The playing area of the court is mainly divided into 2 parts.

1. FORE AND COURT AND

2. BACK HAND COURT

Further the divided F/H & B/H courts are subdivided into Back and Front Courts.

Which are mainly used for toss (Back Court) and Placing (Front Court).

When a player stands in the centre of the court on the zone line the right hand side court is called Forehand and left hand side court is called back hand.

(Considering a player to be a Right handed)

Coming to the court exercises, in general these exercises are performed within the court area.

THE EXERCISES ARE

1. Front and back movement
2. Sideways movement in single court
3. Forehand placing movement
4. Backhand placing movement
5. Fore hand toss movement
6. Back hand toss movement
7. Fore hand jump

The above mentioned exercises are simple and the name itself shows the way to perform the exercise.

All these exercises should be performed 10-15 times in the beginning hit later around 25-30 should be done.

2.3 FRONT & BACK MOVEMENT

Purpose: is to cover the area between the base line and the dead line in three steps

Position: Standing on the base line keeping the Right leg near the base line 4"-6" inside and keeping the left leg forward

Movement Count: Count 1 - bring your right leg forward

 Count 2 - left leg forward

 Count 3 - again right leg forward

In such a manner your right leg will be near the dead line keeping the left leg fully extended bend the right leg touch the dead line with both hands and back in the same manner.

Repetitions: 10-15 times

Advantage: Helps the spinal cord and the waist to be more flexible, improve speed in performing bending movement. Increases the ability to reach the Koit quickly.

2.4 SIDEWAYS MOVEMENT

Purpose : To cover the area between centre line and the side line.

Position : Stand near the zone line in B/H or F/H Court legs spread nil.

Movement: Touching the centre line with hand, chest touching the thigh and then making a sideward movement towards the side line in single step such that the other leg is near the side line and hand touching the line and chest to the thigh.

Repeatation: 10-15 times

Advantage : Swift movement to the sideways and helps to cover the area in quick time.

2.5 FORE HAND PLACING

Purpose : To reach the koit in forehand playing zone position, movement, Advantages are same like sideways movement except that the movement is performed towards the Fore hand playing zone and touch the meeting place where the dead line and the right hand side line will meet & back with same movement will be 45° angle

Repetitions: 10-15 times

2.6 BACK HAND PLACING

Purpose : To reach a Koit in back hand placing zone, position, movement, advantages are same except that and additional overlapping of the right leg is included in the movement.

After doing a short sideways (45° angle) movement towards the B/H placing zone, bring your right leg towards the zone and touch the meeting point with right hand and back with same movement.

Repeatation : 10-15 times

2.7 FORE HAND TOSS MOVEMENT

Purpose: To judge the Koit and receive the Koit inside the Court

Position, movement, advantages are same like Front and back movement except that the movement is performed from the centre.

Repeatations : 10-15 times

2.8 BACK HAND TOSS MOVEMENT

Purpose : To judge the Koit and receive the Koit inside the court.

Position, movement, advantages are same like B/H Placing except that the movement is performed at the back hand toss zone.

2.9 F/H JUMP

Advanced technique and requires good control over the body.

From the normal centre position take jump on the right leg and land on the right leg itself receiving the Koit very much essential in combination exercises and to receive down the line shots on the F/H side.

PART III

3.1 BASIC EXERCISES WITH KOIT

- A. Spin the Koit in front of the body
- B. Spin the Koit to your Right hand side i.e. F/H.
- C. Spin the Koit to your Left hand side i.e. B/H.

The spinning of the Koit helps the player to avoid wobbling shaking etc., movements of the koit while releasing the Koit.

This will help the player to have control over the Koit and can vary the spin as required.

3.2 SPINNING THE KOIT IN FRONT OF THE BODY.

This should be done in such a manner that the Koit moves just in front of the body from chest level to the forehead level and the Player should be able to see through the Koit, which means the exercise which he is doing is correct.

This should be performed only with wrist movement (To get accurate wrist movement hold the Koit and lock the wrist downward then unlock the wrist bring the wrist up, but do not release the Koit. Perform this movement before releasing the Koit, hand should not move.)

3.3 SPINNING THE KOIT TO THE RIGHT HAND SIDE, F/H MOVEMENT)

Locking and unlocking of the wrist is a must to release a Koit and the advantages of this lock & unlock will be dealt later.

Here in F/H movement along with the wrist movement the elbow must be Coordinated in such a manner that when the Koit is in your hand elbow should be up and while releasing elbow should go down.

(Never bring the Koit below the waist level after receiving or while releasing)

3.4 SPINNING THE KOIT TO THE LEFT HAND SIDE, B/H MOVEMENT

Same technique for spinning the Koit to be used but do not bring the Koit below the left elbow while spinning the Koit on above the shoulder.

Once you are perfect in spinning the Koit in all the three types you can step into the court.

Keeping in view all the above points just practise throwing the Koit above the net slowly move away from the net increase the height of the koit while releasing.

This will give you confidence that you are proceeding in a correct path.

Tips to practise in the court the various basic skills.

Starting with the fore hand toss.

Remember never practise a skill combining the movement in the first phase.

In the beginning every skill should be practised only stationery/standing at a place and throwing the Koit to the desired zone.

once you learn this now you can combine the footwork/movement from the centre and receive the Koit from that place and throw back to the desired zone.

In the same manner you have to practise all the skills.

3.5 THE SKILLS ARE

1. F/H to F/H toss
2. F/H to B/H toss
3. F/H to F/H placing
4. F/H to B/H placing
5. B/H to B/H toss
6. B/H to F/H toss
7. B/H to B'H placing
8. B/H to F/H placing
9. F/H to F/H shot cross court
10. F/H to B/H shot down the line
11. B/H to B/H shot cross court
12. B/H to F/H shot down the line
13. F/H to B/H push
14. F/H to F/H cross push
15. F/H placing to F/H toss
16. F/H placing to B/H toss
17. F/H placing to F/H drop (placing)
18. F/H placing to B/H drop (placing)
19. B/H placing to B/H toss
20. B/H placing to F/H toss
21. B/H placing to B/H drop (placing)
22. B/H placing to F/H drop (placing)

The best method to practise the above skills are make a player to stand at the F/H toss zone, from there he will throw the Koit to you at the same spot making movement in such a manner to all the four corners of the court from the F/H zone.

(Never go too fast to learn the game & skills practise regularly and it will help you to achieve perfection)

The above skills should be practised in all the three angles where ever possible to deliver the Koit.

Ex.: If F/H to F/H shots are practised

Alternately you have to use the three angles

1. Straight Koit Shot
2. Flat koit Shot
3. Angled Shot either way

again 1, 2, 3, and repeat

*** If you really want to become a good player first practise every skill stationery i.e. standing then go for movement.

PART IV

4.01 COMBINATION EXERCISES

Combining the two exercises and to perform purpose of combination exercises is, it make as player to accustoms with different foot work at any twice with ease helps the player to reach the Koit easily and avoids way foot work and ionize during practise sessions.

Theses combination exercises can be creative.

In spite of doing every movement independently you have to combine the two independent movements as.

1. Receiving a F/H ten koit and the receiving a F/H placing on drop koit after going to the centre position.

After every Koit a player receive & releases should go to centre before attempting to receive another Koit of the opponent.

2. Receiving a F/H toss and receiving a B/H placing after going through the centre.
3. Receiving a B/H placing and a jump to F/H to receive a down the line shot.

4.02 SIMILAR COMBINATION CAN BE PERFORMED SUCH AS

1. F/H placing & B/H placing
2. F/H placing & B/H toss
3. F/H placing & B/H shot
4. F/H placing & F/H toss
5. B/H placing & F/H shot, etc.

Such type of combinations should be done without a Koit and when you release the Koit you should imagine where you direct the Koit to and in what way.

Once you are familiar with foot work in all directions you can practise with a Koit.

Initially you are advised to throw the Koit in higher trajectory because you will get time to recover and go to centre. Once you set your foot work surfeit you can also go for centre shots, playing etc., at times instead of tossing the koit.

PART V

5.1 KOIT COMBINATION

5.2 COMBINATION EXERCISES WITH KOIT.

The Skills which you have practised without Koit will be done with Koit.

In the beginning with tossing the Koit from your side after receiving, move a step ahead to hit & deliver shots which improve your speed of movement.

As the learner pick up the skills slowly from simple combination exercises to complex combination exercises more difficult combination can also be inculcated.

5.3 HOW TO TACKLE THE CROSS COURT SHOTS.

Whenever a player has to receive a shot delivered cross court, first the player should take a step towards the F/H placing zone or B/H placing zone and receive the Koit going close to the net which does not give chance for you r opponent to recover. After receiving the Koit a player can drop the Koit push the Koit and make the opponent to struggle to receive the koit you have released.

A part from all the skills and techniques mentioned in this book let I would like to stress more on the following few points, which in my view helps a lot to be a good player moreover there are so finer points in the game and to whomever I have suggested these points have increased the ability in the game to perform much more better.

i have seen many players playing the game but not adhearing to the points given below if the players use these simple points a lot of changed game and better performance can be achieved.

5.04 POINTS TO BE REMEMBERED:

While receiving the Koit

1. Watch the Koit in opponents hand
2. Do not anticipate the return of the Koit in a particular place
3. Do not take movement towards your anticipated zone.
4. Take place in the centre and be ready to move
5. After seeing the Koit released from the opponent hand in a particular direction make your movement towards the Koit.
6. A good foot work and a stable body helps you to have a good movement
7. Do not watch the opponent eyes, body movement and foot work.

While releasing the Koit

1. After receiving the Koit, watch the opponent
2. Watch the stance of the opponent and the place where he stands (straight or bend)
3. If opponent makes any movement of his feet in a particular direction release the Koit opposite to the movement made by the opponent.

4. If no movement is performed drop the Koit at a safe place or hit down the iine or to his weak hand side.
5. The most important is watching the opponent till you release the Koit.
6. NEVER LOOK AT THE KOIT YOU RELEASED and come back to the centre before the opponent receives the Koit.

A STEP TOWARDS THE GAME

The word Tennikoit and the game of Tennikoit sound unfamiliar. Though this game requires the same amount of hard work, stamina, endurance etc., unfortunately the game is not popular and many consider this game can be played with ease.

The hardship one has to undergo to be a good player of Tennikoit under the available guidance of a good coach takes a minimum period of two years. Being a National Champion for 6 consecutive years and 9 times State Champion, I know what type of physical fitness and physical training one has to undergo to reach the top position.

This small booklet will help you to become a good player and shows the way to achieve success in this game.

My aim and goal in bringing out this booklet is to help you in a better way and know the various skills to develop your game. I feel no such work has been done before.

Hoping your Co-operation and blessings from the well wishers. I once again welcome you to take the best out of this small work done.

How to play the game, the rules to be followed and other information regarding the game can be known from the book.

"GAME RULES" From Tennikoit Federation of India.

Before I introduce you, how the different skills and Techniques of the game to be developed, I heartily welcome all the Tennikoit learners, players and Coaches to proceed forward with confidence.

Keeping in view of the novice players and for their convenience the game has been divided into 5 parts.

1. The first one deals with general warming up. i.e., physical fitness
2. The second with specific with warming up. Concerned to this game, court exercises.
3. Basic exercises with Koit
4. Combination exercises in the court
5. Combination exercises in the court with Koit.

To the part mentioned above where much explanation is required is given dealt in brief and others as brush up.