



**Name: Anshu (Left handed)**

**Age: 7 years/M**

**Sports: Tennis**

**Level of sports: Junior Advanced**

### **Customized Individual recommendation Emotional welling**

#### **Observation report**

As per the interaction with Anshu, he is an introverted child, it takes time for him to connect with people. Since 1 and half years he is connecting with people and opening up, as per parents observation.

Recent incident in the match shows that he is overly attached with reinforcement given by parents to reach his goal where he is forgetting about realistic goals. As per the observation he is good in confidence, competency and consistency. The area which needs improvement is emotional control.

#### **Recommendation:**

##### **About Counselling & Performance Routines**

The goal of counselling is to build mental skills to enhance performance, especially performance under pressure. Mental training is the means by which psychological skills are built. There are 5 cardinal skills of mental training. These are: intensity control, concentration, self-talk, imagery and performance routines.

The Mental Training presents a performance routine. It prepares the player for the game by developing an action plan and by rehearsing this plan – so that it is ready to use on game day. Like any performance routine, the purpose of the Mental Training is to bring a systematic and disciplined approach to the game, from the first event to the last event of the day.

The building blocks of the performance routine are intensity control, concentration, self-talk, and imagery. This mental training exercise begins with a practice of intensity control methods, and is followed by a series of imagery based scenarios that incorporate concentration and self-talk.

**Notes: As Anshu's emotion is not under his control, the focus will be on building a champion's mindset**

**Number of sessions recommended:** 1 session per week specifically after S & C. In session, Physical activity, psychological activity and mental toughness activity will be included with realization activity.



### **Customized S & C Individual recommendation**

**Reason for referral:** Shubha (mother) and Coach Karthik tennis

**Tennis coach observation:**

1. Lack of fast switch
2. Lack of back end
3. Direction confusion

**S & C coach observation and recommendation: Three month workout plans**

1. Anshu trains 2 days 1:1 for 1.5 hours with Coach Karthik at SOL Sports tennis academy.
2. He plays 1 hour of rally practice with coach Prashanth weekly for 2 days.

His S&c training is scheduled for 2 days and the plan is as follows:-

**Focus:** Speed, fast switch and strength

1. In speed will cover the distance various direction
2. In fast switch will start and land progress
3. In strength will cover the arms and legs ( hip joint and back shoulder joint )

**Workout plan:**

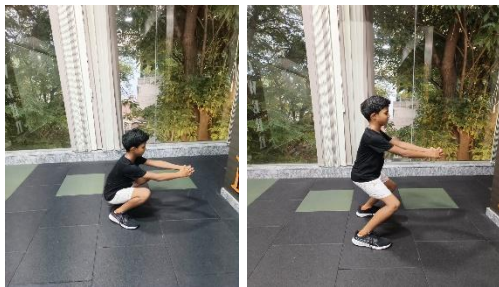
1. First month (focusing on alignment and strength )
2. Second month (focusing on speed and endurance )
3. Third month (focusing on fast reaction and fast thinking )

**Customized Physio care and plan  
Injury prevention program**

**Anshu plays professional tennis and tennis is an intense game which needs proper recovery.**

**Physio Observation:** No past history of any injury.

**Assessment:** Squat correction needed.

**PLAN:**

1. Rolling must be done after any session of training.
2. Warm up before the Tournament includes all mobility and activations.
3. Cooling down after the Tournament includes stretching and foam rolling.
4. Any kind of Physio support will be given at pre and post training/Tournaments.
5. Need to work on squat correction.