



# **Commonwealth Games – 2010**

## **Para Table Tennis Camp Report**

**Camp Held on 1<sup>st</sup> February to 3<sup>rd</sup> March at  
Gandhinagar SAI**

**Pardeep Lal  
(T.T. Coach)**



## Commonwealth Games-2010

### Training of National Teams

#### Performance of Coaches – Self Assessment & Coaches Monitoring Profile

##### **A. Personal Data: -**

**NAME:** - Pradeep Chander Lal

**FATHER'S NAME:** - R. B. Lal

**SPORTS:** - Para Table Tennis  
20.12.1949

**SEX:** - Male

**DATE OF BIRTH:** -

**ADDRESS:** - 259 Siddhartha Enclave Ring Road

**DISTRICT:** - New Delhi

**STATE:** - Delhi

**PIN CODE:** - 110014

**MOBILE:** - 09810016729

**E-MAIL:** - pradeep259@yahoo.com

**EDUCATION QUALIFICATION:** - 1. B. A. (BITS) Pilani  
2. M. B. A. Delhi University

**HEALTH STATUS (Chronic/Major illness, if any):** - Wheelchair

**COACHING EXPERIENCE:** - Coaching since 2001 Indira Gandhi Stadium, Jawaharlal Nehru Stadium & Spine Injury Center Delhi

1. Produced 6 International Level Table Tennis Wheelchair Player.
2. Produced 25 National Level Table Tennis Wheelchair Player.

**SPORTS KIT SIZES:** - 1. TRACK SUIT SIZE: - XL  
XL

**2.T-SHIRT SIZE:** -

**3. SHOES SIZE:** - 8

**PASSPORTS DETAIL:** - 1. PASSPORT NO.: - G0671013

**2. PLACE OF BIRTH:** - Meerut UP

**3. PLACE OF ISSUE:** - Delhi

**4. DATE OF ISSUE:** - 13-11-2006

**5. DATE OF EXPIRY:** - 12-11-2016

**B. Association with present Coaching camp**

Date of signing the contract as coach – 10th September 2010

Date of joining the present camp - 2<sup>nd</sup> February 2010

Leave, if any, taken during the camp - NIL

Days of training missed due to illness, if any - NIL

**1. Areas in which significant contribution made** (Provide details of the work output)

- Planning of training schedule : Preparatory Phase-I
- Technical output : 50% technical training
- Tactical Planning : 10% tactical planning
- Fitness of Players : concentrate on 80% fitness of Athletes
- Motivating players : Motivating to win medals in CWG-2010

**2. Interaction with other officials**

(Number of times actually accompanied the players – Report on weekly basis)

- Doctors : No
- Physiotherapists : No
- Sports Scientists : One Time / week
- Dope Tests : Not Available
- Gymnasium : 3 times (per week)

**3. Number of team meetings attended** (daily/weekly basis) – Daily

**4. Recovery Methods used in training** (Sessions per week)

- Massage : No
- Sauna : No
- Swimming Pool : One Sessions / week
- Yoga : Two Sessions / week
- Other Methods : No

**5. Tests and Measurements carried out on players** (weekly basis)

- Tests**
- Skills : Once/week

- Physical fitness tests : Once
- Medical checkup : No
- Doping Control : No
- Sports Sciences tests : One Time / week

**6. Recreational facilities provided to players (number of weekly/monthly sessions)**

- Recreational Games : Once/week
- Movies : Once/week (Sports Movies on laptop)
- Parties/Get together : Once/week

**7. Information technology adopted for Up-gradation of self knowledge**

- Usage of Training Manuals/Books (Mention the name) : Table Tennis Book
- Surfing Internet (Names of the sites visited regularly) : [www.ittf.com](http://www.ittf.com), [www.tffi.org](http://www.tffi.org),
- Reading of Journals/Newsletters of International Sports Federations (Mention the name) :

**8. Proficiency in using Computer / Internet : Good**

**C. FOREIGN EXPOSURE**

**1. Last Foreign exposure of the team : National Coaching Camp at LONDON, (UK)**  
(1<sup>st</sup> October to 4<sup>th</sup> November 2009)

**2. Whether accompanied the team : No**

**3. Lessons learned during the visit : No**

**4. Next foreign exposure of the team**

Opponent teams at the coming exposure : All World Para-Table Tennis Teams  
 Key Players in the opponent team : Players of Russia & China  
 Opponents' strong points : Regular training, used high-tech equipment and

High quality facilities

Opponents' weak points :

Strategies planned to deal with opponents (State only non-confidential points): Before planning the strategies the team should get the permission to participate in the International championships.

**Date: 05.03.2010**

Signature: \_\_\_\_\_

**Name : Pardeep Lal**



## Commonwealth Games-2010

### Para Table Tennis National Coaching Camp at Gandhinagar SAI (1<sup>st</sup> February to 3<sup>rd</sup> March 2010)

### Performance Report

**02.03.2010 Tuesday**

Match No.	Name	Set No.-1	Set No.-2	Set No.-3	Winner Name
1	Ramila Chavan	11	11	No	Ramila Chavan: 2-0
	Swarna	4	1	No	

Match No.	Name	Set No.-1	Set No.-2	Set No.-3	Winner Name
2	Sonal Patle	11	4	10	Ramila Chavan: 2-1
	Bhavina Patel	9	11	12	

Match No.	Name	Set No.-1	Set No.-2	Set No.-3	Winner Name
3	Ushaben Rthod	11	6	11	Ushaben Rthod: 2-1
	Pragya Ghilldayal	8	11	5	

Match No.	Name	Set No.-1	Set No.-2	Set No.-3	Winner Name
4	Pragya Ghilldayal	13	9	4	Sonal Patle: 2-1
	Sonal Patle	11	11	11	

Match No.	Name	Set No.-1	Set No.-2	Set No.-3	Winner Name
5	Swarna	8	6	No	Bhavina Patel: 2-0
	Bhavina Patel	11	11	No	

Match No.	Name	Set No.-1	Set No.-2	Set No.-3	Winner Name
6	Ramila Chavan	11	11	11	Ramila Chavan: 2-1
	Sonal Patle	13	9	9	

Match No.	Name	Set No.-1	Set No.-2	Set No.-3	Winner Name
7	Ramila Chavan	12	11	No	Ramila Chavan: 2-0
	Ushaben Rthod	10	6	No	

Match No.	Name	Set No.-1	Set No.-2	Set No.-3	Winner Name
8	Sonal Patle	11	11	No	Sonal Patle: 2-0

	Swarna	1	3	No	
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Match No.	Name	Set No.-1	Set No.-2	Set No.-3	Winner Name
9	Ramila Chavan	11	11	No	Ramila Chavan: 2-0
	Pragya Ghilldayal	2	2	No	

Match No.	Name	Set No.-1	Set No.-2	Set No.-3	Winner Name
10	Bhavina Patel	13	9	11	Bhavina Patel: 2-1
	Ushaben Rthod	11	11	6	

Match No.	Name	Set No.-1	Set No.-2	Set No.-3	Winner Name
11	Pragya Ghilldayal	4	8	No	Bhavina Patel: 2-0
	Bhavina Patel	11	11	No	

Match No.	Name	Set No.-1	Set No.-2	Set No.-3	Winner Name
12	Swarna	7	5	No	Ushaben Rthod: 2-0
	Ushaben Rthod	11	11	No	

Match No.	Name	Set No.-1	Set No.-2	Set No.-3	Winner Name
13	Ramila Chavan	7	9	No	Bhavina Patel: 2-0
	Bhavina Patel	11	11	No	

Match No.	Name	Set No.-1	Set No.-2	Set No.-3	Winner Name
14	Swarna	2	6	No	Pragya Ghilldayal: 2-0
	Pragya Ghilldayal	11	11	No	

Match No.	Name	Set No.-1	Set No.-2	Set No.-3	Winner Name
15	Sonal Patle	11	11	11	Sonal Patle: 2-1
	Ushaben Rthod	13	5	2	

### Final Result

Rank	Name of the Player	Winner Match	Loss Match
1	Bhavina Patel	5	0
2	Ramila Chavan	4	1
3	Sonal Patle	3	2
4	Ushaben Rthod	2	3
5	Pragya Ghilldayal	1	4
6	Swarna	0	5

(Pardeep Lal)  
T. T. Coach



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### Para Table Tennis National Coaching Camp at Gandhinagar SAI (1<sup>st</sup> February to 3<sup>rd</sup> March 2010)

#### Facility Report

Sr. No.	Particular	Conditions
1	Travel	Good (By Air)
2	Climate	Very Good
3	Accommodation	Good
4	Food	Good
5	Ground	Average
6	Equipment	Average
7	Recovery Method (Massage, Sauna, Swimming Pool)	Average
8	Medical Checkup Facility	Average
9	Physiotherapists	Average
10	Sports Scientists	Average
11	Sports Psychologist	Not Available
12	Gymnasium	Average
13	Recreational Facility	Good

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