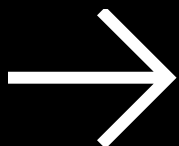


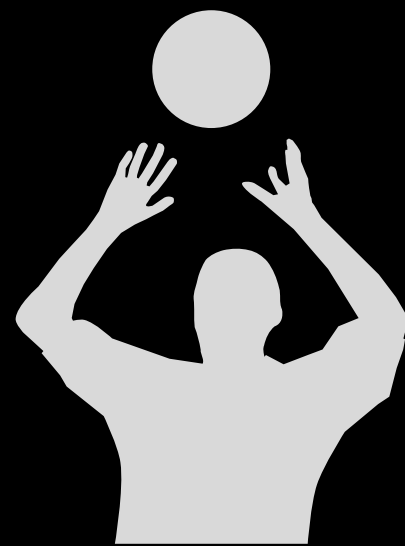
PROGRAMME REPORT

TRAINING PROGRAMME DA-IICT



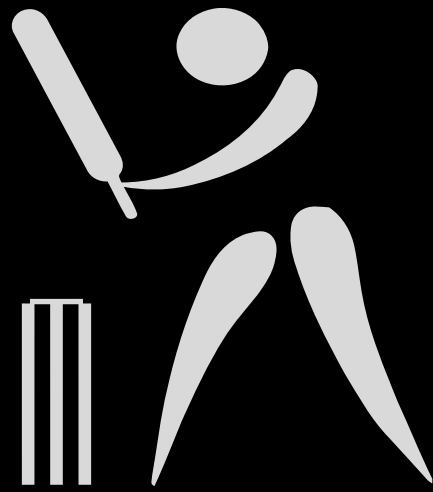
DESCRIPTION

- The training program at DA-IICT consists of 10 teams participating in training and yoga exercises conducted by coaches of their respective sports
- The following teams have participated and completed the training programme
 - Cricket
 - Badminton
 - Table Tennis
 - Football
 - Lawn Tennis
 - Volleyball
 - Basketball
 - Athletics
- Programme Duration: 30+ hrs



CRICKET

- *strength training exercises*
- *cricket coaching*
- *Compulsory for all the team members to participate*

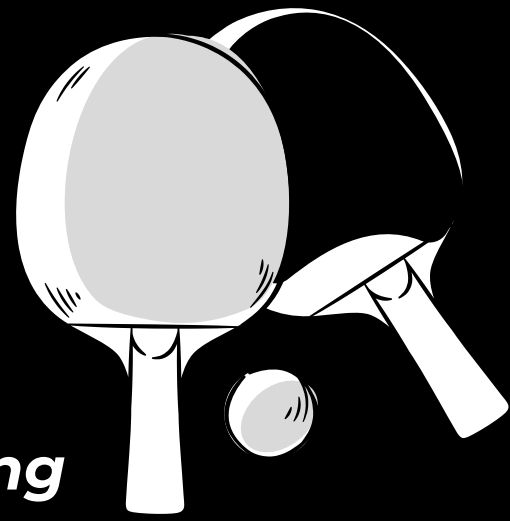


BADMINTON

- *mobility exercises, stretching exercises*
- *lower limb endurance training*
- *badminton coaching*
- *Compulsory for all the team members to participate*

TABLE TENNIS

- *High Intensity interval training*
- *Compulsory for all the team members to participate*



FOOTBALL

- *Agility Exercises*
- *Medicine Ball Pushups*
- *Lateral Hurdle Sprints*
- *Forward and Backward Sprints*
- *Compulsory for all the team members to participate*

LAWN TENNIS

- ***Strength and Muscle Phase***
- ***Strength Training***
- ***Compulsory for all the team members to participate***



BASKETBALL

- ***Endurance training and coaching sessions***
- ***Compulsory for all the team members to participate***



VOLLEYBALL

- ***Focused weight training, such as squats and lunges, and various types of abdominal crunches, including forms of Swiss ball training***
- ***Stretching and flexibility exercises***
- ***Aerobic fitness***
- ***Compulsory for all the team members to participate***



ATHLETICS

- ***Core Stability***
- ***Compulsory for all the team members to participate***



OUTCOMES

- *Fitness of all the team members is regularly maintained*
- *Opportunity for all the other students to join and learn the sport*
- *Performance in Inter College tournaments and state level tournaments has improved*
- *Discipline is introduced in team members' routine.*
- *More participation from the student community*