

A BRIEF REPORT ON ON LINE COACHES EDUCATION PROGRAMME IN INDIA FROM 16 APRIL TO 13TH MAY 2020

Athletics Federation of India organized an Online Coaches Education Program from 16th April to 13th May with 22 sessions, 2 hr a day. This program was aiming up grading the coaches in India their knowledge during the lock down in the country. The scheduled program covered Sports Science as well the Sports specific theory of Sprint & Hurdles, Jumps, Throws, Middle distance and Combined events. The entry level of Participants were Minimum Level 1 and the Diploma holders of Indian Coaches Education System.



The program was inaugurated on 16th by President Athletics federation of India and World Athletics Council member Mr. Adille Sumariwalla. There were Participants from SAF Countries and Some Coaches from Malaysia, Indonesia, Singapore and Philippine in addition to the Coaches from India. Average 850 Participated in the 22 Days sessions. Mr. Gef Gardner the Vice President & Chairman of Development Commission of World Athletics. Mr. Ria Lumintuarso

(Director of ADC Jakarta) and Ms Vellery Adam the four time world Champion in Shot Put were the guest of honor on difference sessions of Online program.

The Lectures were Mr. Volker Herrmann , High Performance Director of AFI and World Athletics Level II & III Lecturer, Mr. Radhakrishnan Nair World Athletics Level I & II Lecturer, James Hillier of UK, World Athletics Level II Lecturer, Dr. Klaus Bartonietz, World Athletics Level II & III Lecturer, Ms, Mihira Khofer, Lead Nutritionist of Reliance Hospital, Mr. Uwe Hohn High Performance Javelin Thrower of AFI, Mr Raj Mohan & Mr. Nagesh , Coaches of National Team.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time	13-04-2020	14-04-2020	15-04-2020	16-04-2020	17-04-2020	18-04-2020	19-04-2020
				10.00-11.00	10.00 - 11.00	10.00 - 11.00	
Topic				Athletes Development	Coaching Philosophy	Principles of Coaching	
Lecturer				Volker Herrmann & Radhakrishnan Nair	Volker Herrmann	Galina Bukharina	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	20-04-2020	21-04-2020	22-04-2020	23-04-2020	24-04-2020	25-04-2020	26-04-2020
Time	10.00 - 11.30	10.00 - 11.00		10.00 - 11.00	10.00 - 11.00	10.00 - 11.30	
Topic	Speed Training	Sprint and Running Drills		Nutrition and Supplementation	Coordination	Hurdling and Hurdle Drills	
Lecturer	Volker Herrmann	Raj Mohan & P Nagesh		Mihira Khopkar	Volker Herrmann	James Hillier	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	27-04-2020	28-04-2020	29-04-2020	30-04-2020	01-05-2020	02-05-2020	03-05-2020
Time	10.00 - 11.00	10.00 - 11.30		10.00 - 11.00	10.00 - 11.00	10.00 - 11.00	
Topic	Anti-Doping	Strength Training		Fundamentals of Throwing	Rotational Throws	Javelin Throw	
Lecturer	Radhakrishnan Nair	Volker Herrmann		Radhakrishnan Nair	Dr. Klaus Bartonietz	Uwe Hohn	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	04-05-2020	05-05-2020	06-05-2020	07-05-2020	08-05-2020	09-05-2020	10-05-2020
Time	10.00 - 11.00	10.00 - 11.30		10.00 - 11.00	10.00 - 11.30	10.00 - 11.00	
Topic	Anatomy	Fundamentals of Jumping and Bounding		Basic Endurance Training	Session Planning	Communication	
Lecturer	Radhakrishnan Nair	Volker Herrmann		Mr. Pralay Majumdar	Volker Herrmann	Radhakrishnan Nair	
Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	11-05-2020	12-05-2020	13-05-2020	14-05-2020	15-05-2020	16-05-2020	17-05-2020
Time	10.00 - 11.30		10.00 - 11.30	10.00 - 11.00			
Topic	Planning and Periodisation of a Season		Microcycle Planning	Question & Answering			
Lecturer	Radhakrishnan Nair		Volker Herrmann	Radhakrishnan Nair & Volker Herrmann			