

Sports Authority of India
Netaji Subhas National Institute of Sports, Old Moti Bagh, Patiala -147001

SCHEDULE OF ONLINE THEORY CLASSES FOR CERTIFICATE COURSE IN SPORTS COACHING JAN-FEB, 2022 Specialized Sport – ROLL BALL

| Day | Date | Time of Session | Topic of Specialized Sports | Practical/ Drills | Time of Session – II | Topic for discussion | Drills |
|-----------|------------|-----------------|--|------------------------------------|----------------------|--|------------------------------------|
| Tuesday | 22.02.2022 | | Basic Equipments of Roll Ball | Ground Marking | | Basic Skills/ Training techniques of Roll Ball | Skating Dribbling |
| Wednesday | 23.02.2022 | | Basic Skills/ Training techniques of Roll Ball | Passing Shooting | | Basic Skills/ Training techniques of Roll Ball | Passing Shooting |
| Thursday | 24.02.2022 | | Body Movements | Player positions | | Zone Play (Defense strategies) | Drills |
| Friday | 25.02.2022 | | Zone Play (Attacking strategies) | Drills | | Game strategies/ Tactics | Practical skills |
| Saturday | 26.02.2022 | | Role & Duties of officials | Positions & Movements in ground | | Rules & Signals | Fouls & Violations |
| Sunday | 27.02.2022 | | _____ | _____ | _____ | _____ | _____ |
| Monday | 28.02.2022 | | Game strategies/ Tactics | Practical skills | | Team activities | Recreational drills |
| Tuesday | 01.03.2022 | | HOLIDAY | | | HOLIDAY | |
| Wednesday | 02.03.2022 | | Chart Presentations | Execution of Lesson plan in ground | | Chart Presentations | Execution of Lesson plan in ground |
| Thursday | 03.03.2022 | | Chart Presentations | Execution of Lesson plan in ground | | Chart Presentations | Execution of Lesson plan in ground |
| Friday | 04.03.2022 | | Chart Presentations | Execution of Lesson plan in ground | | Certificate Distribution | |

TOPICS FOR INDIVIDUAL LESSION PLAN/ CHART PRESENTATION

1. SKATING SKILLS
2. ZIGZAG SKATING
3. SHUTTLE RUN
4. SIDE SKATING
5. BACKWARD SKATING
6. APPLYING BRAKES IN FORWARD SKATING
7. APPLYING BRAKES IN BACKWARD SKATING
8. SIDE DRIBBLE
9. HIGH DRIBBLE
10. LOW DRIBBLE
11. ONE HAND DRIBBLE
12. TWO HAND DRIBBLE
13. CHEST PASS
14. BOUNCE PASS
15. LONG PASS – COUNTER ATTACK
16. LONG PASS – SIDE TO SIDE
17. QUICK PASS
18. HIGH RISK PASS
19. CATCHING SKILLS- CHEST PASS
20. CATCHING SKILLS- BOUNCE PASS
21. CATCHING SKILLS- LONG PASS
22. JUMP SHOOT
23. SIDE SHOOT
24. BOUNCE SHOOT
25. BACK SHOOT
26. UNDER ARM SHOOT
27. SPIN BOUNCE SHOOT
28. DODGE SHOOT
29. PANELTY SHOOT
30. GOAL KEEPER SKILLS – CENTRE ATTACK
31. GOAL KEEPER SKILLS – CORNER ATTACK
32. GOAL KEEPER SKILLS – PANELTY SHOOT
33. GOAL KEEPER SKILLS – DEFENDING COUNTER ATTACK
34. GOAL KEEPER SKILLS – FAST BREAK
35. ZONE DEFENCE - 5-1 DEFENSE STRATEGY

36. ZONE DEFENCE - 1-4-1 DEFENCE STRATEGY
37. ZONE DEFENCE - 2-3-1 DEFENCE STRATEGY
38. SNATCHING SKILL
39. MAN TO MAN DEFENCE STRATEGY
40. MAN TO MAN DEFENCE STRATEGY – COUNTER ATTACK
41. 5-1 ATTACK STRATEGY – ROTATION
42. 5-1 ATTACK STRATEGY – V PASS
43. 5-1 ATTACK STRATEGY – LONG SHOOT
44. 4-1-1 ATTACK STRATEGY – COUNTER ATTACK
45. 3-2-1 ATTACK STRATEGY - HIGH RISK PASS
46. 3-2-1 ATTACK STRATEGY – ONE TOUCH PASS (WITHOUT DRIBBLE)
47. 3-2-1 ATTACK STRATEGY – SCREEN & SHOOT
- 48.

COMPULSARY ASSIGNMENT FOR ALL

1. LABELLED DIAGRAM: GOAL POST (BOTH SIZES)
2. LABELLED DIAGRAM – GROUND MEASUREMENT (BOTH SIZES)
3. POOL DRAW – LEAGUE CUM KNOCK OUT (20 TEAMS/ 36 TEAMS) & MATCH FIXTURES
4. CHAMPIONSHIP PLANNING & MATCH SCHEDULES (3/4 DAYS)
5. POINT DISTRIBUTION TABLE (OF GIVEN RESULTS)

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Roll Ball Federation of India