



# SPORTS AUTHORITY OF INDIA



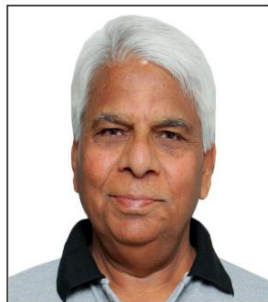
**Webinar Id: 835 4571 4767**



# Online Coaching & Education Programme for Grass-root Level Athletes under



## ‘**Khel Pathshala**’



**MR. NIRBHAYA SINGH**  
PROGRAM DIRECTOR



**R N MANGLA**  
EXPERT



**ROHIT JAISWAL**  
EXPERT



**SANDHYA KAUL**  
EXPERT

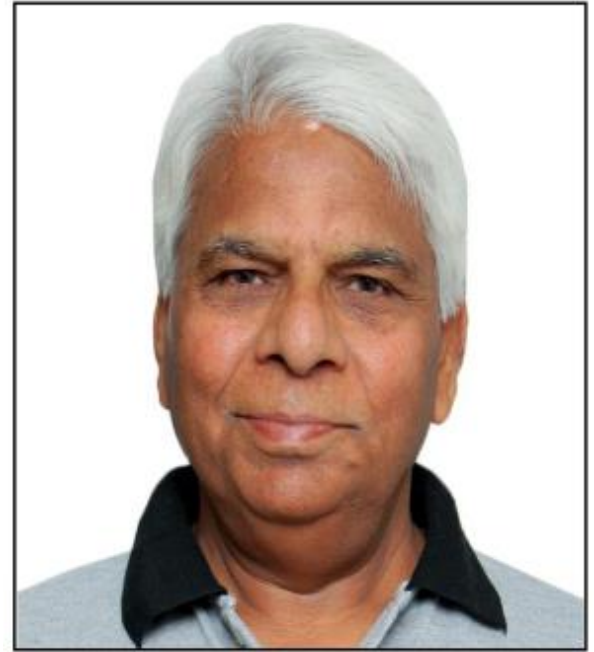


**DR. P. RAVINDRA KUMAR**  
EXPERT

# Program Director

**Mr. Nirbhaya Singh.**  
**B.Sc. M.A. (Sociology)**  
**Master's in Sports Coaching**

**Former International gymnasts and Judge.**  
**Recipient of M.P. State “Vikram Award”**  
**Former In charge and Chief coach Gymnastics,**  
**Department SAI, NS NIS , Patiala**



# Experts

## **R. N. Mangla B. Sc. Master's in Sports Coaching**

**Former FIG International Judge 1982**

**Former In charge/ Chief Coach Gymnastics Department  
SAI NSEC Kolkata 1982-1996. 36 yrs. Coaching Experience**

**Sports Analyst Indian Team for CWG New Delhi 2010**

**Published Quarterly GFI News Bulletin 2008-2015**

**Publishing Quarterly MAGA News Bulletin since 2015**

**Results compilation of all National Championships  
since 1952.**



# Experts

## MR. ROHIT JAISWAL

**First Indian Gymnast** to win

Silver medal in Asian Gymnastics Championship held at China in 2003 and Bronze medal at Commonwealth Youth Games at Australia in 2004.

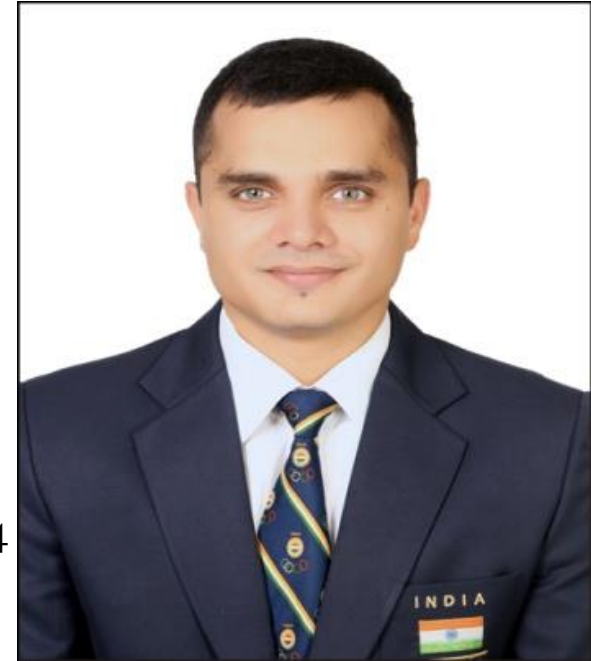
Special award holder by government of India

Prestigious Sports **“Laxman Award”** holder given by Uttar Pradesh Government.

Coach Indian team in Youth Olympic Games held at China 2014

Qualified FIG International Coach Level – III

Qualified FIG International Judge XIII Cycle



# Experts

## **MS. SANDHYA KAUL**

Junior National Champion 1975, 76, & 77

Sr. National-All round 2nd best gymnast in 79 & 81

All India Inter-University Champion 1982

Member of Indian women team visited China 1982

35 years Coaching experience in SAI

FIG International Judge VIII Cycle (1993-97)

Coach Indian women team in Jr. Asian Gymnastics

Championship New Delhi 1992

Judge in Jr. Asian Gymnastics Championship at

Hiroshima 1994

Expert panel of coaches (member) 1999 & Member  
of Khelo India TSC



# Experts

## **DR. P. RAVINDRA KUMAR**

M.A (Sociology), M.Sc. (Sports Coaching), M.Sc. (Psychology)  
M.Phil. (Physical Education), Ph.D. (Physical Education).  
Diploma in Coaching Gymnastics, SAI, NIS, Patiala.  
Diploma in Guidance and Counselling, Kakatiya University,  
Warangal.  
Diploma in International Coaching course, Semmelweis  
University, Budapest, Hungary.  
Won Gold Medals in Sub-Junior, Junior, Senior Nationals and  
All India Championships.  
Attended Junior National camps.





# PREFACE

- Right now while many of us are quarantined at home, it can be challenging to keep up with gymnastics activities at home.
- While you won't be able to train major skills at home, you could still keep your body in gymnastics shape by practicing certain aspects of basics of gymnastics at home.
- Here are some gymnastics conditioning exercises to help you to keep up with your gymnastics training during lockdown period.

# IMPORTANT INSTRUCTIONS

- We disclaim all liabilities for any physical harm resulting from the information in on line gymnastics programme.
- Unhealthy and injured children are advised not to participate.
- All the participants need to be under the supervision of their parents to be safe.
- Participants must wear proper training uniform and bring their own water bottle.
- Participants are expected to do some general warming up exercises prior to on line classes.
- Pay attention to the instructions given by the experts during the course of presentation.
- Only 2x3 meter indoor or outdoor space with anti slippery carpet and one wooden stick of one meter size with a diameter of 28 mm or rope is required for training.

# MOST IMPORTANT INSTRUCTIONS

For successful practice please follow the under mention important points:-

1. Quality is more important than quantity.
2. Don't rush to perform exercises without focusing on your body form.
3. Correct Body form is so important to give right impact on your bodily muscles. In doing so it will be easier in future to perform difficult skills.
4. Focus on executing each skill with a good tight (Tension) body form.

# GENERAL FITNESS PROGRAM

**General Fitness Program**



**Mobility And Warm Up**



**Conditioning (Special Drills)**



**Flexibility And Recovery**

# Mobility and Stretching before warm up

S. N.	Exercise description	No. Of Repetitions
1	<b>Wrist and Ankle rotation together.</b> a) Wrist rotation forward and left ankle rotation x4 b) Wrist rotation backward and right ankle rotation x4 8x8= one repetition	2 Times
2	<b>Neck Rotation</b> 4 times left and 4 times right 4x4= one repetition	2 Times
3	<b>Shoulder Rotation Straight Arms</b> 4x left and 4x right 4x4= one repetition	2 Times
4	<b>Trunk Rotation</b> 4x Anticlockwise, 4x clockwise. 4x4= one repetition	2 Times
5	<b>Hip joint rotation with left and right bent leg</b> 4x4= one repetition	2 Times
6	<b>Knee bent and Stretch</b> Bent and stretch = one repetition	4 Times

# Mobility and Stretching

## Wrist and Ankle Rotation

YouTube Link:

<https://youtu.be/b6p6XS4tupI>



# Mobility and Stretching

## Neck Exercise

(Left, Right, Forward & Backward)

YouTube Link:

<https://youtu.be/anMrckfwff0>



# Mobility and Stretching

Shoulder Rotation  
forward and backward

**YouTube Link:**

<https://youtu.be/NV8WQlhdpZs>





# Mobility and Stretching

Trunk Rotation  
clockwise and anti clockwise

**YouTube Link:**

<https://youtu.be/Ohjp-a0DS64>



# Mobility and Stretching

Hip Rotation left and Right  
with one leg

**YouTube Link:**

<https://youtu.be/QQAjc62P7JE>



# Mobility and Stretching

## Knees Bending

**YouTube Link:**

**<https://youtu.be/avtQSfxI1I0>**



# Cardiovascular Exercises In Continuation

Sr. No.	Exercise description	Time
1	Jogging on spot	10 Sec.
2	High Knee running on spot	10 Sec.
3	Running with heel kick back	10 Sec.
4	Scissor step out forward and backward	10 Sec.

**One round  $10 \times 4 = 40$  Sec and rest 15 sec and second round  $10 \times 4 = 40$  sec and rest 45 sec**

# Cardiovascular Exercises In Continuation

<b>5</b>	Jumping Jack	10.Sec.
<b>6</b>	Stretched body jump arms up	10.Sec
<b>7</b>	Body twisting	10.Sec
<b>8</b>	Squat sit and stretch body jump	10.Sec

**Third round  $10 \times 4 = 40$  Sec and rest 15 sec and fourth round  $10 \times 4 = 40$  sec and rest 45 sec  
First two weeks same above program will continue .**

**For Next two weeks same program and only increasing the duration of each exercise by 15 sec. i.e.**

**first round  $15 \times 4 = 60$  sec and rest 15 sec. and second round  $15 \times 4 = 60$  sec and rest 45 sec.**

**Third round  $15 \times 4 = 60$  Sec and rest 15 sec and fourth round  $15 \times 4 = 60$  sec and rest 45 sec**

# Cardiovascular Exercises

## Simple Jogging

**YouTube Link:**

<https://youtu.be/PhXlIfqOajU>



# Cardiovascular Exercises

High knees on the spot

YouTube Link:

<https://youtu.be/5uItmyIKdTs>



# Cardiovascular Exercises



Heels back kick

**YouTube Link:**

[https://youtu.be/W3sKbKCyd\\_g](https://youtu.be/W3sKbKCyd_g)



# Cardiovascular Exercises



Scissors jump forward and backward

**YouTube Link:**

[https://youtu.be/6rDyFE\\_qMPw](https://youtu.be/6rDyFE_qMPw)

# Cardiovascular Exercises

## Jumping Jacks

**YouTube Link:**

<https://youtu.be/4ofH04TXQq4>



# Cardiovascular Exercises



Straight Body Simple Jump

**YouTube Link:**

<https://youtu.be/7hx2LbzCq18>

# Cardiovascular Exercises

Jump twisting

YouTube Link:

<https://youtu.be/VW2BGDdJ38c>



# Cardiovascular Exercises

Squat sit vertical jump

**YouTube Link:**

<https://youtu.be/DvT1szE0xnY>



# Dynamic Strength Exercises

S. No.	Exercise description	No. of Repetitions
1	Heels raising upward with Wooden stick over head	10 Times
2	Squat sitting with Wooden stick over head ( legs apart shoulder width )	5 Times
3	Lunges legs forward and backward	5 Times
4	Side Sitting left and right	5 Times
5	Trunk bending forward and backward at 90 degree with Wooden stick over head.	10 Times
6	Trunk Bending side ways with Wooden stick over head.	10 Times
7	Jack Knife	10 Times
8	Boating all side	10 Times
9	Flutter kicks with open and close and forward and backward	6 Times
10	Saluting with one arm dips	6 Times
11	Dips with straight body	5 Times

# Dynamic Strength Exercises



Raising of Heels

YouTube Link:

<https://youtu.be/GaLvmlDOmF8>

# Dynamic Strength Exercises

**Squat Sit legs apart  
(arms upward)**

**YouTube Link:**

<https://youtu.be/DvT1szE0xnY>





# Dynamic Strength Exercises

## Lunges

YouTube Link:

<https://youtu.be/umAwzUx7eEA>



# Dynamic Strength Exercises

## Side Sitting

YouTube Link:

[https://youtu.be/od\\_bhEeSVhM](https://youtu.be/od_bhEeSVhM)



# Dynamic Strength Exercises

Trunk Bending  
forward and backward



YouTube Link: <https://youtu.be/uwqyaxZb808>

# Dynamic Strength Exercises



Trunk Bending Side  
ways left and right

YouTube Link:

[https://youtu.be/bAzHS1\\_Ijc0](https://youtu.be/bAzHS1_Ijc0)



# Dynamic Strength Exercises

Jack knife

YouTube Link:

<https://youtu.be/7rNhcfudHbU>



# Dynamic Strength Exercises



Banana Rocking all sides

**YouTube Link:**

<https://youtu.be/ix0q87BCUVw>

# Dynamic Strength Exercises



Flutter kicks open and close, up and down, forward and backward

YouTube Link: <https://youtu.be/3tro8J0CFfU>

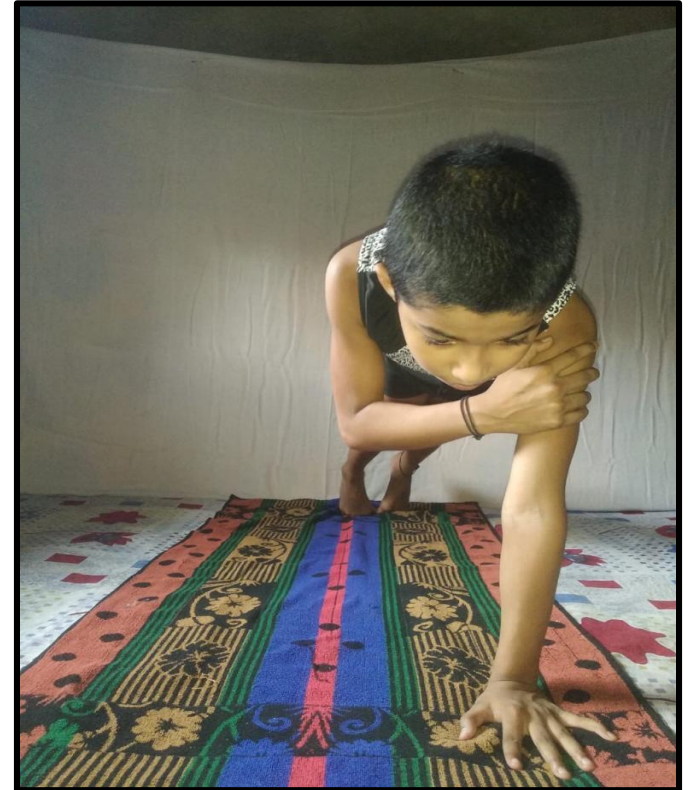


# Dynamic Strength Exercises

Lifting of one arm in Dips position

**YouTube Link:**

[https://youtu.be/PI-O\\_8PkAH8](https://youtu.be/PI-O_8PkAH8)





# Dynamic Strength Exercises



Simple Dips with straight body

YouTube Link: <https://youtu.be/kvqGbihlrNo>

# Static Exercises ( Shaping of Body )

Sr. No.	Exercise description	No. Of Repetitions/Time
1	Stand on toes arms upward	10 sec.
2	Back lying position on floor arms over head	10 Sec.
3	Front Support (Prone Position)	10 sec.
4	Back Support	10 Sec.
5	Lateral Support	10 Sec.
6	Balance on One leg arms sideways.	10 Sec.
7	Toe tight sitting position	10 sec.
8	L hold	5 sec.
9	Straddle Hold	5 Sec.
10	V position hold	5 Sec.
11	Tucked hold	10 sec.
12	Stretched jump with arm swing up and landing hold	5 Times

# Static Exercises

Raising Heels with Arms upward (Hold)

**YouTube Link:**

<https://youtu.be/jOT3VhKwUc4>



# Static Exercises

Handstand Holding position on lying position (face upward and downward)



YouTube Link: [https://youtu.be/nOpu87z5\\_ec](https://youtu.be/nOpu87z5_ec)

# Static Exercise



Support Position all sides

YouTube Link: <https://youtu.be/vX6zqro8sxA>



# Static Exercises



One leg Balance (Scale)



**YouTube Link:**

<https://youtu.be/ax2OCdBJrwk>

# Static Exercises

Long sitting position

**YouTube Link:**

<https://youtu.be/DcQxVII2ibo>



# Static Exercises

L - Hold position

**YouTube Link:**

<https://youtu.be/qdBrFxWruEw>





# Static Exercises



Straddle Hold

YouTube Link: <https://youtu.be/drlpACgHDe8>

# Static Exercises

## V-Hold position

**YouTube Link:**

<https://youtu.be/ey2M61Q-d5w>



# Static Exercises

Tuck position



**YouTube Link:**

<https://youtu.be/YYW0XjHxUMY>

# Landing Preparation

Simple Jump and Land

**YouTube Link:**

<https://youtu.be/PJtzyb69QZ0>



# Warm Down (Recovery)

Sr. No.	Exercise description	No. Of Repetitions/ Time
1	Split Sitting all sides	10 Sec. each
2	Bend Forward with Straddle legs	10 Sec.
3	Long Sitting position to bend forward	10 Sec.
4	Bridge hold ( shoulder Flexion)	10 sec.
5	From front lying position to shoulder extension	10 Sec.
6	Sitting on Knees lie down forward	30 Sec.
7	Shavasana	3 Min.

**Note: - This is a first week program and for the subsequent week program the repetition and holding times of an exercise will increase per week.**

# Warm Down



Split all side



YouTube Link: <https://youtu.be/15Vdz92d6jI>

# Warm Down

## Straddle legs forward Bending



YouTube Link: <https://youtu.be/BwektPOfViU>



# Warm Down



Long Sitting Position to bend Forward  
YouTube Link: <https://youtu.be/jFc4uZYyYHY>



# Warm Down

Bridge



YouTube Link: <https://youtu.be/UYQI4DXBgJU>

# Warm Down



## Shoulder Stretching Hold

YouTube Link: <https://youtu.be/jDpNS-aGaM8>

# Warm Down



Sitting on Knees lie down forward

# Warm Down



Shavasana

# ACKNOWLEDGEMENT

- Our heartfelt thanks to Director General Sports Authority of India and President, Gymnastics Federation of India for the opportunity to present the Grassroots level athlete development program online for gymnastics.
- Special thanks to all the committee members, experts, coaches and parents for providing their valuable suggestions and inputs in completion of Grassroots level athlete development program through online during the lock down period.



Stay home, Stay safe



**Thank you...!**