

SPORTS COACHING FOUNDATION

NGO PROMOTING HEALTH & PEACE THROUGH SPORTS

SPORTS COMPLEX, OPP: CHA-CHA NEHRU PARK, MASAB TANK, HYD-28, INDIA.

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FREE BASIC COACHING MANUAL FOR TRAINEES

Cricket



Football



Basketball



Tennis



REGD. NO: 1656 OF 1991



www.scfindia.org



PAN NO: AAATT4960C

KEEP IN TOUCH
WITH YOUR VALUABLE
SUGGESTIONS!
+91 9396559440

EDUCATION WITHOUT SPORTS IS INCOMPLETE



TO USE SPORTS AS
A UNIVERSAL
LANGUAGE FOR
DEVELOPMENT

MISSION

BUILD
INDIA
THROUGH
SPORTS

SPORTS IS THE CHEAPEST MEDICINE

**MANY GARBAGE DUMP YARDS CONVERTED TO SPORTING HUBS BY SCF,
IMPROVING THE HEALTH OF THE COMMUNITIES AROUND THOSE AREAS...**



IN THE YEAR 1991



KAMMELA SAIBABA
FORMER RANJI TROPHY CRICKETER

MAN WITH A MISSION

Under the visionary leadership of Kammela Saibaba, Sports Coaching Foundation an NGO, Hyderabad transformed most conflicted and extremely complex zone at Masab Tank area into a modern and very attractive sporting hub with optimum cost (First time in the country) which is useful for vulnerable cross sections of the society.

Thanks to Govt. & GHMC.

NOW...



**STAGEWISE TRANSFORMATION OF
PLAYGROUND AGAINST ALL ODDS...**



NIGHT VIEW OF THE PLAYGROUND

A First Venture, Extraordinary Sporting Contribution by Sports Coaching Foundation

**Sports Coaching Foundation (SCF), Hyderabad
use sports as both an engagement tool and
also a vehicle for social change...**



Goshamahal Police Training Center literally transformed

Hyderabad City Police Commissioner is inaugurating by playing Basketball



ELECTRONIC PITCHING MACHINE WHICH IS USED FOR MANY VULNERABLE CHILDREN AND YOUTH FOR TRAINING.

WHAT IS SCF ADDRESSING BY BUILD INDIA THROUGH SPORTS?

INCREASING ACCESSIBILITY:

SCF focuses on improving the accessibility of sports infrastructure to the middle and lower income pyramid of the population through its BITS (Build India Through Sports) Program. The goal is to bring sports facility to the door step of this target group.



IMPROVING OUTCOMES:

SCF's aim is 2 fold

- 1) Improve the quality of sportsmen participation in the country.
- 2) Reduce the medical burden of lifestyle diseases on self and government.



REMOVING THE BARRIER OF AFFORDABILITY:

SCF aims to tap into funds such as CSR, grants, sponsorships to reduce the overall cost to the middle and lower income pyramid. The aim is to build infrastructure that is almost free.



BUILD VALUES AND IMPROVE QUALITY OF TIME:

An active sports life improves the quality or outcomes of other activities such as studies or workplace. Sports builds values such as team spirit, perseverance respect and Work culture.



DO YOU HAVE TEN MINUTES FOR OUR COUNTRY?



Dr. A.P.J. ABDUL KALAM
Bharat Ratna

**Have you got 10 minutes
for your Country?
If YES, then READ.**



YOU say that our government is inefficient. YOU say that our laws are too old. YOU say that the municipality does not pick up the garbage. YOU say that the phones don't work, the railways are a joke, the airline is the worst in the world, and mails never reach their destination. YOU say that our country has been fed to the dogs and is the absolute pits. YOU say and say, what do YOU do about it?

We sit back wanting to be pampered and expect the government to do everything for us while our contribution is totally negative. We expect the government to clean up but we are not going to stop chucking garbage all over the place, nor are we going to stop to pick up a stray piece of paper and throw it in the bin. We expect the railways to provide clean bathrooms but we are not going to learn

the proper use of bathrooms. We want Indian Airlines and Air India to provide the best of food and toiletries but we are not going to stop pilfering at the least opportunity. Our excuse ? It's the whole system which has to change.

So who's going to change the system ? what does a system consist of ? Very conveniently for us it consists of our neighbors, other households, other cities, other communities and the government. But definitely not me and YOU. When it comes to us actually making a positive contribution to the system, we lock ourselves along with our families into a safe cocoon and look into the distance at countries far away and wait for a Mr. Clean to come along and work miracles for us with a majestic sweep of his hand.

Dear Indians, this disgust is highly thought – provoking and calls for a great deal of introspection. It also pricks one's conscience, too.

I am reminding you of what John F. Kennedy exhorted to his countrymen “Ask not what your country can do for you. Ask what you can do for your country”

A CONTENT FROM THE BOOK "DREAMS TO REALITY"

REASONS WHY YOU SHOULD SMILE MORE



A smile is one of the most simple, inexpensive and wonderful things in the world!



A smile can change the state of other people walking into a room or up to the counter in a store with a smile on your face can make a difference. People will smile back at you and any social tension or awkwardness will melt away. Your interactions will be more open, relaxed and filled with fun and possibilities.

Smiling is a great way to make yourself stand out while helping your body to function better. Smiling helps the immune system to work better. When you smile, immune function improves because you are more relaxed. Smile will improve your health, your stress level and your attractiveness. Smiling is just one fun way to live longer.

Smiling helps to prevent us from looking tired, worn down, and overwhelmed. When you are stressed, take time to put on a smile. The stress factor will be reduced and you will be able to take better action.



WHY IT IS IMPORTANT TO PARTICIPATE IN SPORTS?



- Education without sports is incomplete.
- Sport and physical education is fundamental to the early development of children.
- Did you know that India is the Diabetic Capital of the World? Note that, Involvement in Sports is the cheapest medicine.
- Sport inculcates values like Truth, Discipline, Work Culture, Determination and Sportsman Spirit, it will play a big role in building Character.
- Every Sport has a set of rules and every participant needs to be aware and work around those rules and accordingly communicate with one another. This increases the awareness

level and confidence of the participant.

- Sport develops Logical, Critical Thinking and Analytical skills in you in the most practical manner.
- Sport is one field which builds 'Never Say Die Attitude'. Such an attitude helps them to overcome obstacles in Life.
- Participation in Sports inculcates Leadership and Self-Confidence, which in turn helps you to think independently, question without fear - but with politeness.
- Involvement in Sports should be a way of life. Note that, a Healthy Nation is without doubt a wealthy nation.
- If every school in India is able to annually organize an exclusive sports day event, we can then positively hope to transform the sporting image of India from a sleeping giant to “Vibrant Sporting Hub of the World”.
- Let us hope India can host the biggest and colorful sporting event - The Olympics.

ABOUT THE ORGANISATION - HOW IS SCF UNIQUE?

Who we are:- Sports Coaching Foundation is a Non-profit & Non-Governmental organisation based in Hyderabad, working in the direction of promoting Health & Peace through sports participation in India since 1991.

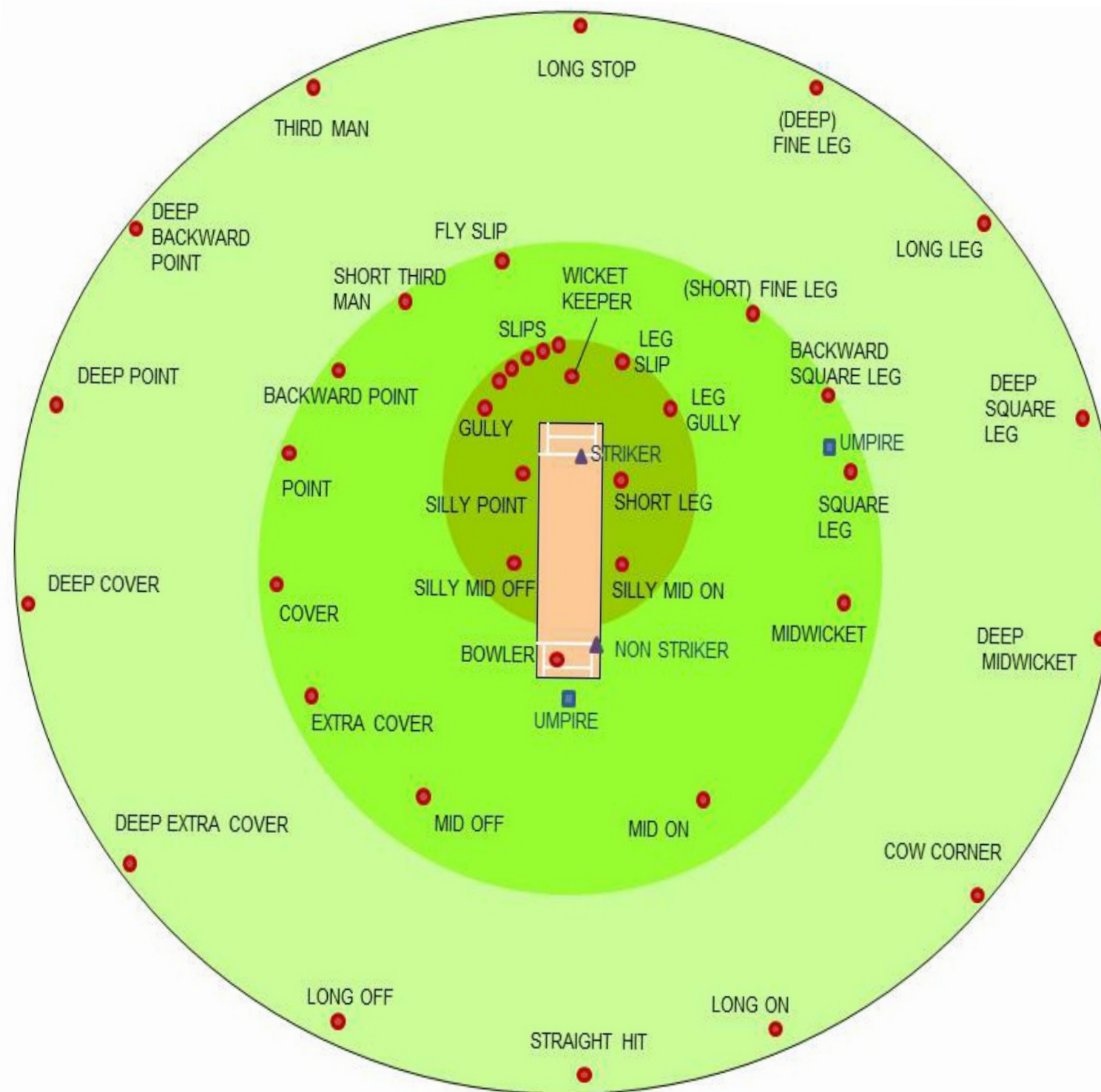
What we do:- Over the course of last 30 years working with consistent efforts towards one common cause of promoting Health & Peace, SCF is providing Sporting infrastructure under optimal cost to economically under developed sections of the society and conducting powerful workshops and sporting events throughout the year with added timeless teachings of Mahatma Gandhi.

We are connected with more than 1 Lakh disadvantaged children / youth at around 300 Govt. Schools & Colleges every institution is a story for it self. Please visit our Website: www.scfindia.org

Each & every contribution matters and we sincerely hope that together we shall lead our children & youth towards a 'PEACEFUL & HEALTHIER NEW INDIA'.



FIELDING POSITIONS IN CRICKET

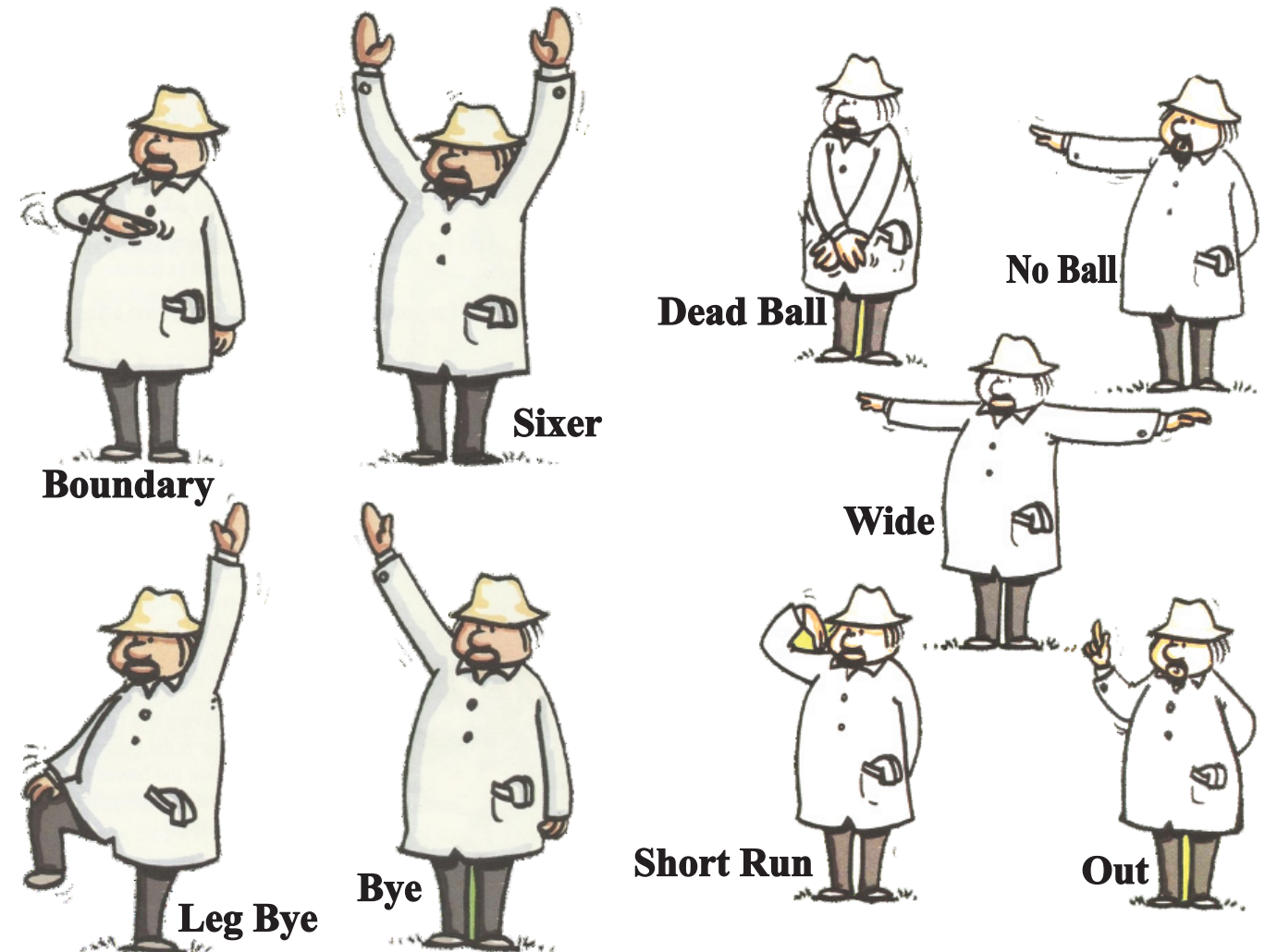


TYPES OF OUTS IN CRICKET

1. BOWLED
2. CAUGHT
3. STUMPED
4. RUN OUT
5. LBW
6. TIME OUT
7. HANDLING THE BALL
8. HITTING THE BALL TWICE
9. HIT WICKET
10. OBSTRUCTING THE FIELD

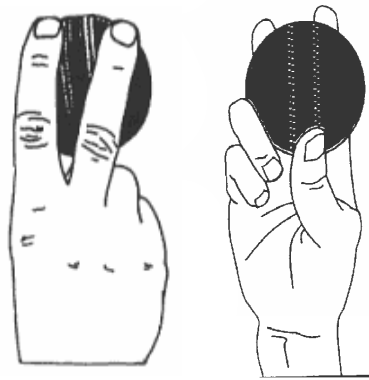


UMPIRE SIGNALS



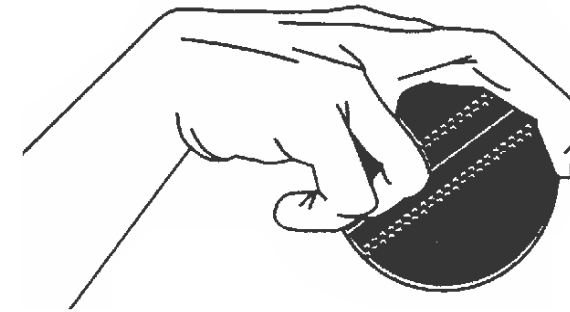
THE BASIC BOWLING GRIP

1. Normally, the thumb and the first finger make the shape of a “V” and there is a noticeable gap between them.
2. The first two fingers lie apart along the seam.
3. The thumb comes directly beneath the first two fingers (of course, the position changes depending on the type of delivery).
4. The third finger rests lightly as a support to the ball (so that it does not fall down).
5. While holding the ball, the grip should feel comfortable, because if it is too tight or too loose, the bowler cannot really bowl effectively.

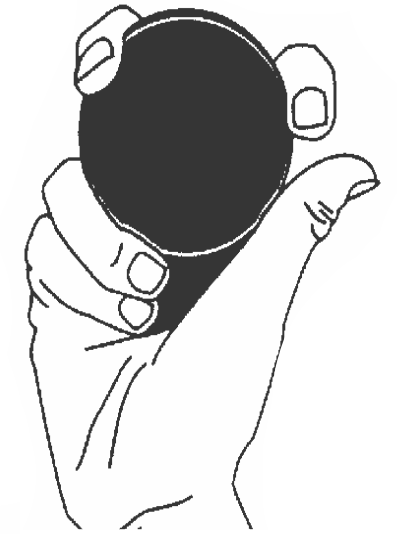


SPIN BOWLING GRIP

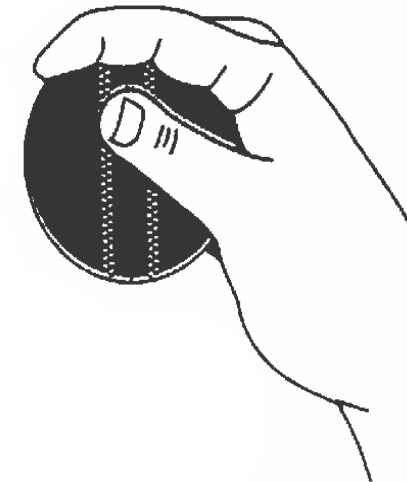
Grip for the leg break,
seen from behind
the bowler



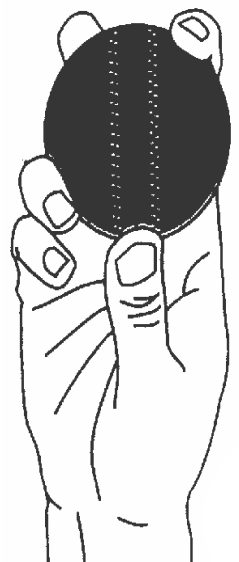
Grip for leg break, as
seen by the batsman,
as it's about to leave
the bowler's hand



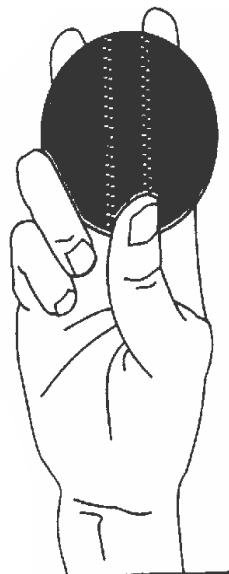
Top spinner at
point of delivery,
Same as leg break,
but different wrist
position.



BASIC BOWLING ACTION



Grip for in swing:
The seam points
towards fine leg.



Grip for out swing:
The seam
points towards
first or second slip.

BOWLING TIPS

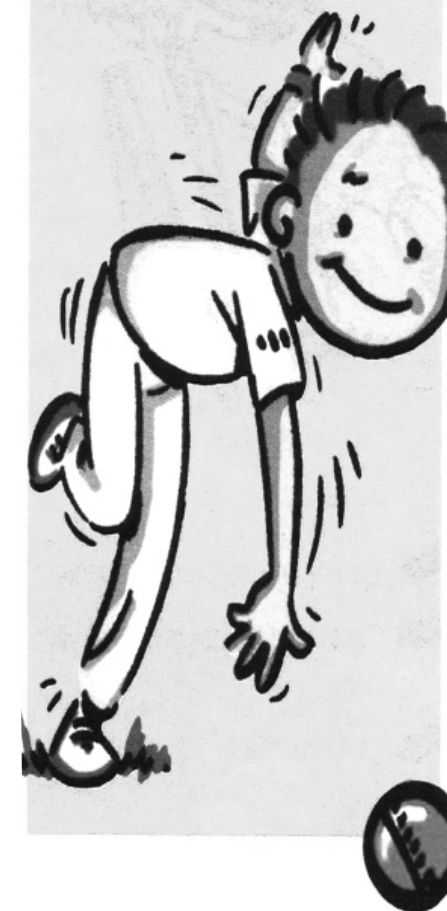
A comfortably fitting pair of shoes, a charged up stamina are basic key to effective bowling.

Your run up and delivery should be so well oiled, as to keep wides and no balls to the barest minimum. Bowling extras have often cost a team a match.

Good line and length come through hard work and practice at the nets. Never lose your line and length for want of practice.

As a bowler, you are battling the batsman, who will intelligently anticipate each of your deliveries. You must equally and intelligently vary your line, length and pace and also make the ball move to varying degrees to keep the batsman guessing. An intelligent bowler is often more effective than a gussy bowler, who bowls his heart out without any thinking.

Bowling Tips



It is just, as important to take wickets, as it is to contain the flow of runs, depending upon the dynamics of the game in progress. The great bowler cannot achieve results, without the cooperation of his teammates on the field. Show courtesy and understanding to minor misfields and even to a dropped catch to win the whole hearted support of your team mates. Never challenge the umpire's decision nor appeal without good reason.

Be alert for any caught and bowled chances that might come your way and also for any run saving opportunities off a straight drive, by keeping your focus on the ball, even after it has left your hand.

As in any discipline of cricket, good manners make a GOOD bowler GREAT.

BATTING FORWARD DEFENCE

Grip the Bat in proper stance, blade kept in front of right toe (for a right hand batsman), the outer edge facing extra cover region, and the inner edge pointing between fine leg and square leg. Forearm should point towards mid-off and cover region.



Played to balls which are within reach of the batsman (but not half volley). Forward Defence can be divided into four parts.

A. BACK LIFT

Batsman should stand in correct style of stance and Lift the bat up to stumps height (direction of the bat - between wicket keeper and first slip). Both the elbows should be close to the body and the batsman should wait in anticipation of the ball.

B. FOOT WORK

When the ball is delivered, the batsman should judge the line of the ball and turn his left shoulder and chin along the line of the ball. The body and bat should not twist. The ball should be taken between chin and shoulder (Chin and shoulder should not move away). The left hand should move along the line of the ball.

The Left foot should also move along the line of the ball, with an intention to play the ball just beside the left foot. The left heel of the batsman should move first. The body-weight should be on the right leg (slightly bent) and the left foot should be straight.

BATTING FORWARD DEFENCE

C. TRANSFER BODY WEIGHT AND SWING OF THE BAT

As the ball approaches a right hand batsman, he should transfer his body weight front right foot to left foot and swing the bat simultaneously like a pendulum without any gap between bat and pads. As the weight is transferred to the front foot toe, the chin and the shoulder will move right above the left toe. At this point, the right leg will become straight with only toe inside the Crease to maintain balance. Both the toes should be in one line. The bat should be swung with the left hand firm grip close to both the legs and the right hand grip should be loose and should be moved down to the shoulder of the bat (in order to absorb speed of the ball). The stress should be on the left hand to move in line of the ball and not back.

D. IMPACT OF THE BALL

The batsman (right handed) shall meet the ball beside left foot with an angular bat to ensure that the ball drops there itself. Care should be taken that:

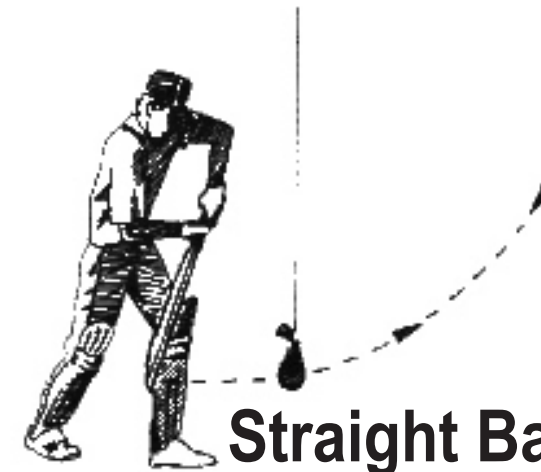
- (a) Left hip is not stiff
- (b) Both the wrists are in front of the batsman's eyes
- (c) Left shoulder should nearly touch the left ear.

DO NOT....

- a. Drag the right foot
- b. Bend the left knee too much
- c. Keep your Left hip stiff
- d. Keep the Right hand grip firm
- e. Keep the Shoulder Free



VERY EFFECTIVE FOOTWORK PRACTICE DRILLS



Straight Bat -1 Ball in a socks



Straight Bat - 2 Rolling Ball

COMBINATION OF STRAIGHT BAT DRILLS

FIELDING PRACTICE

Youngsters are advised to follow the right and safe methods of fielding by seeing the pictures given in the book.

To take a high catch or running catch, a fielder should keep his eyes on the ball throughout, so that he can come into the line of the ball and judge the catch at chest level. Always take a high catch at your chest level, as it would help you to take a catch, in case the ball rebounds. While catching, the judgment should be perfect.

A slip fielder should always anticipate outer edges from the batsman, especially, when the batsman is playing spin or swing bowling. Before you enter the field, stretch your body, legs, arms and sides. Loosen up your shoulders by throwing a few balls.



Good fielding is an outcome of physical fitness. A lot of energy is required for maintaining a high standard throughout the innings.



CATCHING PRACTICE



CLOSE IN POSITION

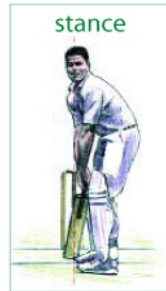
BATTING TIPS

- 🏏 To be a good batsman you must be a team player with an undying love for & a single minded approach to the game.
- 🏏 Select a bat which you feel comfortable with; not too heavy nor too light.
- 🏏 Practice makes perfect. Some of the best batsmen in the world are known to spend hours each day trying to connect the ball to the middle of the bat.
- 🏏 Your batting will depend on how you hold the bat. In this age of television sport, you can perfect this by carefully watching your favourite batsman in action.

GRIP, STANCE, BACKSWING AND STEP

GRIP

- Fingers and thumbs wrapped around the bat handle
- 'V' in line between spine and edge
- Hands close together
- Top hand against inside front thigh



STANCE

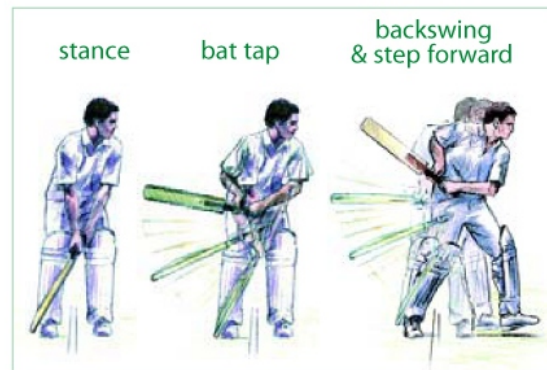
- Feet parallel and a foot length apart
- Weight evenly distributed and knees flexed
- Side-on position, relaxed
- Eyes level over toes

STANCE & BAT TAP

- Wrists and arms only
- Top hand control
- Bat handle close to body, in line with & under shoulders

BACKSWING & STEP

- Co-ordinated movement
- Comfortable stride
- Smooth movement of head toward line of the ball



- 🏏 Develop a grip on the bat which should be comfortable & allow you to play your natural shots freely.
- 🏏 Protective gloves must be comfortable for a proper grip on and a free movement of the bat.
- 🏏 Take a good stance, keep your eyes focused on the flight of the ball & move with determination to play the shot as the delivery demands.



- 🏏 All good batsmen have to be good runners between the wickets. Make sure you have a good understanding with your fellow batsman on the crease about calls for a run, signals & warnings. It is normally a good practice for the call to be given for a run by the batsman who has the ball in his line of vision, be it the striker or the non striking batsman.
- 🏏 Every delivery is a battle between the bowler & the batsman on strike. Never allow the bowler to control your game through your lack of concentration.
- 🏏 Never get provoked by the bowler or the fielder and take the umpire's decision sportingly. Good manners on the crease make a GOOD batsman GREAT.

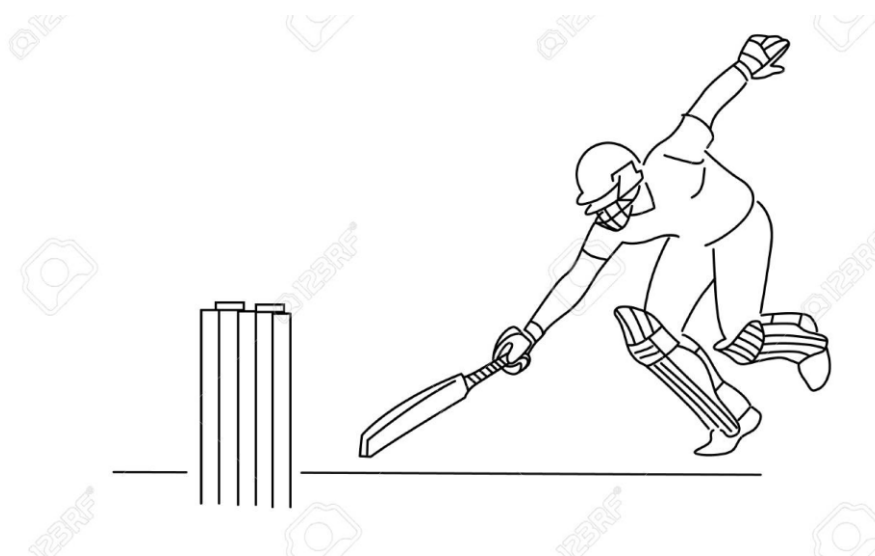
RUNNING BETWEEN THE WICKETS - I

It is based on act of the batsman on the wicket, by which the two batsmen at the crease run the distance between the two opening creases and score runs.

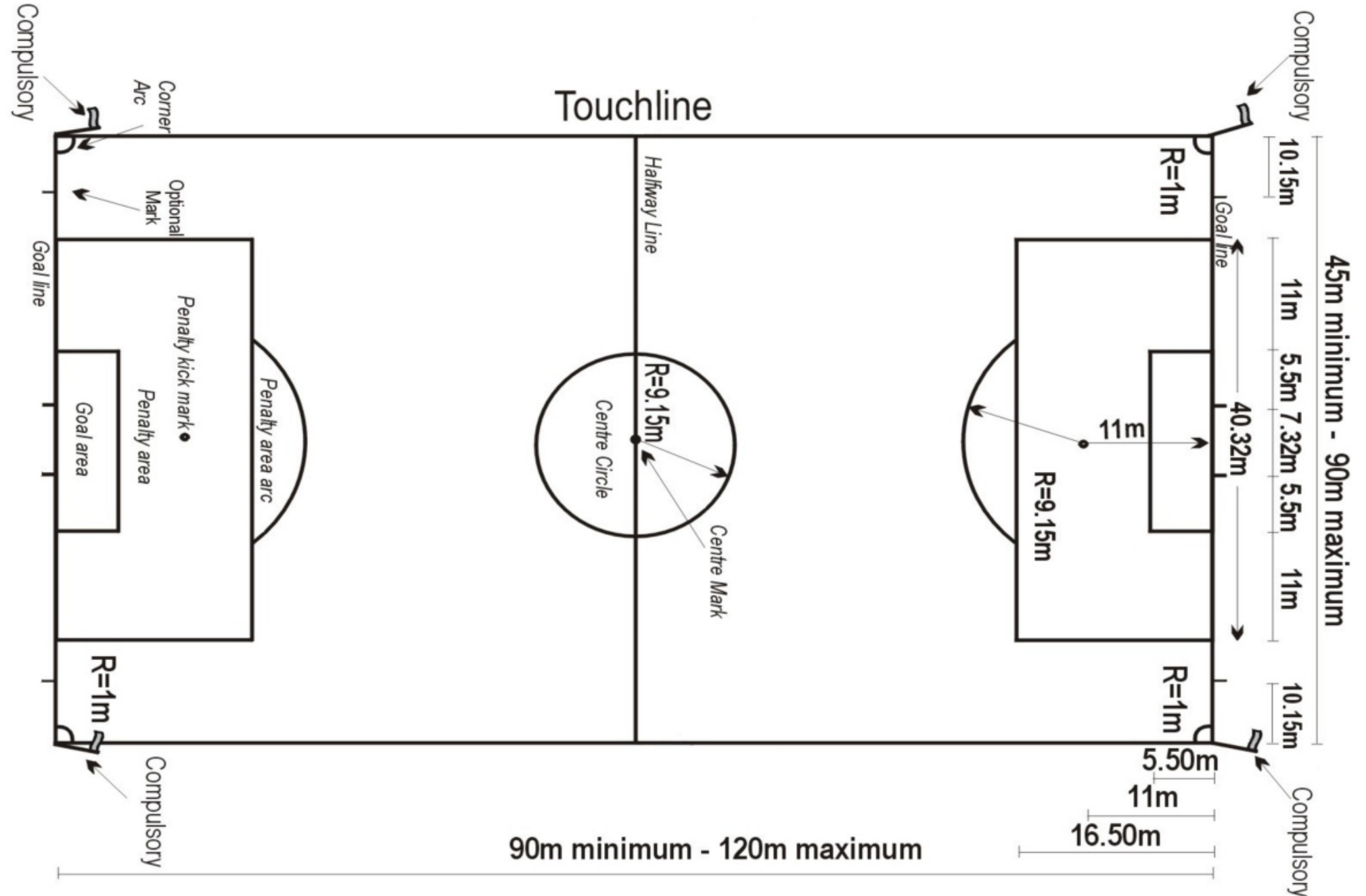
- a. Non striker should keep the bat inside the crease and should not leave it until he has seen the ball in the air, upon delivery of the ball from the bowler. After the delivery of the ball, non-striker should steadily walk (not rush) three to four steps and wait for the call from the striker.
- b. The Call may be in form of 'YES', 'NO' or 'WAIT'. A 'YES' call should be made, anticipating a 100% possibility of a Run. A 'NO' call should be made, anticipating no possibility of a Run. In case of a 'NO' call, the Non-striker should retrace his steps, back to his crease (since he has come few steps ahead towards the striker, after the ball has been delivered). In case of a 'WAIT' call, the batsmen should take few steps ahead of the popping crease, without taking their eyes off the fielder, in anticipation of a possible run.
- c. In the event of running between the wickets, the batsman at the wicket should run on right hand side of the wicket and in a straight line to ensure that he covers the distance between the wickets in the shortest time. The Non-striker should run on the left hand side of the wicket (assuming that the right handed bowler is bowling over the wicket). In case, the right handed bowler is bowling right arm around the wicket, the Non-striker should run, wide outside the line of running of the batsman.

RUNNING BETWEEN THE WICKETS - II

1. Runner should avoid big curves, while turning back.
2. Non striker should take a start to take advantage of the shorter distance.
3. The first run should be taken quickly in anticipation of another run(s). The batsmen should wait for a call for the second run, which will be given by the runner who is facing the ball. The same applies for the third or subsequent runs.
4. Runner should make it a habit to drag the bat (shifting his weight forward), while reaching the Opposite end to avoid a short run. Dragging the bat also ensures that the batsman reaches the Other end (or same crease at his end) in the shortest time possible.
5. Sometimes while taking more than one run, the bat may have to be changed from the left hand to Right hand and vice versa (to avoid delay in turning and to keep facing the ball).
6. While calling, the batsman should grasp the position of the partner who may either be a slow-runner (Or maybe fast between wickets) and accordingly make the call, understanding his partner's speed and capacity (and also his own).



FULL-FLEDGED FOOTBALL GROUND



GOALKEEPING: SHOT-STOPPING

Good goalkeeping is about getting the simple things right, such as catches and saving. But a goalkeeper may need a little extra skill to pull off fingertip or diving saves.

DIVING SAVE

Shot-stopping is often a matter of instinct. It is particularly important to hold on to the ball after making a save or, if that's not possible, to push it out of play or away from the danger zone.

STEP-1: As the shot comes in, shift your bodyweight to the side the ball is approaching position your hands early, ready to stop it.



STEP-2: spread your hands so that your lower hand will stop the ball your upper hand will come down on top of it prevent it bouncing straight back.

STEP-3: Bring your body down behind the ball as an extra line defense gathering it into your chest as you drop down on top of it.



BALL CONTROL

Here are three great drills to practice in the park to improve your ball control and balance. Try them either by yourself or with friends.



STEP-1

Try to play the ball with the front part of your foot, gently kicking the ball upwards



STEP-2

You can play the ball with both feet, your knees, chest and even your head.

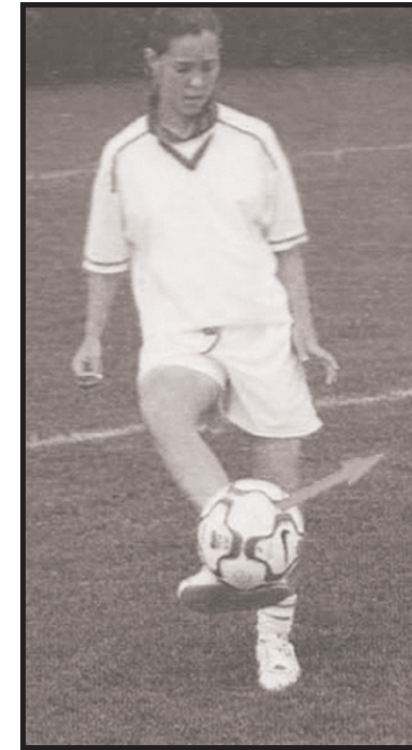


STEP-3

This will put backspin on the ball, which will keep it close to your foot. Also, try to use both feet, not just your strongest one.

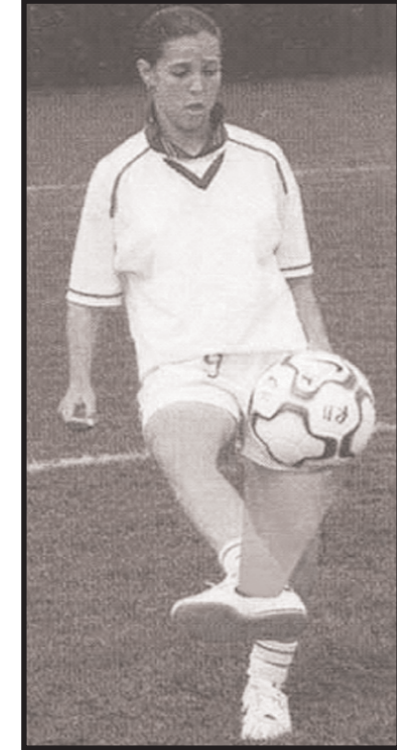
SIDE FOOT VOLLEYING

If the ball is off the ground, it is sometimes better to pass it with a side foot volley than try to control it (which can give your opponents a change to close in on you).



STEP-1

Steady yourself and meet the ball with the middle side of your foot.



STEP-2

Keeping your head down, with your eyes on the ball, aim and follow through.

KICKING IN SOCCER

- Kicking is one of the most important fundamental motor skills in soccer as you are not allowed to touch the ball so kicking is the only way of moving the ball around the field.
- There are six types of kicks in soccer:
 1. Push kick
 2. Instep kick
 3. Inner side of instep kick
 4. Outside kick
 5. Toe kick
 6. Back heel kick



TYPES OF FOULS

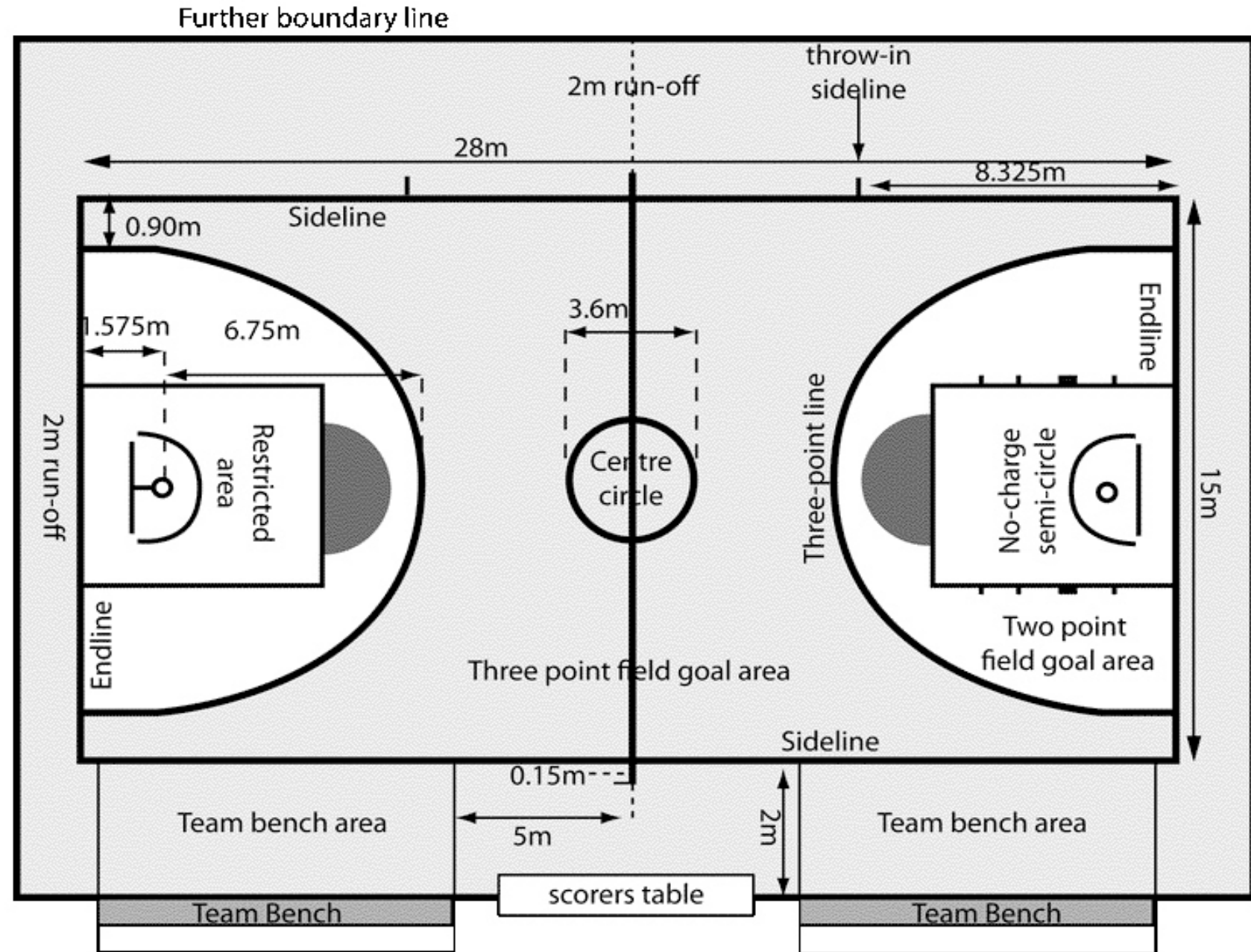
The following actions are not allowed in soccer and will result in a foul call:

- ⊙ Kicking an opponent
- ⊙ Tripping
- ⊙ Jumping into an opponent (like when you are going for a header)
- ⊙ Charging into an opponent
- ⊙ Pushing
- ⊙ Tackling from behind
- ⊙ Tackling an opponent and you make contact with the player prior to making contact with the ball
- ⊙ Holding
- ⊙ Touching the ball with your hands (if you are not the goalkeeper)

The free kick is awarded from the spot of the foul, except in the case where it took place in the opponent's penalty box. In that case a penalty kick can be awarded.



STANDARD BASKETBALL COURT



BASKETBALL TRAVELS VERY SWIFTLY

Basketball Travels very swiftly. It is crucial that you get ball as soon as possible

PIVOTING

When you stop with the ball, you are allowed to change direction as long as you do not move the foot on which you stopped.

This is called pivoting, and you may want to use it to turn and 'square up' to the basket.



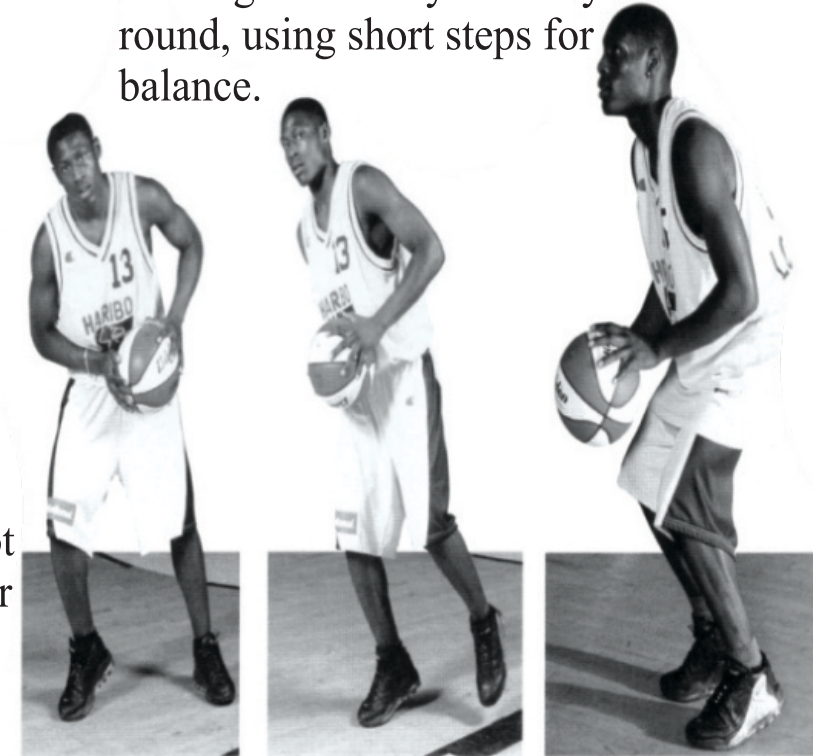
TRIPLE THREAT POSITION

The triple threat position is a basic body position that you should adopt on receiving the ball. Standing with your legs apart, hold the ball firmly into your chest.

STEP 1
Once you have decided to turn, lift the heel of your pivot foot up and shift your bodyweight over it.

STEP 2
Lift your non-pivot foot up and begin to turn your body round, using short steps for balance.

STEP 3
Keep your knees bent, your back straight and your head up. When you complete the pivot, you should end up in the triple



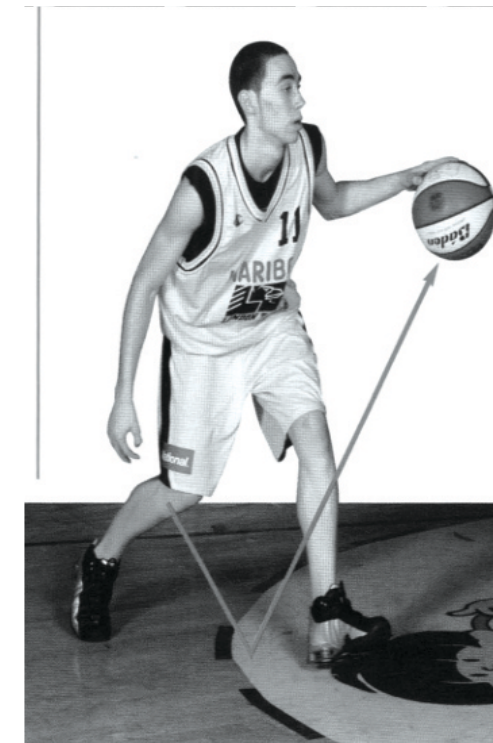
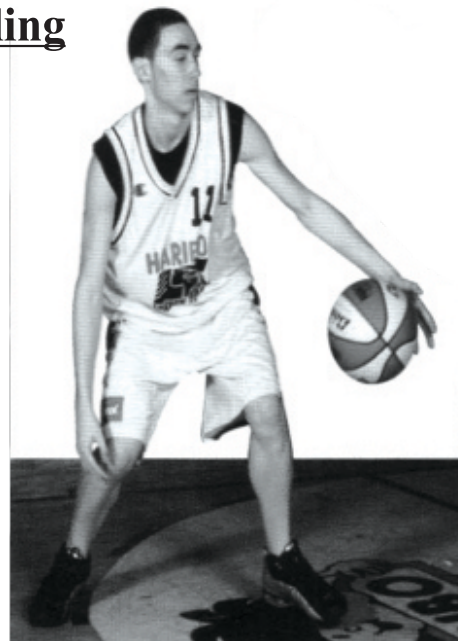
ADVANCED DRIBBLING

Now that you have mastered the basics, it is time to take your game to the next level! You should now feel comfortable enough with the basketball in your hands to try the techniques of professional players.

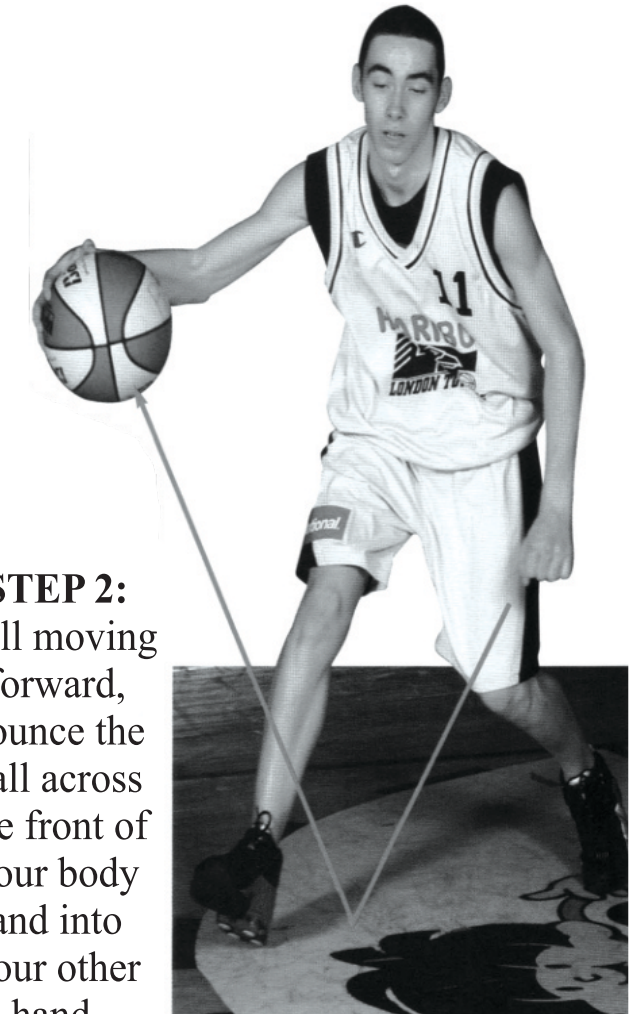
If you run in a straight line, dribbling the ball with the same hand, it is easier for a defending opponent to block your path or steal the ball. If you switch hands or bounce the ball between your legs and behind your back, it gives the opposition little chance to gain possession.

Crossover Dribbling

STEP 1: As you dribble forward, keep your legs apart and your body low. Bring the ball to your side.



STEP 2: Still moving forward, bounce the ball across the front of your body and into your other hand.



STEP 3: Immediately bounce the ball back to the other hand, continuing your motion forward.

ON THE COURT: DRIBBLING

ON THE COURT: DRIBBLING

Practice your dribbling with these simple drills, designed to improve your ball control.

DRIBBLING REACTION (2-3 PLAYERS)

This drill is great for helping you to learn the most important rule of Dribbling - Look forward and not at the ball.

STEP 1: Players dribble the ball in a standing position, looking forward at a coach or another player standing a few meters ahead.



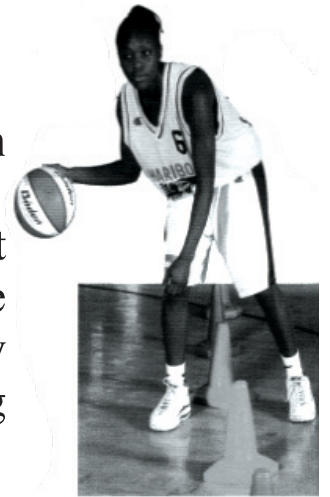
STEP 2: When the coach or other player raises his arm, the players stop dribbling that way. The players must look at him to know when to stop.

DRIBBLING CONES

DRIBBLING CONES (1-10 PLAYERS)

Very often, in a match situation you will not be dribbling in a straight line!

Set up a line of cones, placing them about 0.5 meters (about 2ft) apart. Then, simply dribble in and out of them using one hand. Start off slowly, then speed up. As you improve, try switching hands. You will find that this makes Dribbling through the cones easier.



DRIBBLING TAG (2-10 PLAYERS)

This drill teaches you to protect the ball while you dribble.



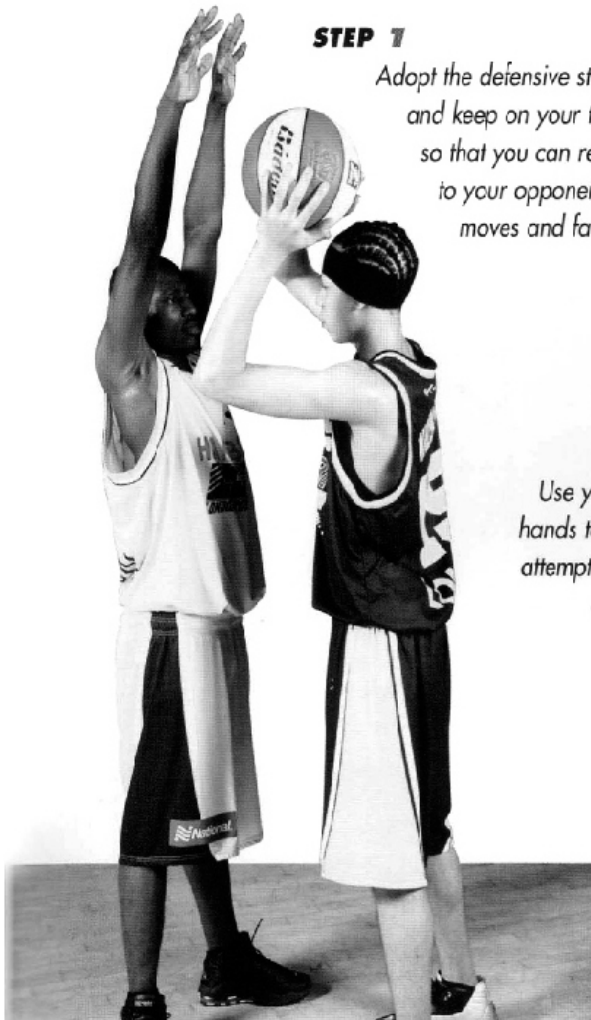
Simply mark out an area just big enough to contain the number of players. Each player should have a basketball which they must dribble continuously. While dribbling and protecting their own ball, they must also try to knock the opponents' balls out of their hands.

MARKING A PASSER

When your opponent has the ball, you should make it as hard as possible for him to pass it on to a team-mate.

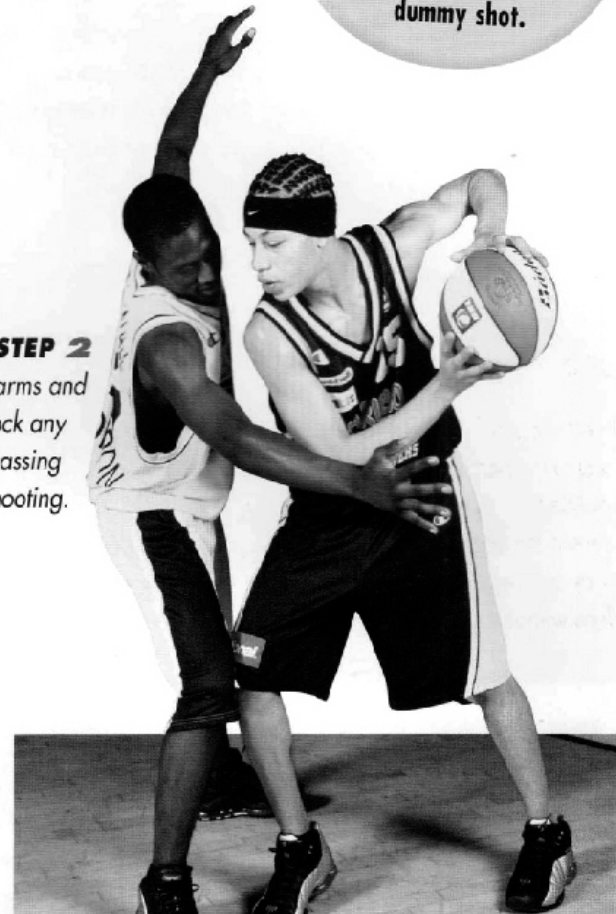
STEP 1

Adopt the defensive stance and keep on your toes, so that you can react to your opponent's moves and fakes.



STEP 2

Use your arms and hands to block any attempt at passing or shooting.



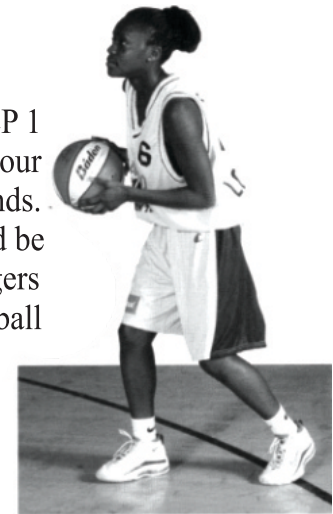
Watch your opponent's chest, not the ball. That way you are less likely to fall for a fake or dummy shot.

CHEST PASS

The chest pass is the safest and most accurate pass in basketball, but it can only be made when you have a clear path between yourself and the pass receiver.

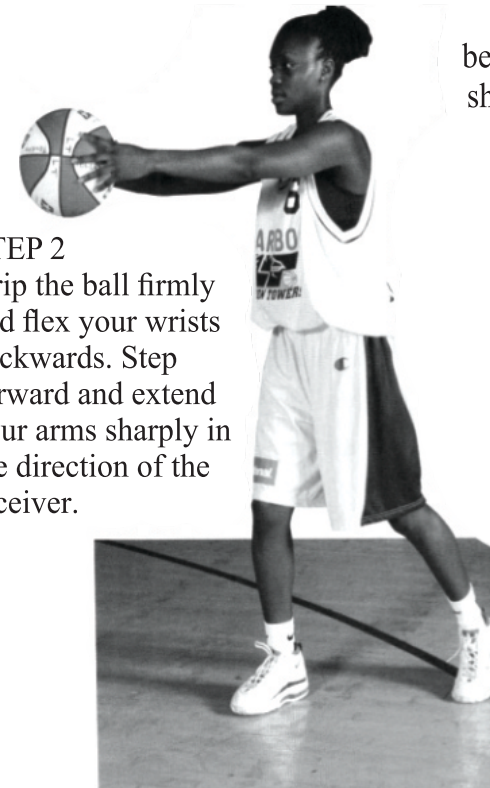
STEP 1

Hold the ball to your chest with both hands. Your thumbs should be behind it and your fingers should hold on to the ball



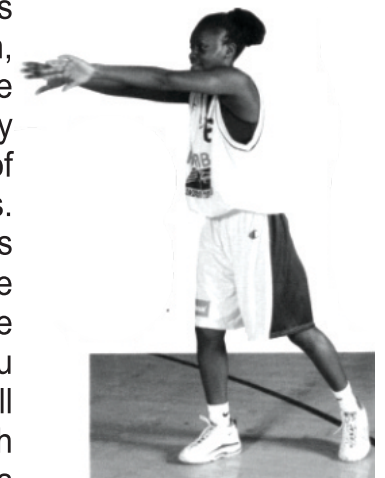
STEP 2

Grip the ball firmly and flex your wrists backwards. Step forward and extend your arms sharply in the direction of the receiver.



STEP 3

As your arms straighten, release the ball firmly with a flick of the wrists. Your fingers should be pointing in the direction you want the ball to go, with your thumbs downwards.

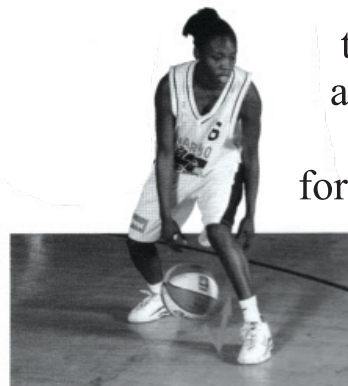


BOUNCE THE BALL THROUGH YOUR LEGS



Step 1:

As you dribble, step forward bringing the ball to your side.



Step 2: Allow the ball to bounce out to your side, giving yourself room to take another step forward.

Step 3 : Bounce the ball back through your legs, making the gap as wide as you can and guiding the ball cleanly through it – to your other hand again.



STEP 4: Bounce the ball side ways between the gap in your legs, bringing your receiver hand down to collect it.



BOUNCE THE BALL FROM BEHIND



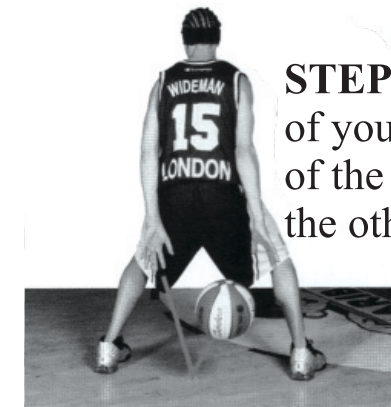
STEP 1: With your legs wide apart and body position low, bring the ball out to your side.



STEP 2: Looking straight ahead, bounce the ball gently behind you. Bring your other hand behind your back to receive it.



STEP 3: As the ball touches your receiving hand, bring your arm up with the bounce and out to the side of your body.



STEP 4 Using the palm of your hand on the top of the ball, ease it back the other way as before.

SHOOTING

SHOOTING

Anyone in a team can score a goal, so perfecting your shooting techniques is vital for scoring points.

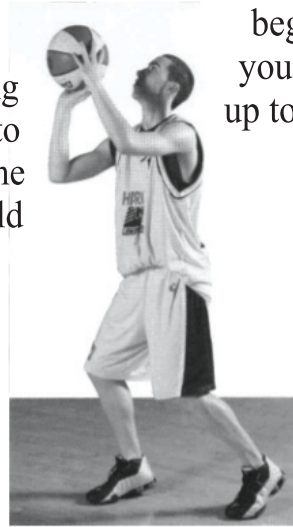


STEP 1

From a standing position with your knees slightly apart, crouch down facing the basket. If you are shooting with your right hand, your right leg should be further forward than your left.

THE SET SHOT

The set shot is used when you are standing still, relatively close to the basket. It is also the kind of shot you would use for a free throw.

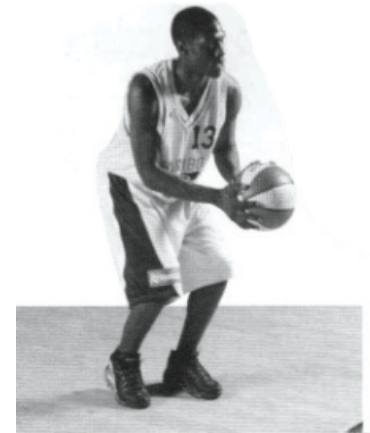


STEP 3

Lift yourself on to your toe in one movement. Use your non-shooting hand to steady the ball, then shoot with a strong flick of the wrist.

STEP 2

With your non-shooting hand gripping the side of the ball and your shooting hand facing the basket, begin to straighten your legs and spring up towards the basket.



STEP 1

With your feet flat on the floor facing the basket, crouch down low to give you enough force to jump off the ground.



STEP 2

Straighten up, bringing the ball into the shooting position as you rise with the elbow of your shooting arm direction beneath ball.



STEP 3

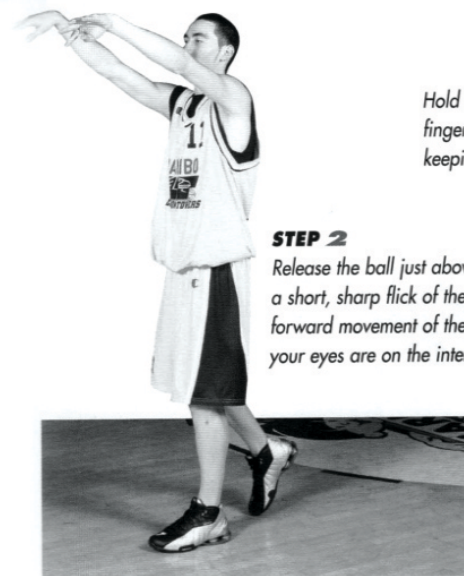
Spring off the ground to shoot above the reach of any defender. Focus on the basket as you release the ball.



basketball

OVERHEAD PASS

If you can't pass directly to a team-mate because there is an opponent in the way, you may have to go over him or her. To do this, use the overhead pass.

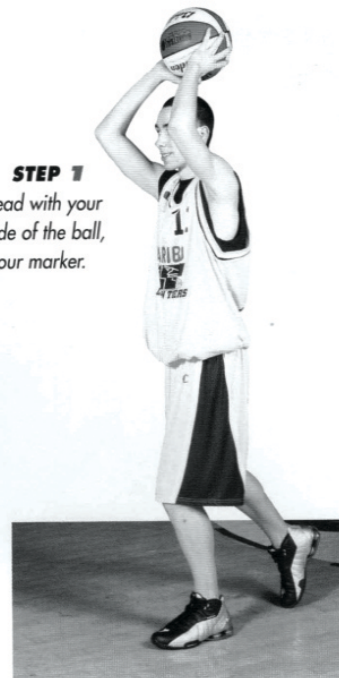


STEP 2

Release the ball just above your head, using a short, sharp flick of the wrists and a short forward movement of the arms. Make sure your eyes are on the intended target.

STEP 1

Hold the ball above your head with your fingers cupping the underside of the ball, keeping it out of reach of your marker.



Another way to pass when you are tightly marked is with the bounce pass.



STEP 1

With your marker stretching his arms out to prevent the chest pass, bend your knees and extend your arm out to make the angle for the pass.



STEP 2

Bounce the ball to your team-mate. Because the ball will slow down when it hits the floor, aim for the ball to hit the floor about two-thirds of the way to the receiver – this will reduce the chance of an interception.

BOUNCE PASS

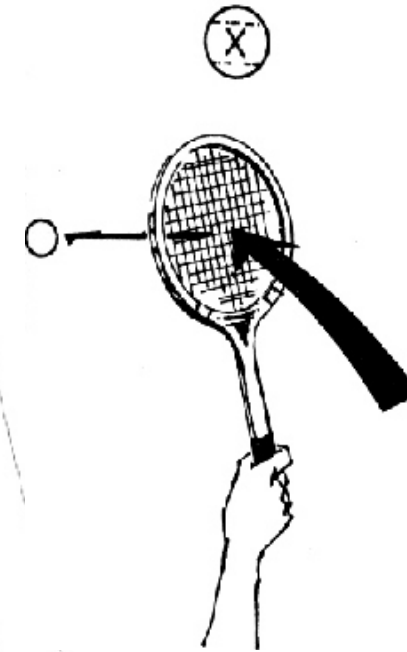
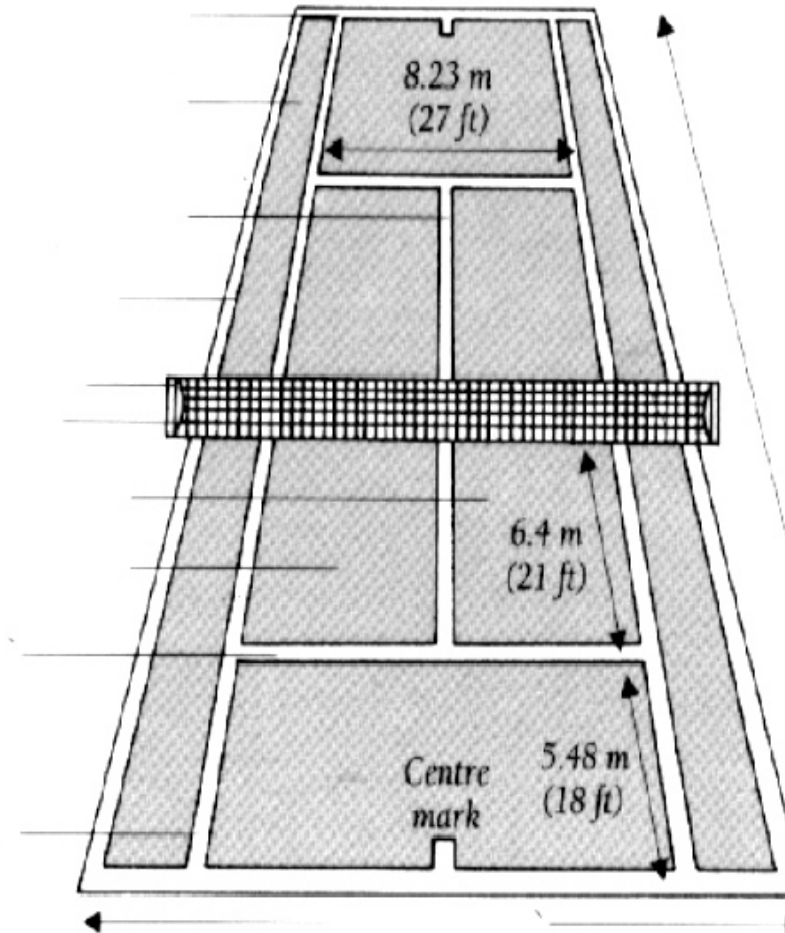
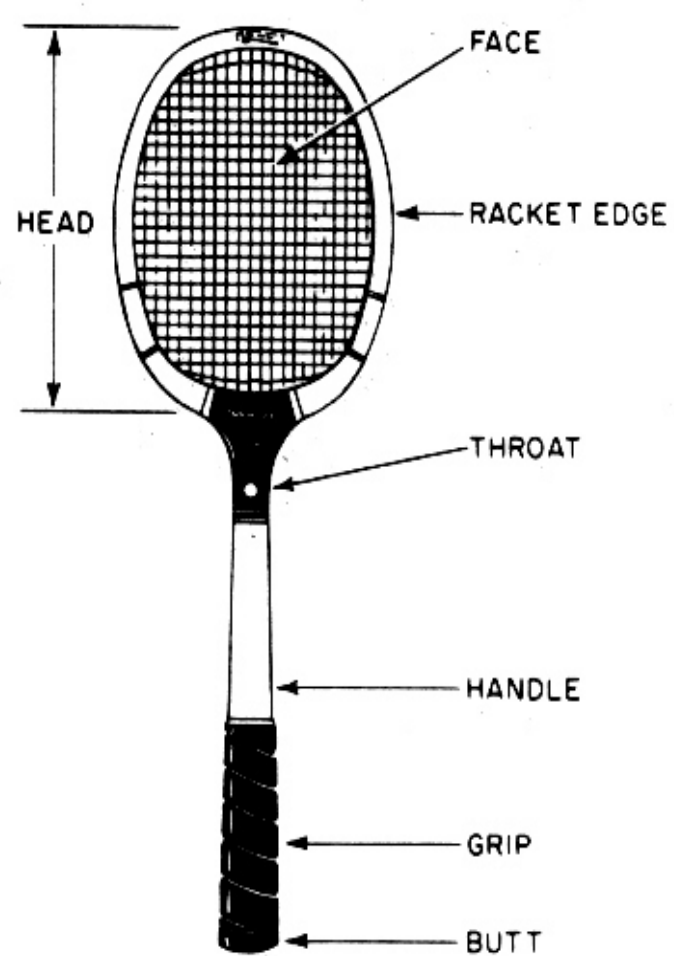


Basketball is one of the most popular sports in the world and one of the most widely viewed. It is a team sport that involves two teams of five active players each trying to score points against one another by throwing a ball through a 300 cm (10 feet) high hoop (the 'basket') under organised rules. It is played on both indoor and outdoor courts.

The size of the court, height of the basket, size of the basketball, and length of time that the game is played, can all vary according to the age, size and skill level of players.

Basketball is a fast moving game that involves a lot of variety, including shooting, dribbling, passing, rebounding, defence and much more.

BASICS OF TENNIS



FLAT SERVE

For a flat serve, hit the ball as though driving a nail with a hammer.



SLICE

For a slice serve, This will put side spin ball.

GRIPPING THE BALL

GRIPPING THE BALL

To hold one ball, grasp it with the thumb and four fingers of your non-playing hand. To hold two, grip the first ball with your thumb and first two fingers, and the second with your third and fourth fingers.



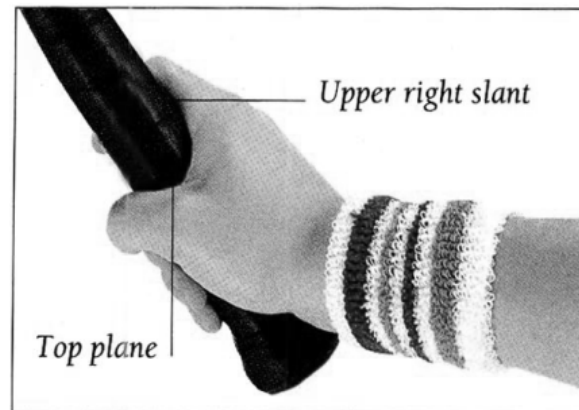
ONE-BALL GRIP



TWO-BALL GRIP

THE BEST GRIP

When you first serve, try the Eastern or Modified Eastern forehand grip. Graduate to the Continental grip, where the V between thumb and first finger is to the left of the top plane's centre, with the first finger knuckle on the upper right slant.

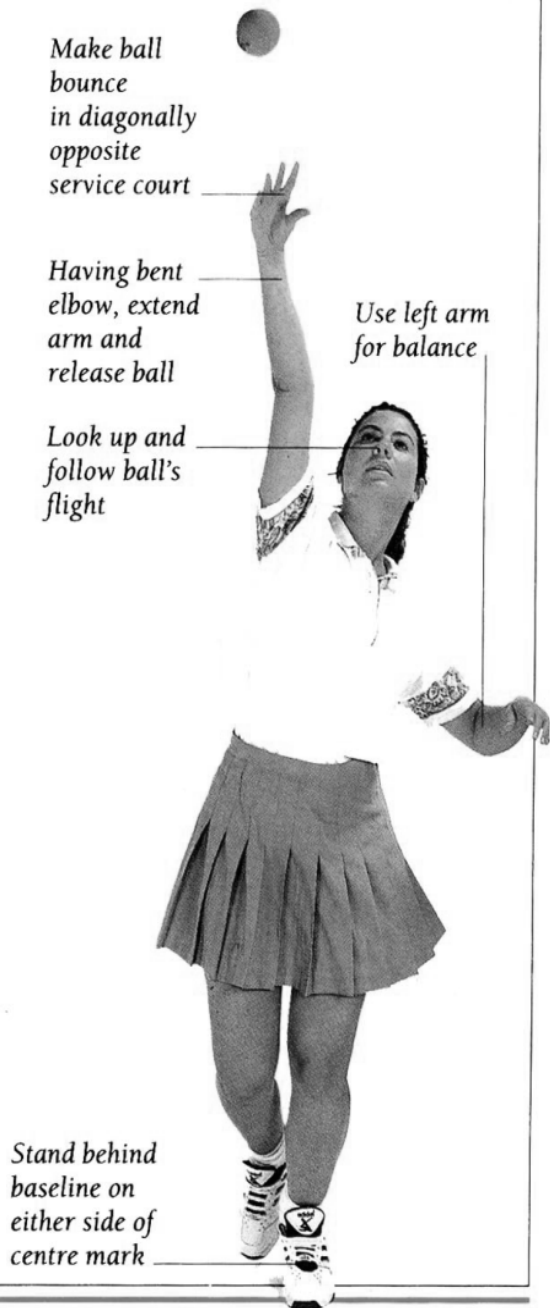


THE CONTINENTAL GRIP

SERVING PRACTICE

SERVING PRACTICE

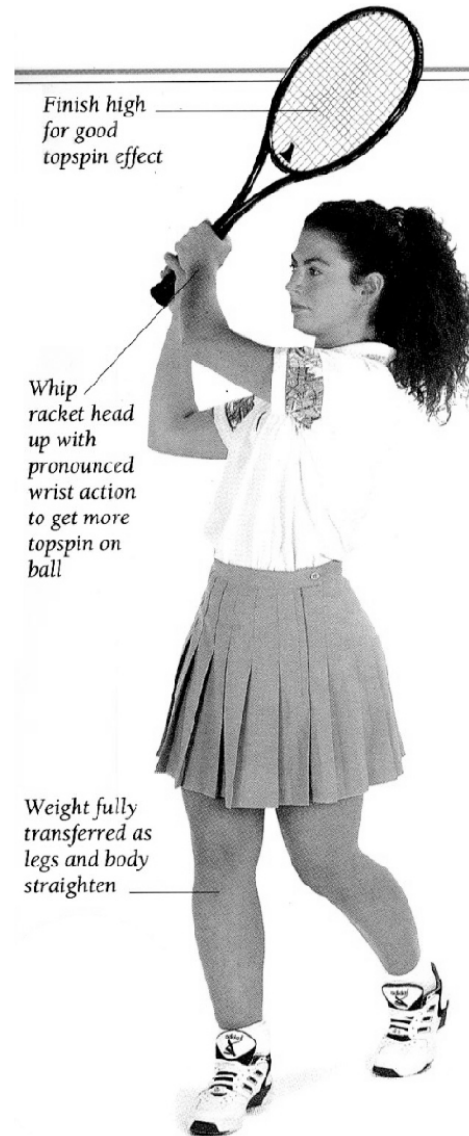
The service action is simply an overarm throw. If you can throw a ball overarm, you can serve. With a partner at the far baseline, take turns at throwing a ball over the net to each other.



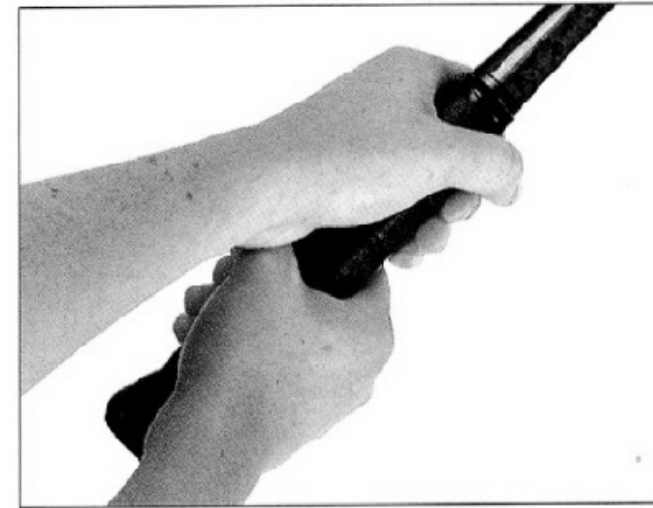
CHANGING GRIP

CHANGING GRIP

As your double-hander improves, position your playing hand with an Eastern Backhand or Continental grip. Support the racket with your spare hand and turn your playing hand inwards. Slide your support hand down to form a left-handed EasternForehand grip above your right hand.

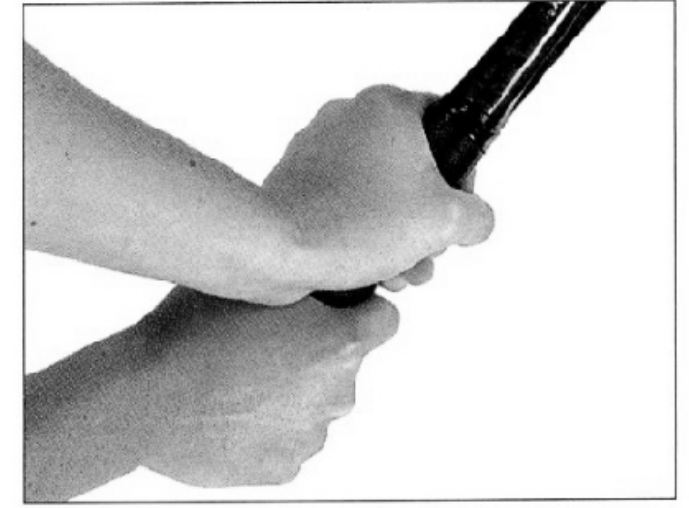


Allow your body to uncoil fully as you drive through the ball. A firm-wristed drive with a flatter follow-through may provide more pace but less margin for error.



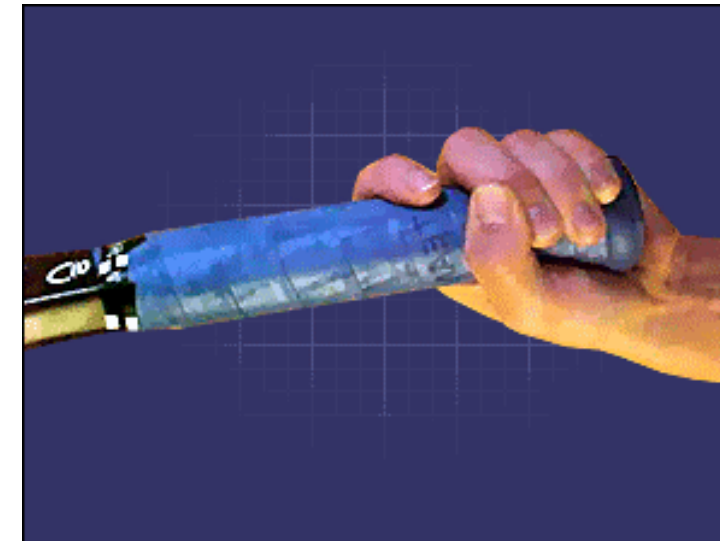
GRIP CHANGE

Turn playing hand until V between thumb and first finger is on inner edge of handle.



GRIP READY

Slide supporting hand down the handle until it nestles in the V of playing hand.



IMPROVING YOUR BALL CONTROL

IMPROVING YOUR BALL CONTROL

Practise altering the angle of the racket face for different shots when hitting the ball by bouncing the ball up off the strings, then flipping the racket head over so that the next

bounce comes off the other surface. A more difficult exercise is to bounce the ball off the edge or beam of the racket. Both drills develop control and strengthen your wrist.

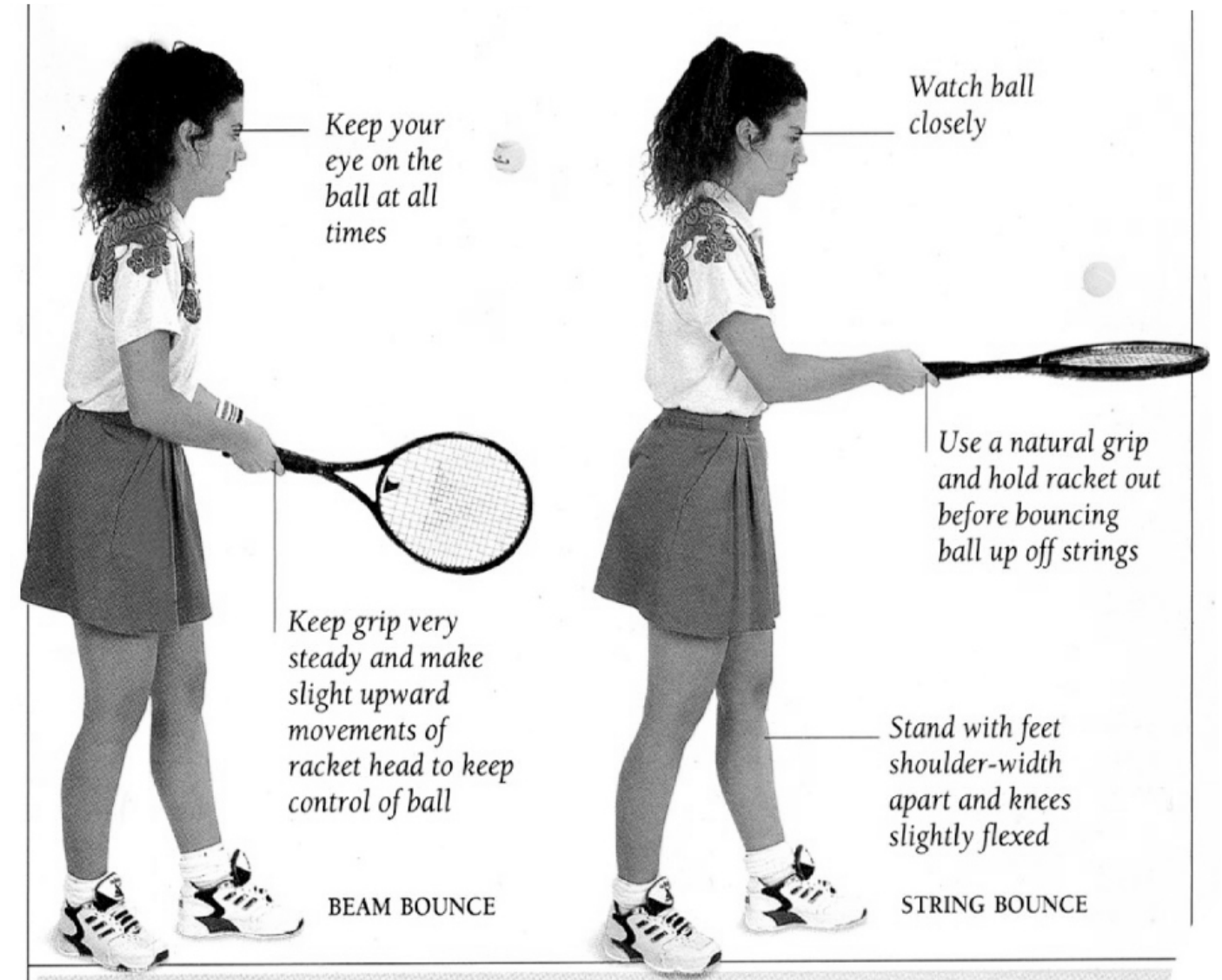
BASIC BALL SENSE

Judging the flight of the ball as it comes towards you is an essential skill, and one that you can improve with a series of simple exercises.

■ Throw a ball back and forth with a partner; catch it before it bounces. To develop your ball sense, bounce the ball to each other and catch it.

■ Stretch your abilities by throwing two balls between yourself and your partner simultaneously.

■ Use the palm of your hand to hit a ball thrown by your partner. This will develop your basic ground-stroke timing of hitting the falling ball between knee and waist height.



PRACTISING

PRACTISING

To improve your forehand, get your partner to drop balls for you to hit over the net. Next, get him to throw balls underarm to you over the net, simulating an opponent's shot, for you to hit back.

- Then rally from mid-court, hitting cross-court drives to each other in the diagonally opposite service area.
- When you can keep a 10-shot rally going, move back until you can rally

with each other from behind the baselines. Try a 10-shot rally to begin with, then aim for a 20-shot rally, hitting drives deep into each other's forehand corners and making each ball bounce between the service line and the baseline.

- Be sure to recover to a central position behind the centre mark after each shot, to practise the movements that matchplay requires.



THE FOLLOW-THROUGH

THE FOLLOW-THROUGH

Once you have hit the ball, don't stop! You need to carry on to keep up the momentum so you naturally regain the ready position in time for the next shot. So, after hitting the ball, continue swinging your racket head through the hitting zone – the general area of the court where you strike the ball – to above head height with a powerful, lifting action. Keep the racket face steady as it follows the flight of the ball.

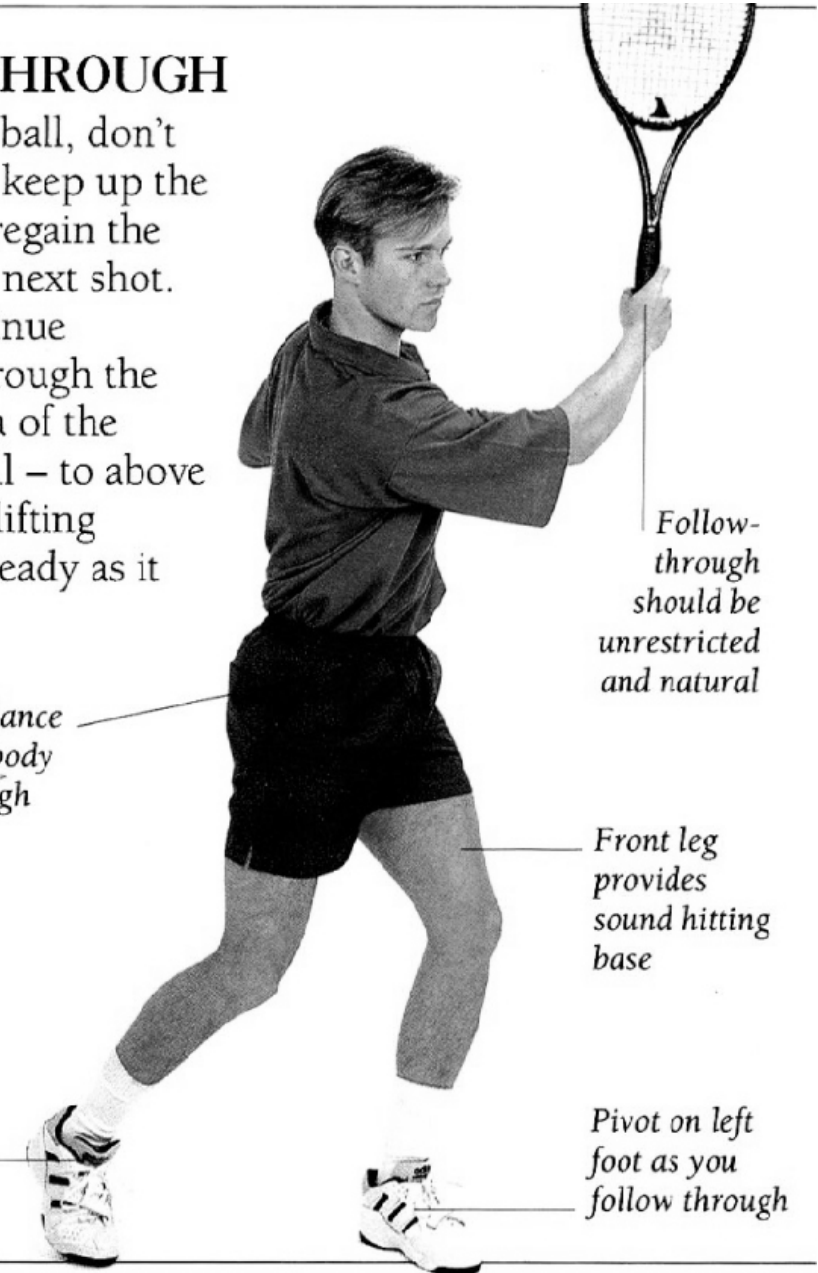
Maintain balance as you shift body weight through hitting zone

Let right foot stabilize the hit and then swing through to aid natural recovery

Follow-through should be unrestricted and natural

Front leg provides sound hitting base

Pivot on left foot as you follow through

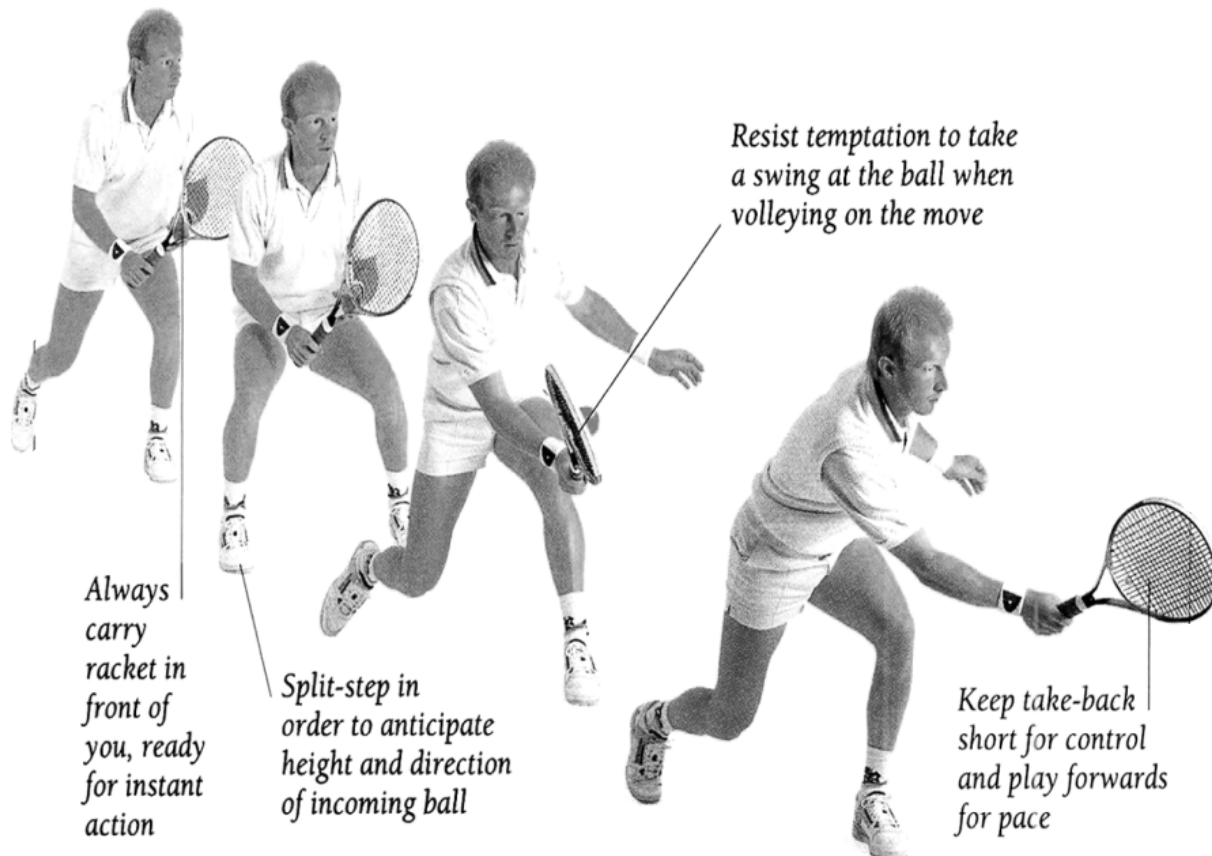


THE FOREHAND VOLLEY

THE PERFECT FOREHAND VOLLEY

The forehand volley is one of the most decisive shots in tennis, and can be the match-winning shot in your game. Play the volley like a boxer's jabbing punch. Advance towards the net

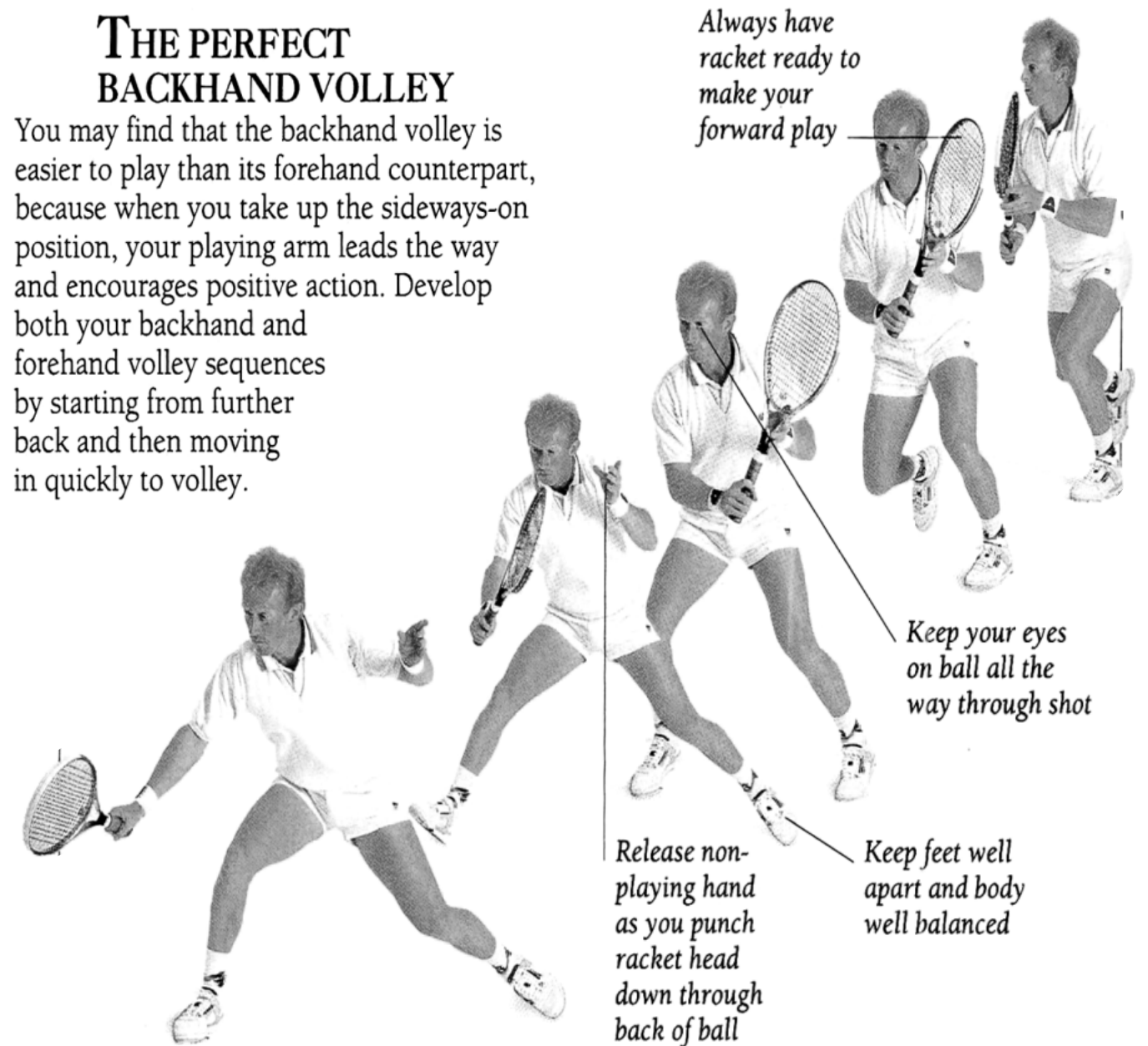
and jab your racket head forwards to hit the ball before it bounces. The volley is a short, punched stroke that travels from high to low, compared to the low-to-high swing of the equivalent groundstroke.



THE BACKHAND VOLLEY

THE PERFECT BACKHAND VOLLEY

You may find that the backhand volley is easier to play than its forehand counterpart, because when you take up the sideways-on position, your playing arm leads the way and encourages positive action. Develop both your backhand and forehand volley sequences by starting from further back and then moving in quickly to volley.

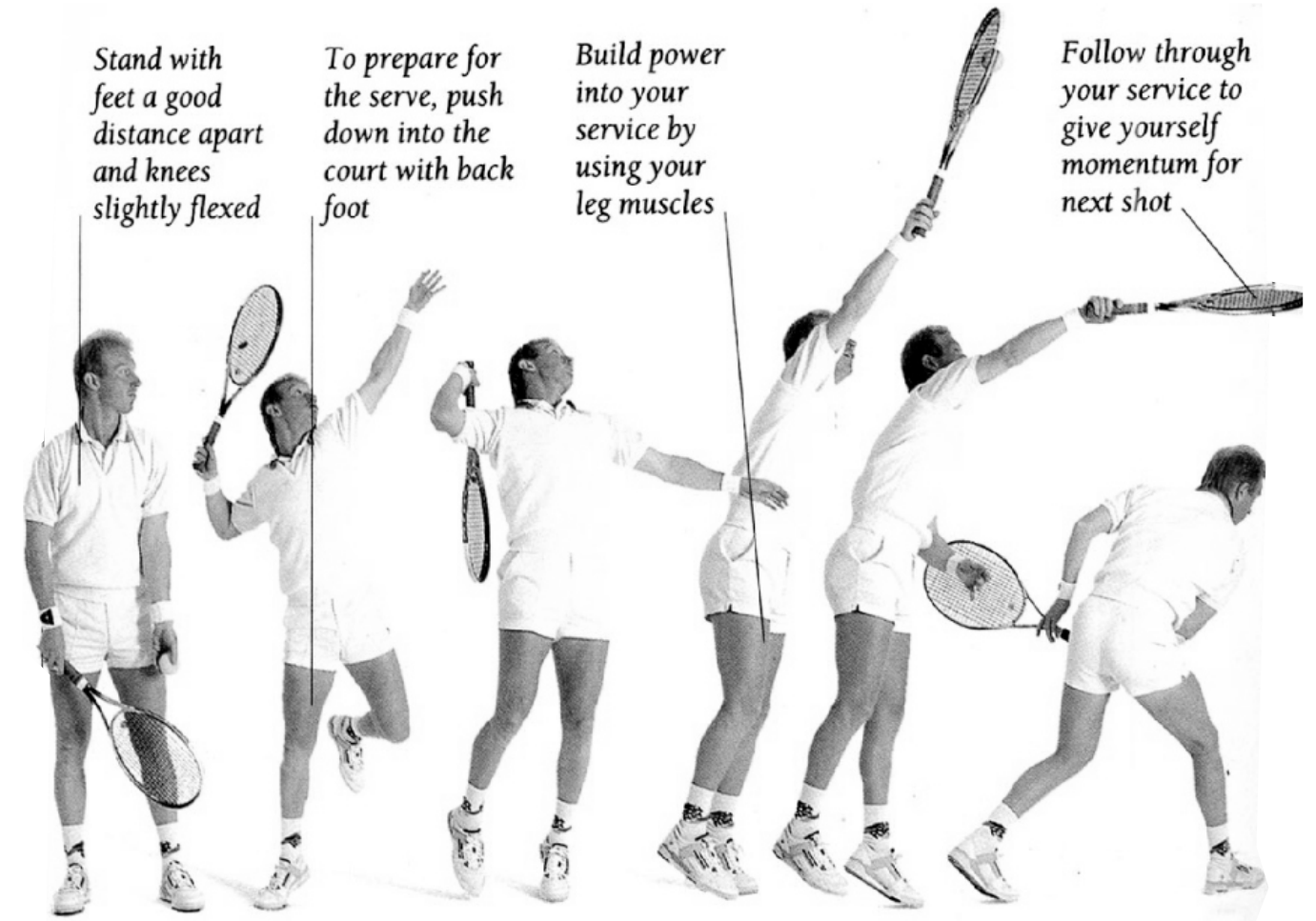


THE SERVICE

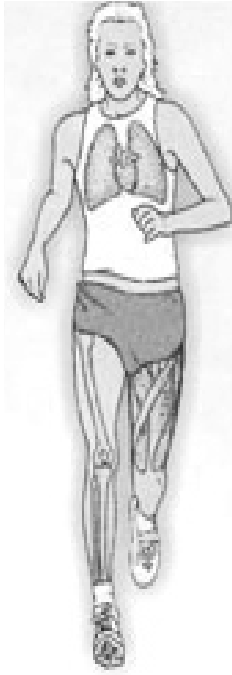
THE PERFECT SERVICE

The service is the most devastating stroke in tennis. From a static position, a well-timed service will fire a ball into your opponent's court with deadly precision. For a

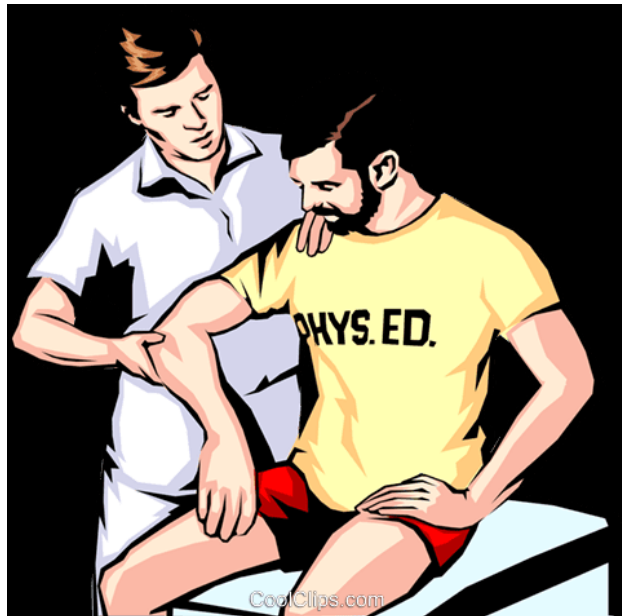
perfect service, you should feel momentum rising up through your body as your legs, hips, back, shoulders, playing arm, and wrist create a powerful chain reaction.



WHAT IS SPORTS MEDICINE?

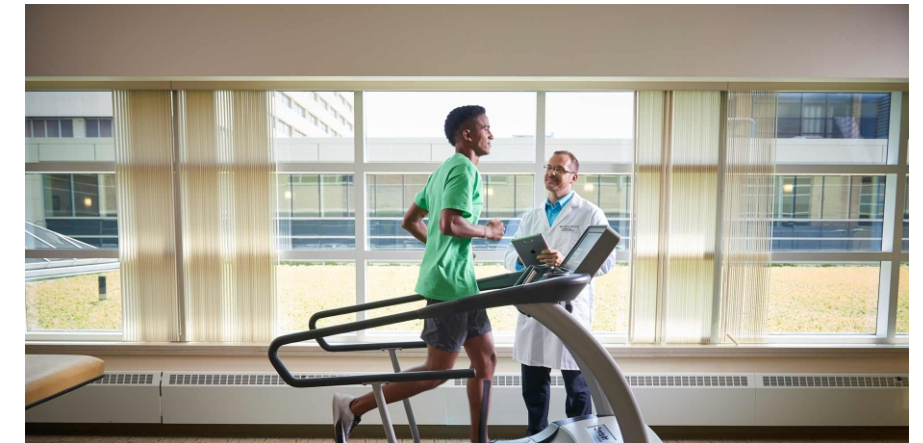
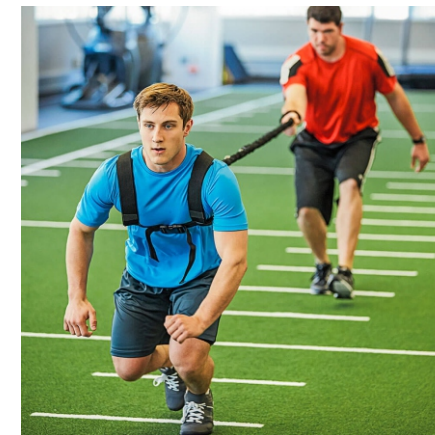


It is a branch of Medicine that deals with Medical problems of Sports persons. It involves the methods of selection for sports persons, their nourishment, fitness, improvement, enhancement of their performance, prevention of injuries, early diagnosis & treatment of all Medical problems. This definition relates to the athlete, the sport, sporting equipment and diagnostic instrumentation. Real object of Sports Medicine is to find talent which is most suitable for any given sports. A sportsman should be physically fit.



Psychological aspect of the Training Schedule:

When we think of the qualities such as strength, speed stamina, flexibility and coordination, we try to find out ways and means to improve them. This is achieved with the help of a training schedule. Before understanding what a training schedule is, we will elaborate certain principles and basic facts in Sports Medicine. The human body is many a time linked to a machine. A machine burns petrol as fuel and produces heat and movement. The most important difference lies in the fact that the body adapts to a given stress if the stress is not too high or too sudden. A machine does not adapt to abnormal stress. If a body is exposed to certain stress in a controlled way, it becomes more efficient. Poor people adapt themselves to a diet low in the requisite calories content, but still do remarkably heavy work. An executive who moves about in cars and endorses only table work with a diet - high in Caloric content, gets adapted to his own life and cannot climb a staircase without getting breath less, often falling prey to various cardio-respiratory disorders. If a normal person just lies in bed doing nothing, his body starts adapting to this situation in 24 hours. His appetite decreases and he becomes constipated.



WHY GANDHIJI IS CALLED MAHATMA?



MAHATMA GANDHI

M.K. Gandhi: Most popular Indian on this planet. Majority of Country Heads admire his Philosophy.



Why Gandhiji is called Mahatma?

1. Children, there is not a single country in the whole world where the name of Mahatma Gandhi is not known. Do you know why Gandhiji became so famous? It is because of his honesty, sincerity, simplicity, work culture, straightforwardness and forgiveness.

2. Gandhiji was an NRI Barrister, who practised law for 20 years of his life in South Africa. Seeing the suffering of Indians abroad and also in India, he left his lucrative earnings in South Africa and returned to India and made up his mind to fight for the freedom of India.

3. Gandhiji dedicated his entire life to the service of humanity, and had taught the importance of truth, nonviolence and simplicity. For this reason, the term 'Mahatma' was coined before his name and in India he is respectfully called the 'Father of the Nation'. The most befitting tribute that we Indians can pay him is to follow the path he had shown us.

4. The successful life of Mahatma Gandhi and another Legend - Late President of India - Abdul Kalam (Rocket Man of India) should be an inspiration for all of us. Please note that neither of them ever owned a house of their own. They are role models for us to lead a simple, meaningful and successful life.

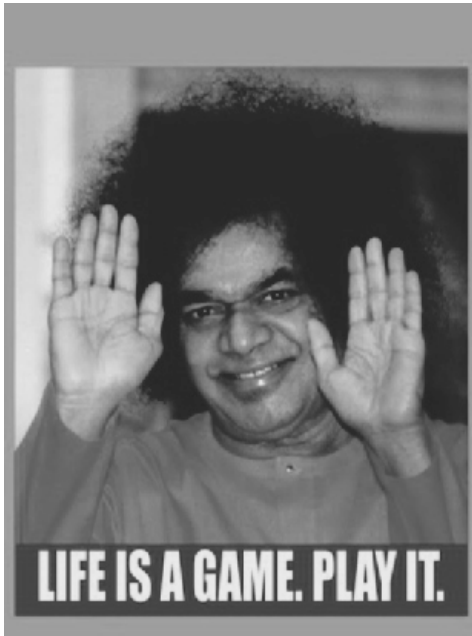
Human Values



Bulbs may differ in size and shape, but the current that marked them shine is the same.

Similarly, people may differ in race, colour or creed, but the Divine Current that gives them existence is the same.

PERSONALITY DEVELOPMENT THROUGH HUMAN VALUES



***“HANDS THAT SERVE ARE
HOLIER THAN THE LIPS THAT PRAY”***
-SRI SATHYA SAI BABA



**PURPOSE OF EDUCATION IS TO
MORALIZE AND SOCIALIZE
PEOPLE**

**- DR. B. R. AMBEDKAR
(BHARAT RATNA)**

**“Not all of us can do great things. But we
can do small things with great love.”**

**- Mother Teresa
(Bharat Ratna)**



**UNESCO described Sport and Physical
Education as a “Fundamental Right For All.”
Sport is a Powerful Tool to Strengthen Social
Ties and Networks, and to Promote Ideals of
Peace, Fraternity, Solidarity, Non-Violence,
Tolerance and Justice.**

SWACHH BHARAT ABHIYAN

Swachh Bharat Abhiyan (CLEAN INDIA MISSION - THE NEED OF THE HOUR TODAY)



Poor hygiene and sanitation facilities cost India about six lakh deaths annually, because of Diarrhea. India accounts for about 40 percent of the world's residents who are lacking toilet facility according to a report released by the World Health Organization (WHO) and UNICEF.

If India manages to stay clean and maintains its tourist destinations well, it will bring more tourists to India and profitable foreign exchange projects will increase in the country. This in-turn will increase our revenue.

Without proper hygiene and sanitation, India is sitting on a volcano, which can erupt anytime into a plethora of vulnerable diseases, which can uncontrollably and adversely affect several thousands of people in India. In such circumstances, it will be impossible to reverse the volatile situation and no one will be able to save the country from the health hazards and losses that will loom over us. So, let each of us realize the criticality of the situation and proactively join the Swachh Bharat (Clean India) campaign to save our country from all the impending dangers of poor hygiene and sanitation.



HIGH IMPACT AT LOW COST



HIGH IMPACT AT LOW COST

Do you know India is biggest diabetic capital of the world,
Sports is the Cheapest Medicine,
Help Donation to **SPORTS COACHING FOUNDATION, Hyderabad**
A SPORTS NGO WORKING SINCE 30 YEARS
Avail Income Tax Exemption, (FCRA).



OUR JOURNEY SINCE 1991



**Disadvantaged children are happy to play regular sports
at our Sports Center.**



Before SCF visit the vulnerable Adivasi girls at Maratwada use to play gilli danda.



Sports Coaching Foundation, Hyd introduced them to play volleyball, shuttle badminton, tennikoit, etc.

SPORTS COACHING FOUNDATION

NGO PROMOTING HEALTH & PEACE THROUGH SPORTS

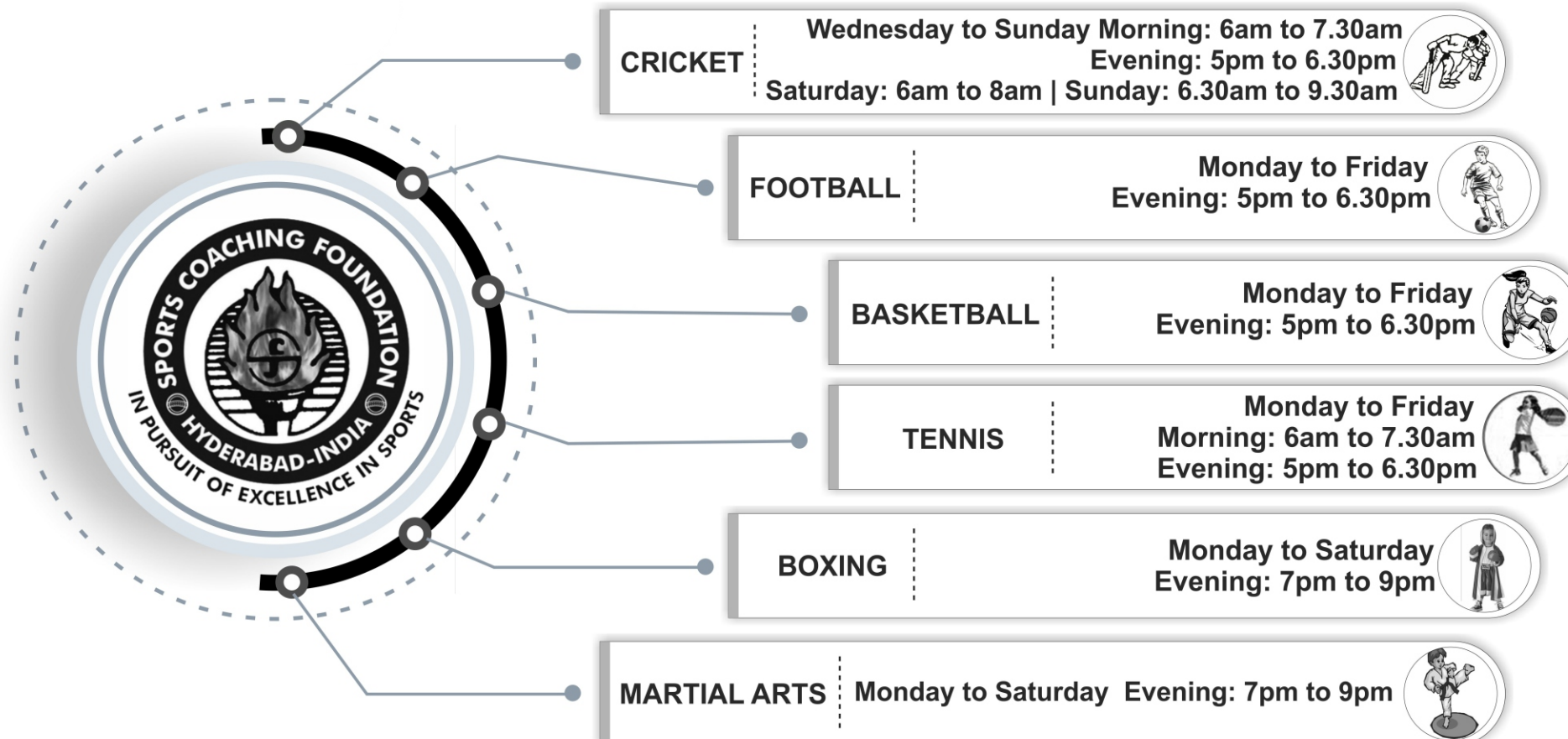
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KAMMELA SAIBABA



Most Awarded Ranji Trophy Cricketer in India for his outstanding voluntary work



President of India Awardee [In Social Change - 2015]



Name : KAMMELA SAIBABA
FORMER RANJI TROPHY CRICKETER
FORMER BANK EMPLOYEE
Date of Birth : 31/12/1954
Present Occu. : Secretary
SPORTS COACHING FOUNDATION
(Not for Profit Organization)
A Sports NGO- Founded in 1991 (his brainchild)
Opp: Cha-Cha Nehru Park, Masab Tank, Hyd
Address : 402, Vipanchi Residency, Paradise Hotel Lane
Masab Tank, Hyderabad - 500028, India.
Contact No : +91 939 6559 440
E-Mail :: info@scfindia.org | scf_india@yahoo.co.in

CAREERSYNOPSIS

- 1974-75 Captained Nizam College - Hyderabad & Osmania University Cricket Teams in inter-university tournament. Represented State in Ranji Trophy and Canoeing.
- 1986-87 Elected Managing Committee Member of Hyderabad Cricket Association. Played a pivotal role in making the organization financially viable and paved the way for the Association winning Inter State Tournaments including the Ranji Trophy after a gap of 45 years.
- 1991 Left bank service to kickstart a Sports NGO called Sports Coaching Foundation (SCF) which partnered with the Government & GHMC to transform the lives of thousands of below poverty line orphans, children and youth by facilitating the construction of sports infrastructure at optimum cost at vulnerable places and providing free sports coaching and mentor ship.
- 2015 Received 'Best Sports NGO in India' (Rashtriya Khel Protsahan Puraskar Award) from the President of India.
- 2015 Received Lifetime Achievement Award from Kamlakar Memorial Charitable Trust.
- 2016 Received Jindal Health Award, New Delhi.
- 2016 Received FICCI Best Sports NGO Award on behalf of SCF at New Delhi.
- 2016 Received Best Manager Award from National Confederation of Resident Welfare Association of India.
- 2017 Underwent SPC Student Police Cadet special training



FICCI Best Sports NGO Award (New Delhi) - 2016



Jindal Health Award (New Delhi) - 2016



India NGO Award Finalist (New Delhi) - 2015

DECCAN Chronicle
SCF'S SAI BABA GIVEN
BEST MANAGER AWARD

DC CORRESPONDENT

Sports Coaching Foundation founder K. Sai Baba was given the 'Best Manager' citation at the National Conference of Resident Welfare Association (NCRWA), organised by Shanti Nagar Club & Welfare Association in Masab Tank,



Sai Baba was recognised for his notable contribution as administrator of SCF. Earlier this year, the Foundation was awarded the prestigious Rashtriya Khel Protsahan Puraskar by the President of India.

at Home Ministry, New Delhi and implemented the same effectively in Govt. Schools in coordination with Police Department.

- 2017 Awarded the International Social Impact Award - Outstanding Volunteer Category org. by the Resource Alliance, London and Rockefeller Foundation, USA at Bangkok City.
- 2018 Felicitated by Nathan's Learning Forum Leadership.
- 2018 Received Best Sports Motivator of the Year Award from Tutors Pride organization.
- 2019-20 Elected President of Alumni Association of Nizam College.

CONTRIBUTIONS TO SOCIETY

- Mr. Kammela Saibaba is also the Central Proponent of 'Build India Through Sports (BITS) Project' of SCF, the team of Sports teachers will visit doorsteps of the Govt. Schools, Orphanage Homes to build basic Sports Infrastructure at optimum cost (with recycling material) to develop sports culture among them the project is highly successful so far has touched the lives of over One Lakh vulnerable children & youth, attracted them towards Sports & Games in over 300 Low-income institutions at Telangana, Andhra Pradesh, Maharastra States in India.
- Many criminal background children were transformed through Sports.



SPORTS COACHING FOUNDATION
HONoured WITH
NGO LEADERSHIP
AWARD - 2017 HELD AT
TAJ DECCAN,
HYDERABAD ON
17TH NOVEMBER 2017

DOWNTOWN SPORTS
Great honour to an exemplary cricketer

International Association of Lions Clubs confers Fellow of Excellence award on Sai Baba for promoting sports amongst the under-privileged

It was a pleasant surprise for K. Sai Baba, a former Ranji player and founder of Sports Coaching Foundation (SCF), when he was presented with the Fellowship of Excellence award by the International Association of Lions Clubs (IAC) at an inauguration ceremony in the city last week.

SCF Co-ordinator K. Sai Baba said that the award, a Fellowship of Excellence, was conferred on him for his efforts in promoting sports among the under-privileged and his contribution to the community.

The award was presented to him by the Lions Clubs International District 324-C, Hyderabad, at a function held at the Lions Club of Hyderabad.

The award was presented to him by the Lions Clubs International District 324-C, Hyderabad, at a function held at the Lions Club of Hyderabad.



Kammela Saibaba, Secretary, Sports Coaching Foundation felicitated by Elders Clubs International Foundation the distinguish guests are from left Justice Sri. G. Chandrarah, Chairman, Telangana State Human Rights Commission, Sri. Marri Laxman Reddy, MLR Group of Institutes, Prof. Sri. K.V.S. Sarma, Vice Chancellor, MNL University, Aurangabad, Dr. S. Avulappa, Vice Chairman, ECIF, Justice Sri. P.S. Narayana, Retd. Supreme Court Judge, Member, MWD Tribunal, New Delhi, on 29th December, 2019 at 5pm at Shanthi Auditorium, Sunshine Hospital, Secunderabad.



Kammela Saibaba newly elected President of THE NIZAM COLLEGE & MADRASA-I-LIYA PAST STUDENTS' ASSOCIATION presenting a bouquet to Principal Nizam College Prof. Lakshmi Kanth Rathor on 24-6-2019 the managing committee members standing from right Muzazzar Ali Soofi, Mohd. Ayub Mojahid, Prof. Laxmi Reddy, K.P. Hara, Mrs. Santhosh Kumari, Shapoor D Toorkey, S. Sathyanarayana



SPORTS COACHING FOUNDATION, MASAB TANK, HYDERABAD RECEIVED ONE MORE NATIONAL AWARD FROM BOMBAY BASED ORGANIZATION FOR THE OUTSTANDING SPORTING CONTRIBUTIONS TO THE CHILDREN ESPECIALLY VULNERABLE KIDS AT HYDERABAD CITY. THANKS TO MANJI ZAVRE AND THE JURY FOR SELECTING OUR SPORTS NGO FOR THIS WONDERFUL AWARD.

National e-Innovation Award - 2018

is hereby awarded to
Mr. Kammela Saibaba
Telangana,
INDIA

Contributions to Society:

- Through his Sports Coaching Foundation, a Not for Profit NGO, many dumping yards were transformed into sporting hubs to accommodate local vulnerable community children to play sports and achieve better health.
- Promoting sports among vulnerable children who never had platform to play.
- Unused space at Government schools were transformed into playgrounds.
- Govt. School Headmasters & Physical Directors are made as stake holders to promote sports activities at basic level.



Kammela Saibaba Founding Secretary Sports Coaching Foundation Hyderabad Received best Leadership Award 2018 by Nathan's Learning Forum in Association with IMA Hyderabad Airport Branch, Venue at Apollo Hospital Campus Jubilee hills, Hyderabad on 26-8-2018

BEST MENTOR AWARD FOR SCF FOUNDER

ITAP AWARDS 2018

WELCOMES YOU

Kammela Saibaba Received Best Sports Mentor of the year 2018 Award for his Successful Build India through sports Project of sports coaching foundation Hyderabad on the occasion of Gandhi Jayanti on Tuesday 2-10-2018, awarded by Tubas Phds. The function held at Trident Hotel, Madhavapuri, Hyd

DECCAN Chronicle
SAI RECEIVES LIFETIME ACHIEVEMENT AWARD
DC CORRESPONDENT

K. Sai Baba, the founding secretary of the Sports Coaching Foundation, was bestowed the Life Time Achievement award by the Kamalakar Memorial Charitable Trust in a function held in Hyderabad.

Sai Baba was awarded for his outstanding contribution in promoting sport for the last 25 years.

The Sports Coaching Foundation, a non-profit and non-commercial organisation provides free coaching to approximately 480 kids at it's facility in Masab Tank in the City.

Sports Coaching Foundation gets award

HANS NEWS SERVICE



Hyderabad: Kammela Saibaba, Founding Secretary Sports Coaching Foundation, Hyderabad received the 'Best Sports Promotion NGO' Award at 8th India International Sporting Goods Forum 2019 held at Pragati Maidan, New Delhi on Monday. This is India's and South East Asia's biggest sports business and sports development forum jointly organised by Indian Exhibition Services and Indian Trade Fair Academy in coordination with Government. Many foreign sports companies from China, Japan, UK participated.

The award was presented by Renuka Sood, President,

Haryana Private School & Children Welfare Association and Dr Devendra Arora, Founder president, Sports Academy Association of India. The Award was given to the Sports Coaching Foundation for its outstanding contribution towards sports promotion at vulnerable places (govt schools etc.) where sports culture is required. They lauded the outstanding sports promotion work done by Sports Coaching Foundation, Hyderabad since three decades. Along with many distinguished guests, veteran outstanding sportsmen Madan Lal, former Indian test cricketer and Manoj Kumar, Former international wrestler attended the function.

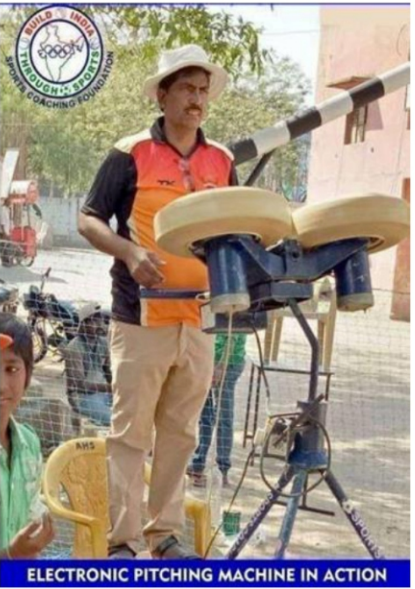
HANS INDIA Thu, 26 September 2019
<https://epaper.thehansindia.com/c/44040314>

DECCAN Chronicle
Saturday | 16th November 2019 | Hyderabad
Honour



Former Ranji Trophy cricketer and founder of Hyderabad-based Sports Coaching Foundation Kammela Saibaba (centre) receives the Telangana NGO Leadership Award organised on World CSR Day from chief guest Dr S. Venugopala Chari (right), former union minister and advisor to Government of Telangana, and Peddapalli Collector Devasena, at a hotel in Hyderabad on Friday.

GOVT. SCHOOL



ELECTRONIC PITCHING MACHINE IN ACTION



Donate & Be a Partner

SPORTS COACHING FOUNDATION

NGO PROMOTING HEALTH & PEACE THROUGH SPORTS



EVERY DONATION COUNTS!

OUR BANK ACCOUNT DETAILS



SYNDICATE BANK ACCOUNT DETAILS

Account Number	: 30512010011486
Name	: Sports Coaching Foundation
Bank	: Syndicate Bank
Branch	: Masab Tank
City	: Hyderabad City, Telangana
IFSC Code	: SYNB0003051
MICR No	: 500025047



STATE BANK OF INDIA ACCOUNT DETAILS

Account Number	: 33388095577
Name	: Sports Coaching Foundation
Bank	: State Bank of India
Branch	: Tolichowki
City	: Hyderabad City, Telangana
IFSC Code	: SBIN0005095
Branch Code	: 5095



CANARA BANK ACCOUNT DETAILS FCRA (FOREIGN DONATIONS)

Account Number	: 0798101042455
Name	: Sports Coaching Foundation
Bank	: Canara Bank
Branch	: Masab Tank
City	: Hyderabad City, Telangana
IFSC Code	: CNRB0000798
MICR No	: 500015019



YES BANK ACCOUNT DETAILS

Account Number	: 047794600000053
Name	: Sports Coaching Foundation
Bank	: Yes Bank
Branch	: Humayun Nagar, MehdiPatnam
City	: Hyderabad City, Telangana
IFSC Code	: YESB0000477
MICR No	: 500532009

Thanks to Govt. of India for permitting Income Tax Exemption to the Donors under 80G, 12A, 35AC and FCRA.