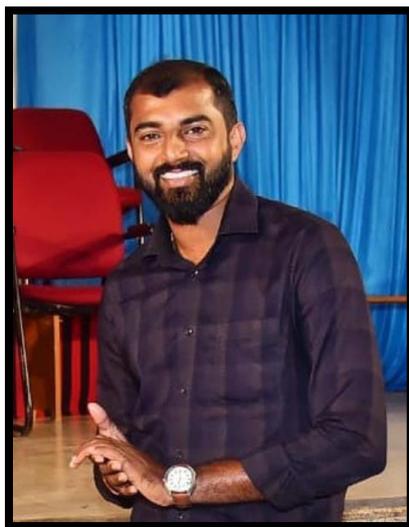


MILAGRES COLLEGE KALLIANPUR
DEPARTMENT OF PHYSICAL EDUCATION
VOLLEY BALL COACHING CAMP
REPORT 2021-22



MR.NIKHIL RAHUL DSOUZA
PHISICAL EDUCATION DIRECTOR
MILAGRES COLLEGE KALLIANPUR

Milagres Institute of Education Kallianpur associated with Department of Physical Education Milagres College organised One month Volley ball coaching camp in our college ground. Below is the report of Volleyball camp.

Coaches are a major part of sports without them there would not be teams. Without coaches a sport would just be being played for fun everyone would be messing around. Coaches are probably the main part of any team , They pick who to play and when to play them, what plays to run, when to use a specific play, and most importantly motivate their team when they need it or getting on them about slacking or messing around. A coach is someone who their players trust to do the best for them, hoping that they can be pushed to the best of their abilities to make it where they want to be in their sport. And we got one of best coach Mr. Manoj Kumar and our Physical director Mr.Nikhil Rahul Dsouza. Because of them the camp become successful one.



MR. MANOJ KUMAR

University Represent, NIS Coach

Volleyball is a strength-speed discipline requiring rapid yet precise movements from players. Changing game conditions require players to have an extensive range of movement, enabling them to adapt accordingly to particular situations during a game. Time-space orientation allows determining the position of the body in relation to the court, ball, net, partners and opponents. This supports the process of learning the technique, which in the case of volleyball is difficult to master. These are done through the camp.



1ST WEEK WORKOUT of camp: (29-11 to 04-12)

Workout:

- Stretches, Running , exercise, squat jump, burpee, court exercise.



Ground session:

- Tapping, fingering, place rotation while touches, taping serves, powerful serve

Gym session:

- Full squats and half squats, over head press, lunge, weight training, bent-over low, crunch, bench press.



Net session:

- Blocking, tapping, libero skills, attacking, passer skills, combination attacking and blocking

WORKOUT : 2ND WEEK(06-12 to 11-12)

Warm up:



Ground session:



- Major court workout, Extra games, improving team combination, adding extra skills through touches.

Net session:

- Attacking, Rotation positions, passers skills, powerful attack, continues attacking



Gym session:

- Separate batches, Improve the no. of squats, extra waits, biceps, weight training.

WORKOUT: 3RD WEEK(13-12 to 18-12)

Ground session:

- Major workout, ball catches, defence, dives and roll, position, powerful serve



Net session:

- Position attacking, combinational blocking, libero defence, speed combination attacking, line to line attack

Gym session:

- Wait increase, push-up, bent-over row, squat jump, dead lift, tricep stretch

Game session:

- Combination game, powerful attacking, implement the skills, powerful serves, dives, combination blocking

WORKOUT: 4TH WEEK(20-12 to 25-12)

Gym session:

- Two round workout, increase a weight player wants, increase fitness

Ground session:

- Improving all skills, positions, touches, tapping, diffence , fingering, drops, dives and roll



Net session:

- Powerful attacking, position, blocking, combination attacking, libero skills

Game session:

- Combination game, player rotations, extra skills, quick moment, powerful attacking, speed game, libero skills, combination blocking.



Milagres Team:



Achievements:

- **RUNNERS** in Manglore University Intercollegiate Udupi Zone tournament Held at Government First Grade College Hebri.



Best Libro in the Match



Sujeet Acharya

1ST RUNNERS in Manglore University Inter collegiate. Held at Government First Grade College Hebri



III Place in Manglore University Inter collegiate volleyball Held at M S R S College Shirva.





Varsha I B. Sc and Ramya I BA for participating in Youth National Volleyball Championship held in Maharashtra. Varsha led the Karnataka team as the Captain.



MILAGRES COLLEGE KALLIANPUR
DEPARTMENT PHYSICAL EDUCATION
1 MONTH CRICKET COACHING CAMP(23-11-2021 to 23-12-2021)
REPORT 2021-22

MR. NIKHIL RAHUL D'SOUZA
PHYSICAL EDUCATION DIRECTOR
MILAGRES COLLEGE KALLIANPUR

Milagres Institute of Education Kallianpur associated with department of Physical Education, Milagres College organised 30 days Cricket coaching camp in our college ground. Below is the report of cricket camp.



MR. VIJAY ALVA

(CHIEF EXECUTIVE COACH)



MITHUN SATISH (COACH)

The camp inaugurated on 23-11-2021 under the guidance and support of Principal and Physical Education Director. 20 players had participated in the camp. The camp took place for around 1 month.



WORKOUT: 1ST WEEK (24-11 to 29-11)

Stamina workout:

- Agility workout, slow-continues 35 minutes, speed continues, movement exercises, cone drills, baby hurdles.

Gym session:

- Squats, front squat, dead lift, strengthening exercises, dumbbells.

Net session:

- Bowling session, batting session, hanging ball, knocks.

Fielding session:

- High catches and backup, over arm throw drills; close catches drills, slip catches.



WORKOUT:2NDWEEK(30-11 to 06-12)

Endurance exercise:

- Running between the wickets, sprint.

Flexibility exercise:

- Lunge, shoulder stretch, leg raise.
- Push-ups, sit-ups.
- Leg raise, squats.

Net session:

- Good length, Yorker.
- Defence and drives.
- Run-up and follow through.

Fielding exercises:

- Short catches, backward catches, long catches.
- Long throws
- Boundary stopping
- Wicket-keeper drills



WORKOUT: 3RD WEEK (07-12 TO 14-12)

Durability:

- Squats, push-up
- Lunge, dead lift
- Leg raise
- Sit-up
- Jumping jack

Stamina exercises:

- Plank, lunge, sprint.
- High intensity interval training
- Ladder
- Football

Net Session:

- Bowling and batting.
- Spot bowling.
- Strike rotation.
- Good length.

Fielding Session:

- Long catches.
- Slip catches.
- Attack and backup.
- Backward catches.
- Flat catches.



WORKOUT: 4TH WEEK (15-12 TO 27-12)

Net session:

- **Strike rotation.**
- **Drives and defence.**
- **Spot bowling.**
- **Good length and Yorker.**
- **Knocks.**
- **Hanging ball.**

Gym session:

- **Squats, lunge, plank.**
- **Dead lift, dumbbells.**
- **Aerobics.**
- **Stretching exercise.**
- **Burpees**



OPEN NETS:

- Every Saturday we played a match 15 over's each of 2 teams.
- Both teams consisted of 8 players each.



VISIT BY SIR SYED KIRMANI (Former Indian Wicketkeeper & 1983 World cup winner)

***Sir Syed Kirmani* had visited our team 03-01-2022 And interacted with the college cricket team. It was the proud moment for our Institution.**



ACHIEVEMENTS:

Represented college in intercollegiate cricket tournament organised by SMS College, Brahmavara, and we ended up with quarter-finalists.





Best bowler in the Match



Mr Joyson represented PPSA one of the oldest club of KSCA, Mangalore zone in the league match held at Mangalore for the year 2021-22



MILAGRES COLLEGE KALLIANPUR
DEPARTMENT OF PHYSICAL EDUCATION

One month athletic coaching camp report(25-11-2021 to 25-12-2021)

Mr. Nikhil rahul dsouza

Physical education director

Milagres college kallianpur

Milagres institute of education kallianpur in association with department of physical education, milagres college organized 30 days coaching camp in our college ground. Below is the report of athletic camp

Milagres college sports academy was inaugurated on

2-11-2021. And athletic coaching camp was held during 25-11-2021 to 25-12-2021



Mr. Kishor Kumar s coach

State and national level athlete and also participated indo- Srilanka meet and bagged 2 silver in 100 and 200mts.

There are many students under him who have represented national and state level.

Workout schedule during the one month camp was like this

Workouts of 1st and 2nd week [25-11-2021 to 10-12-2021]

Started with the slow continuous, in a week there was 3 endurance session, 2gym session and 2speed session

Endurance workout:

400mt athletes

- 600mt,500mt,400mt
- 200 3*3
- 350*4

100mt athletes

- 300mt,250mt,200
- 120 3*3
- 60*8

Long runners

- 2000*2
- 700mt,600mt,500,
- 40min fast continues

Speed workout:

400mt athletes

- 250*3 running
- 120*6 running



100mt athletes

- 80*4 running
- 30*8 running

Long runners

- 400*4 running

- 200*6 running

Gym session:

- Clean, snatch, parallel jerk, bench press, squats

Workouts of 3rd week [13-12-2021 to 18-12-2021]

Speed workout:

400mt athletes

- 250*3 running
- 120*6 running

100mt athletes

- 80*4 running
- 30*8 running

Long runners

- 400*4 running
- 200*6 running

Gym session:

- clean, snatch, parallel jerk, bench press, squats.

In the last week athletes had a mangalore university inter college competition at Alvas Moodbidri. All who were there in the camp have been participated.

- Keerthana
- Rakshitha
- Sonam
- Ashwini
- Adeena
- Rohan
- Nikhil
- Bharth
- Rithesh
- Abhishek
- Prthviraj
- Ajay
- Darshan
- Swasthik

All the 14 were performed well with their best one have qualified to all India and bagged gold medal in 4*100 mts relay girls



During the camp they provided us with the good food like for breakfast idli, bread, dosa
For lunch it was ordinary meals
And in the evening fruit juice also dry fruits

MILAGRES COLLEGE KALLIANPUR
DEPARTMENT OF PHYSICAL EDUCATION
1 MONTH KABADDI COACHING CAMP(24-11-2021 to 24-12-2021
REPORT

MILAGRES INSTITUTE OF EDUCATION KALLIANPUR IN ASSOCIATION WITH
DEPARTMENT OF PHYSICAL EDUCATION, MILAGRES COLLEGE ORGANIZED 30 DAYS

COACHING CAMP IN OUR COLLEGE GROUND. BELOW IS REPORT OF KABADDI CAMP

MILAGRES SPORTS ACADEMY WAS INOGRATED ON 2-11-2021. AND KABADDI COACHING CAMP WAS HELD DURING 24-11-2021 TO 24-12-2021



MR. SUMAN(COACH) M.P.Ed
KARNATAKA JUNIOR NATIONALS and UNIVERSITY

THER ARE 16 PLAYERS WHO ATTENDED THE CAMP AND PARTICIPATED IN TOURNAMENT



PLAYERS

- SHAAN [C]
- GLEN
- VISHWESH
- DANUSH
- SUHAIB
- SUKESH
- SHIVARAJ • AYUB
- MUDASIR
- DEEPAKSH
- SUDEEP

- CHIRAG
- KRISHNA
- AMIT
- VIKAS
- PRAJWAL

WORKOUT SCHEDULE DURING THE ONE MONTH CAMP



1ST WEEK WORKOUT OF CAMP [24-11-2021_1-12-2021]

- 45 MIN SLOW CONTINUOUS RUNNING, WARM UP EXERCISE, COURT EXERCISE, LAST 15 MIN GAME PRACTISE

GROUND SESSION:

- STRETCHING, COURT MOMENT, RIDING MOMENT, CHAIN MOMENT, WARM DOWN



GYM SESSION:

FULL SQUATS AND HALF SQUATS, OVER HEAD PRESS, WEIGHTS TRAINING, BENT-OVER LOW, CRUNCH, BENCH PRESS.

2ND WEEK WORKOUT OF CAMP [2-12-2021_9-12-2021] GROUND

SESSION:

- COURT WORKOUT, STEP WORKOUT, SKILL IMPROVEMENT, RIDING SKILLS, DEFENCE SKILLS, STRENGTHENING WORKOUT.



GYM SESSION:

- IMPROVE THE NO. OF SQUATS, EXTRA WEIGHTS, BICEPS, WEIGHT TRAINING.



3RDWEEK WORKOUT OF CAMP [10-12-2021_17-12-2021] GROUND SESSION:

- COURT WORKOUT, CIRCUIT TRAINING, IMPROVING QUICKNESS OF RAIDER AND DEFENCE

GAME SESSION:

- POSITIONING OF PLAYERS, PLAYERS SKILLFULL GAME.

GYM SESSION:

- WEIGHT INCREASE, PUSH-UP, BENT-OVER ROW, SQUATJUMP, DEAD LIFT, TRICEP STRECH.



4TH WEEK WORKOUT OF CAMP [18-12-2021_24-12-2021] GROUND SESSION:

- IMPROVING ALL SKILLS, POSITIONS, CIRCLE KABBADI, JUMP OVER SKILLS.



GYM SESSION:

- TWO ROUND WORKOUT, INCREASE WEIGHTS, INCREASE FITNESS.

GAME SESSION:

- DAILY 15 MINUTES GAME AT THE END OF THE DAY, PLAYING SKILLS, QUICK MOVEMENT GAME.



ACHIEVEMENTS:

REPRESENTED COLLEGE IN INTERCOLLEGIATE KABADDI TOURNAMENT
ORGANISED BY GOVERNMENT FIRST GRADE COLLEGE, THENKANIDIYOOR AND WE WON
THE FIRST 2 MATCHES AND WE ENDED UP WITH QUARTER-FINALISTS





