

SPORTS AUTHORITY OF INDIA
NETAJI SUBHAS NATIONAL INSTITUTE OF SPORTS:PATIALA

ONLINE COACH EDUCATION PROGRAMME – SYLLABUS

Boxing

Sr.No	Topics	Contents
1.	Performance Structure in Boxing	<ul style="list-style-type: none"> a . Role of Society b. Ideology & Anthropometric Measurements c. Technical aspects d. Tactical aspects e. Physical Qualities f. Psychological & intellectual g. Role of Teachers ,Friends &Parents h. Scientific Sport, Equipment's ,Doping
2.	Basic Boxing Techniques & How to Teach them	<ul style="list-style-type: none"> a. Basic Boxing Techniques & How to Teach them b. School Boxing c. School Fight
3.	Advance Techniques in Boxing	<ul style="list-style-type: none"> a. Long Range Boxing-Medium Range Boxing b. Short Distance c. Infighting
4.	Strategies& tactics in Boxing	<ul style="list-style-type: none"> a. Role of Coordinative abilities in Boxing b. Common Tactics & Ring Craft in Boxing c. Orthodox v/s Southpaw d. Punching Pad e. Art of Coaching f. The Second-How to work in the corner g. Sparring-Development of Tactical aspects
5.	Physical Qualities	<ul style="list-style-type: none"> a. Strength &Conditioning for Boxers b. Means & Methods for the development of strength of Boxers c. Define Speed in Boxing .Types of Speed required for a Boxer. Means & Method to develop it d. Physical Test/Evaluation of Boxers performance

6.	Planning In Boxing	<ul style="list-style-type: none"> a. Raw talent Identification at Ground Level & How to Develop it. b. Principles of Training & Planning c. Planning of Training for Long term development d. Training Planning for High Performance e. Tapering for Major Competition
7.	Scientific Sport	<ul style="list-style-type: none"> 1. Medical <ul style="list-style-type: none"> a. Common Injury in Boxing b. Nutrition & Weight management in Boxing c. Recovery-Recover quicker perform better d. Role & Responsibilities of athlete sport 2. Sports Psychology <ul style="list-style-type: none"> a. Zoning-in and zoning out: Overcoming obstacles in the match. b. Maximizing the Impact: Striking with confidence 3. Biomechanics <ul style="list-style-type: none"> a. Performance analysis of boxers & sparing bout-Video analysis
8.	Officiating	<ul style="list-style-type: none"> a. Refereeing& Judging in AIBA Competition b. Important change in rules & regulation in AIBA c. Judging in boxing – 10 point scoring system
9.	Use of Equipment's	<ul style="list-style-type: none"> a. Punching Bag b. Punching Pad c. Speed Ball d. Spring Ball
10.	Role of Individual Exercises in the Development of Technical Actions	<ul style="list-style-type: none"> a. Shadow Boxing b. Mirror Boxing c. Individual boxing drills with footwork

SantaigoNevia (High Performance Director BFI)
T.L Gupta (Member Coaches Commission BFI)

DETAILS OF TEACHING PROGRAM FOR ONLINE BOXING COACH EDUCATION PROGRAM

S. No.	Date	Time	Topic	Name of Lecturer / Speaker	Remarks
1.	16-04-20	16:00 To 17:00	Basic Boxing Techniques & How to teach them	Mr. Santiago (High Performance Director)	
2.	17-04-20	16:00 To 17:00	Role of Coordinative abilities in Boxing	Mr. Raffaele Bergamasco	
3.	20-04-20	16:00 To 17:00	Performance Structure in Boxing	T.L. Gupta	
4.	21-04-20	16:00 To 17:00	School Boxing	Mr. C A Kuttappa	
5.	22-04-20	16:00 To 17:00	Common tactics and Ring Craft in Boxing	Mr. Santiago (High Performance Director)	
6.	24-04-20	16:00 To 17:00	Orthodox VS Southpaw	Mr. Raffaele Bergamasco	
7.	25-04-20	16:00 To 17:00	Short Distance-Infighting	Mr. Santiago (High Performance Director)	

8.	27-04-20	16:00 To 17:00	Recover quicker, perform better	Dr. Amol Patil	
9.	28-04-20	16:00 To 17:00	Raw Talent Identification at Ground Level	T.L. Gupta	

10.	29-04-20	16:00 To 17:00	Advanced Techniques	Mr. Santiago (High Performance Director)	
11.	01-05-20	16:00 To 17:00	Punching Pad	Md Ali Qamar	
12.	02-05-20	16:00 To 17:00	Art of Coaching	Mr. Santiago (High Performance Director)	
13.	04-05-20	16:00 To 17:00	The Second-How to work in the corner	Mr. Raffaele Bergamasco	
14.	05-05-20	16:00 To 17:00	Principles of Training	Mr. Santiago (High Performance Director)	
15.	06-05-20	16:00 To 17:00	School Fight	Mr. Santiago (High Performance Director)	
16.	08-05-20	16:00 To 17:00	Strength & Conditioning for Boxers	Mr. Santiago (High Performance Director)	

17.	09-05-20	16:00 To 17:00	Strength & Conditioning for Boxers Cont.	Dan Jefferson	
18.	11-05-20	16:00 To 17:00	Planning of Training for Long Term Development	Mr. Santiago (High Performance Director) Dan Jefferson	
19.	12-05-20	16:00 To 17:00	Training Planning for High Performance	Mr. Santiago (High Performance Director)	
20.	13-05-20	16:00 To 17:00	Common Injuries in boxing	Dr . Karanjeet Singh	
21.	15-05-20	16:00 To 17:00	Sparring-Development of Tactical aspects	T.L. Gupta	
22.	16-05-20	16:00 To 17:00	Physical Test/Evaluation of Boxers Performance	Mr. Santiago (High Performance Director)	
23.	18-05-20	16:00 To 17:00	Nutrition & Weight management in Boxing	G. Vani Bhushnam	
24.	19-05-20	16:00 To 17:00	Refereeing & Judging in AIBA Competitions	Lt Col Ashok	
25.	20-05-20	16:00 To 17:00	Tapering for major Competition	Mr. Santiago (High Performance Director)	
26.	22-05-20	16:00 To 17:00	Important change in rules & Regulations in AIBA Boxing ,Judging In Boxing-10 scoring point system	Lt Col Ashok	

27.	23-05-20	16:00 To 17:00	Define Speed in Boxing. Types of Speed required for a Boxer in a bout. Means & Methods to develop it	T.L. Gupta	
28.	25-05-20	16:00 To 17:00	Roles & Responsibilities of Athlete Support Personnel (Coach)	Dr. Amol A. Patil	
29.	26-05-20	16:00 To 17:00	Zoning-in and zoning out: Overcoming obstacles in th match	Divya Jain, Sports Psychologist	
30.	27-05-20	16:00 To 17:00	Maximizing the impact: Striking with confidence	Divya Jain, Sports Psychologist	

NOTE:As per the recommended names by Mr. Santiago (High Performance Director), all the names have been adjusted according to the suitable topics & available time. This list is tentative & for your approval. If you think anywhere any change is necessary please do the same. Submitted to Mr RK Sacheti (Executive Director BFI).

**From: T.L. Gupta (Boxing Coach)
Program Director**