NOVEMBER EDITION

SPORTZNEXT

India's only Sports Education Magazine

DIGITAL TRANSFORMATION OF SPORTS EDUCATION

NEO NORMAL TREND IN SPORTS

IAN PONT
International Cricket Coach

EELCO SCHATTORIE
UEFA Pro Football Coach

VITOR HUGO TEIXEIRA
Sports Nutritionist

Featured article

Cricket Education

www.sportznextedu.net

1800 120 1656 +91 8305628612

marketing@sportznextedu.com

MAGAZINE EDITORIAL BOARD

NOVEMBER SCORE BOARD

NOVEMBER EDITION CRICKET
SPEACIAL FEATURE

FEATURED TOPICS

WFS LIVE

23RD–27TH NOV 2020

SESSION:

NEW MONETIZATION OPPORTUNITIES FOOTBALL

1.10 PM (CET)

TUESDAY NOVEMBER 24TH

DR. SHAJI PRABHAKARAN

SPORTZ NEXT
EDUCATION INSTITUTE
EMPOWER, EVOLVE, ENTERPRISE

MOUNIR ZOK

N3XT SPORTS

PAOLO CARITO

LEGAPRO

MAHETA MOLANGO

3MSCONSULTING

Editor's

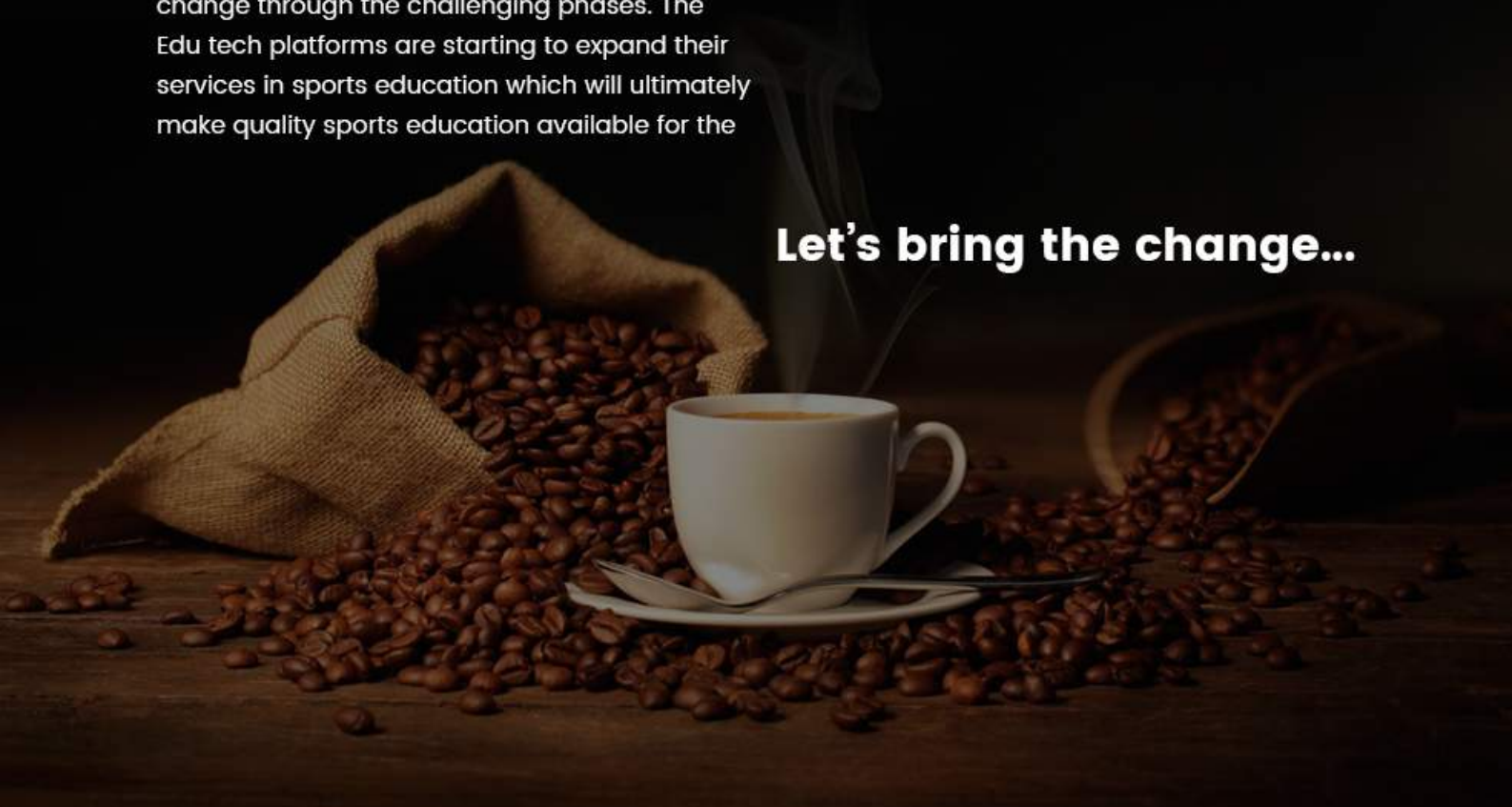
Winter is setting in with a backdrop of a second spike of the pandemic across the world. As I think to introduce this issue to our readers, I feel by now we all are mentally clear with one perspective and that is pandemic is a challenge, but life can not entirely stop. Precautions to be ensured but most importantly we all must adopt those changes which will keep us moving ahead.

Our focus being sports education, happy to see the interest and demand from the sports ecosystem about our print copy. However, will like to inform you all that Sportz next will bring a change of mindset towards digital magazine. Digital does not mean a soft copy. It is a plethora opportunity to mix content with audio and video, technology and much more to ensure an interactive platform and increase the engagement quotient.

The sports education is taking a transformative change through the challenging phases. The Edu tech platforms are starting to expand their services in sports education which will ultimately make quality sports education available for the mass and will improve the human resource for the ecosystem. It is a big boost and may ultimately turn out as game changer for the mission of India to become a sport superpower.

The Indian sports ecosystem is also gradually finding its way back. May be at present through Mega events like IPL and ISL to keep the engagement, positivity and the business factors as priority, but soon will find out to start grassroot and youth development activities and events to engage the base of the pyramid.

As editor of India's first sports education magazine I promise to keep informing you about all insights and information about management, training, sports science,



AN OCEAN OF OPPORTUNITIES-

DIGITAL TRANSFORMATION OF SPORTS EDUCATION

ROHAN GUPTA

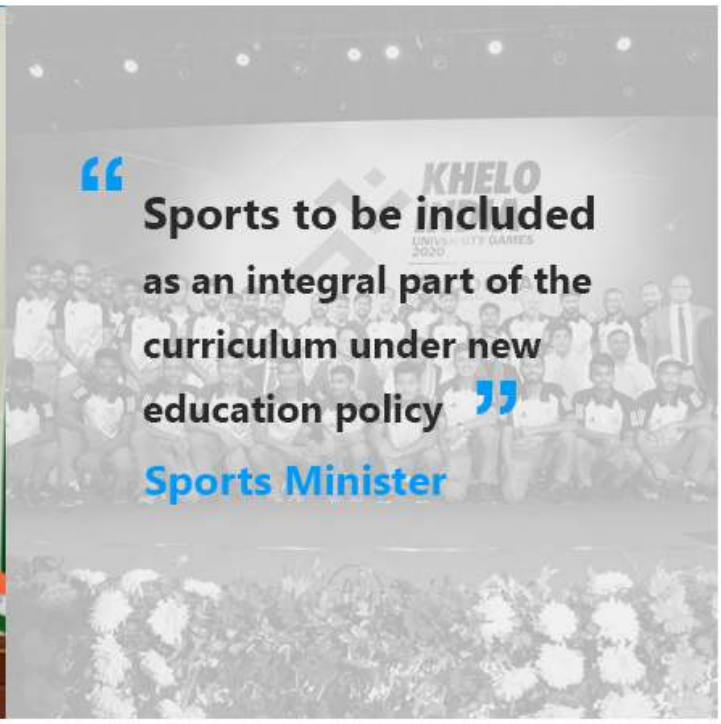
Rohan is a sports business professional with comprehensive industry experience having worked with leading athletes, sports bodies, media and private parties. He is a MSc Sport Marketing from Loughborough University, a leading sports university in the world. Rohan's interests lie within commercial aspects around sports such as sponsorship, broadcasting, licensing and other commercial partnerships.

Introduction

Just like any industry, sport is undergoing rapid disruption and upheaval. Emergence of new and innovative mannerisms are unlocking unprecedented and oceanic opportunities for growth. These may pertain to mobile ways in which sports consumption has fragmented, or the ways in which fans interact with their favourite team(s). Sports education is no different, and is experiencing tremendous boom. While the argument is endless as to how Coronavirus has pulled the world back by years and decades in terms of the economic and human loss. There is no argument about its role in augmenting the paradigm shift towards digital and remote education by disregarding the geological and physical barriers. The enormous reach of this digitally published magazine is one such proof.

Sports Edu-Current Stance

Unlike other academic and educational subjects, sports education is still in its formative years. Thousands of professionals working in the industry have no scholarly or academic sports background. One can say 90-95% of the human resource deployed in sports business across the world are generic business and IT graduates. The growing nature of the industry and the high monetary stakes involved, present the need for a work force specifically skilled in sports business functions. The market demand has multi folded with increased professionalism required to run and manage numerous events and private leagues which ride on media and sponsorship contracts running into billions of dollars. The vertical and horizontal growth in the landscape cannot be met with the low supply of fresh sports graduates coming out of a few select universities. Most of which are housed abroad and cost a fortune. Such an arrangement denies thousands of students worldwide from acquiring valuable



> "Sports to be included as an integral part of the curriculum under new education policy"
>
> Sports Minister

knowledge in the sports domain. Be it marketing, management, analytics or sports science.

Only a handful of institutions in our country offer sports related courses for students to engage, and that too in a brick and mortar setting with, out dated and traditional text book method. These conventional study mechanisms often lack flexibility in terms of curriculum and timing. Students are unable to multi task due to long school/college days. In addition, follow the cattle approach has been criticized in recent times as it prohibits students from thinking out of the box and exploring newer realms through exchange of knowledge outside the classroom environment can propel the sports education industry. The ability and resources to acquire and absorb content, data points, audio visual streams across multiple touchpoints and devices in a compact manner, and on demand, has allowed students and sports fans to access any information in no time. A fresh graduate can now intern with a leading European football club by sitting at his home, or a cricket lover and can learn the economics of his cherished IPL team by digitally interacting with them. The rise and rise of ed-tech sector is a testimony of software integrated teaching and distance learning. The sector has seen mammoth funding of $795mn in the first half of 2020. Several Indian start-ups have carved a niche for themselves by offering students a chance to access world class literature from world class teachers by sitting in the comfort of their homes.

Digital Shift

The digital first approach is the game changer in this aspect. Boundaryless and seamless

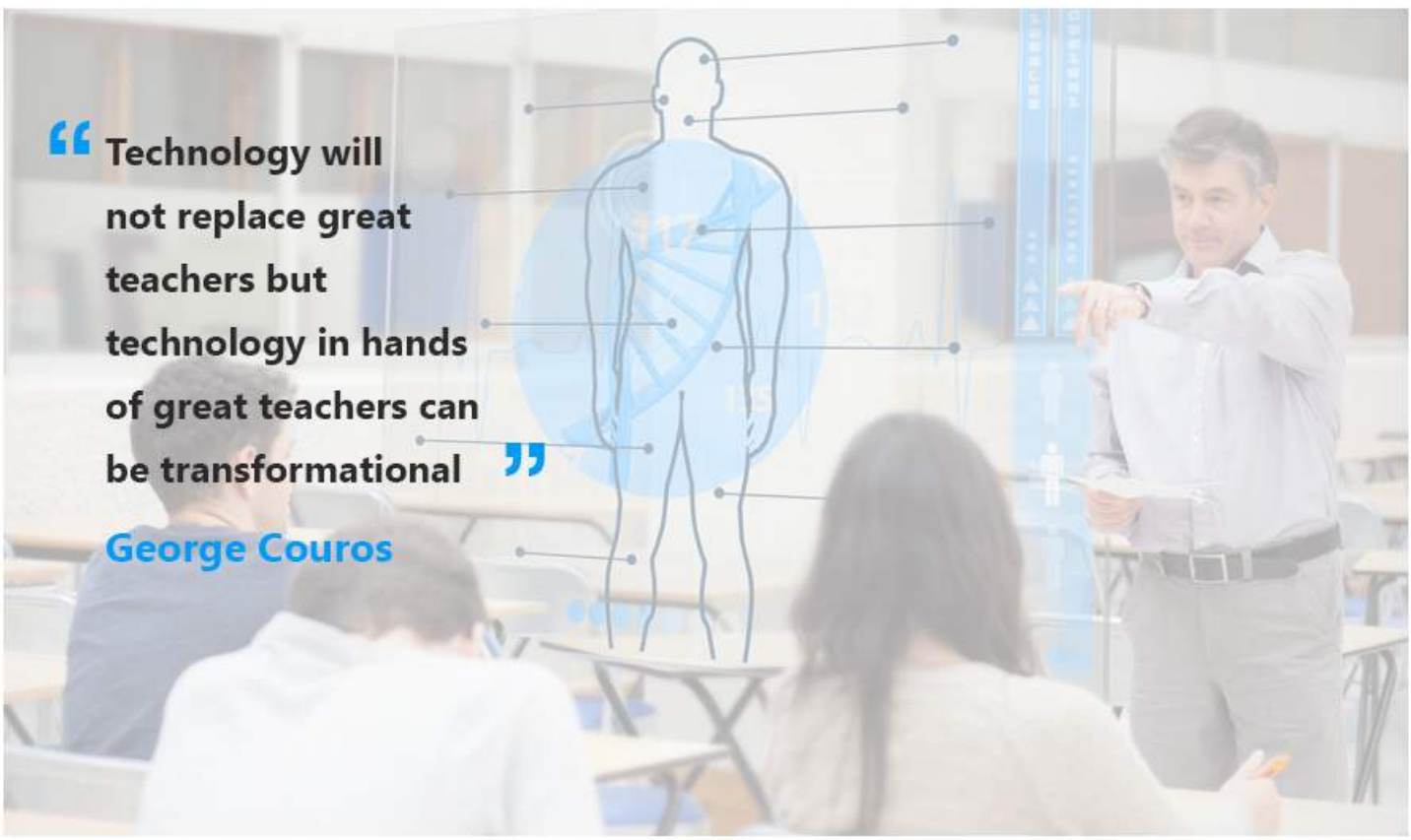
This digital transformation has opened newer audiences for sports educationalists. New teaching tools and devices have evolved with the use of innovations like artificial intelligence (AI), virtual and augmented reality (VR and AR) and several others. Gamification has proven to be an important vehicle for driving student growth and allowing them to expand their viewpoint. These ground breaking innovations have created experiences far beyond imagination. Teaching and learning methodology is being disrupted. Traditional text book approach is overshadowed by practical and research-oriented

thinking. Use of global case studies and best practices are being promoted. Further, it has become increasingly important to experiment with emerging technologies and continuously invest in upskilling and training.

Digital Ecosystem- The Future

A digital sports ecosystem is being established. One that will run parallel to the traditional sports ecosystem as we know it. Today's researchers will have to evaluate and study the behaviour patterns of digital consumers. These patterns can be completely exclusive and dissimilar to those existing in the real or the physical world. Sports educationalists and academia now have to monitor changes in the sports business models. To study, how 'value' is created in a virtual environment and to see how it differs from the real world. The complexity of the ever-changing digital assets and the know how of when which may become redundant.

However, all of it will not be smooth sailing. There will be reluctance to adapt from varied sections. Systems which are being run for generations will need to be carefully side lined. Inferior knowledge or lack of digital skilling may present obstacles for effective communication between educational institutions and the potential talent pool. By far, these roadblocks can be dealt with and managed effectively. Digitalisation of sports education will and is opening many more doors than the windows it shuts behind. The oceanic view available for today's generation will make them better thinkers and problem solvers. Challenging times like these require students to be multi skilled professionals wherein they balance education and work to survive and stand out. This enhances the overall value proposition at both micro and macro levels. The pivot towards digital economy is inevitable and it is best to embrace the power of virtual sports communities in educational settings.



NEO NORMAL TREND
IN SPORTS-FOOTBALL

Introduction

The world has changed and so the sporting world too. Covid-19 has brought the world to standstill and we were bound to stay in lockdown. This has brought pause in sporting activities too. In this neo normal some leagues have started functioning as was before but in the empty stadiums with no fans. No disease / infection has ever curtailed sports and football in such manner. In the current circumstances, the football associations cannot help but keep the players safe and isolated, because a number of players are getting infected by coronavirus. Fiorentina's Patrick Cutrone, Fabio Depaoli and German Pezella brought the number of Italian footballers to get infected by this pandemic. Serbian forward Dusan Vlahovic also tested positive along with other four Fiorentina team members. Argentinian defender and Valencia's player Ezequiel Garay is the first La Liga player to get infected by corona. Juventus' defender Daniele Rugani is the leading footballer of Serie A to get infected by this new coronavirus. Sampdoria's Manolo Gabbiadini has become the next footballer of the Italian league to be examined positive for Covid-19. If it wasn't sufficient, so this virus has infected Mikel Artera, Arsenal's coach and Chelsea's winger Callum Hudson-Odoi also Serbian Football Association's president, Slavisa Kokeza has contacted the coronavirus. This stage is difficult for them, their families and their fans. The football fans can't see the defeat of their role model or favourite players from the pandemic.

When, it comes to 'football under coronavirus', the clubs might face 1$billion [82,423,607,550.00 in Indian rupees] bill if the virus splits Europe's soccer season. Corp.'s Sky, DAZN and other media organisations spend more than 6million euros a year to display Europe's most prestigious soccer clubs like Barcelona, Juventus and Manchester United on television in action. But the suspension is going to pay the clubs a lot!

Recently I was fortunate enough to be a part of the medical team for the AFC Champions League-2020 West tournament held in Doha, Qatar which was held from 14th September to 3rd of October 2020. This article highlights the guidelines that were followed, the procedure and challenges faced and the impact of Covid 19 in football. The views expressed here are according to my own experiences.

Guidelines

To start sports and to protect the athlete's health various guidelines were released by the international federation (FIFA) and the continental federation (AFC) too. We strictly adhered to the protocols and worked with the local health authority to deliver the games. A covid-19 strategy was followed. The purpose of the document and the protocol was to ensure safety and to see that Covid-19 is put in bay and there is no transmission of it.

Procedure

A biosecure bubble was formed and separate hotels were allotted to each teams, LOC and AFC delegates. There was repeated RTPCR checks every 3 days to look for any infection among the team and delegates. The strategy was to isolate the individual who is found to be positive or with symptoms and passing them on to the local health authority for further care.. In the stadium too different zones were made and the person in the mixed zone wore a PPE who were not part of the bubble to ensure the highest standard of safety. Everything was put in order and a routine was followed including the temperature of the players, masks when not playing and maintenance of social distancing etc. In every area auto dispensing sanitizer machines were available and proper hygiene measure were in place. The team and the players were educated too about the basic principles of prevention of Covid -19 to ensure 100% compliance of the same.

Challenges

Though necessary protocols and its implementation was in place but it was difficult to maintain the necessary precautions in the mixed zone particularly as it was a new thing and experience for all. A maximum effort was there from everyone to see that all the preventive measures were taken care of before and after the match as the breach was thought to be maximum around that period of time. Rest went on as usual as pre covid times.

Conclusion

It was really a nice experience to be a part of the international team and manage the games in these difficult times. It was a new experience for everyone and we learned a lot. We had to improvise our reaction each time we faced with a challenge and managed it effectively. In the end it was a satisfaction for everyone as to have organized the tournament successfully.

FOOTBALL FOR HEROES.

IPL 2020: NEO-NORMAL,

THE FUTURE ROAD MAP

MEGHA SINHA

Baptised into sports at a young age, her passion steered her to the road less travelled as it found its full expression in her profession as sports anchor & producer. Imparted creative imagination by 'English Literature', analytical blend by 'Company Secretary Course' & journalistic objectivity by 'Mass Communication', she employs her trine academic background to be her ally both in front & behind the camera. Be it as presenter, producer or script writer she brings an understanding of aesthetic, technical, merchantilistic, literary & cultural aspects of sports.

The mayhem unleashed globally by the COVID 19 pandemic ripped apart the sporting calendar as well. While several tournaments got postponed others faced cancellations, with both involving massive losses. Quadrennial events like Tokyo Olympics, Euro2020 & Copa America sought accommodation in 2021. Amongst the annual events, British Open & Wimbledon could afford cancellation courtesy their respective comprehensive insurance policies covering even pandemics. The ripple effect was felt in the cricketing world too as the T20 World Cup scheduled to be held in Australia this year could manage a window only in 2022, much to the dismal of the cricket fans. That however served as a blessing in disguise as it left room for the 13th edition of Indian Premier League to be held in its full-fledged form. UAE got zeroed in as the host but ensuring the safety of all the stakeholders involved continued to present itself as a massive challenge. It was surmounted with meticulously created bio secure bubbles. And thus IPL2020, originally scheduled to be held in India from 29th March to 17th May, kicked off in UAE on the 19th of September.

Though BCCI President Sourav Ganguly in the first week of September hinted at fans enjoying the game from the three stadiums in Dubai, Abu Dhabi & Sharjah, filling them at 30% of their respective capacities with social distancing norms in place in the later stages of the IPL. But as the tournament drew closer there was a surge in COVID cases in UAE, prompting the organizers to do away with the plan. Hence as IPL commenced, the familiar sight of avid fans praying for their teams, flashing creative placards, waving the team flags & dancing to enthralling on field action was nowhere to be seen. But the official broadcaster, Disney Star had measures in place to ensure that the fans on field who contribute significantly to overall ambience created for those following the action on their

televisions & phones marked their presence albeit differently. Pre-recorded crowd noise got employed to create an illusion of normalcy. This was done by creating an audio library of crowd noise from the matches held in the previous seasons. After creating the library of audio references, the team at Disney Star then re-recorded the sounds to eliminate the interferences present in the original match recordings. These sound recordings were then segregated on the basis of situations, teams & players to be used to ramp up the atmosphere for those watching the game from the comforts of their homes.

Though the previous few months had seen South Korean & Hungarian soccer leagues, Australian Rugby league, Bundesliga and EPL experiment with piped noise. Appropriating it to the unique needs of cricket entailed its own set of challenges. With a wide set of variables at play there were plenty of occasions particularly in the first few weeks when the crowd noise track seemed out of sync with the proceedings on the ground. Like when a single would get greeted by a loud cheer and a boundary would receive eerie silence or an abrupt roar after the action had been completed. To cut down on such errors, the official broadcaster, arranged for a separate feed for its sound engineer and audio producer, enabling them to see where the fielders were positioned so that they could queue the right track. With their dedicated feed providing them the view of the entire ground they could, when the ball went in the air, discern if it was heading for a six or a catch.

To further enhance the viewers' experience when a popular figure found himself in the middle of the action, the chants of the said player's name dominated the ambience. These specific audio samples superimposed on the basic audio carpet of the clash underway helped in simulating the stadium atmosphere to keep those watching the game on TV and smartphones engaged. At the same time certain premium live feeds also offered their viewers the option to shut the canned noise. The cricketers on the field though, in the absence of the Mexican wave, had to remain content with the sound tracks played during the key moments by the DJ console.

Coming to visual fan presence, some select fans from both the competing teams in each game got the opportunity to make an appearance on the virtual fan wall & spur on their favorite team. With the crowd seating areas covered by advertising & social messaging, effort was made to prevent the empty seats from coming across as too glaring. While the sight of the cheering support entourage of the teams helped the live director with the cutaways.

Right from its inception, the Indian Premier League has shown tremendous flexibility in responding to the flux in its surroundings. Despite the multiple hurdles it has marched on. No wonder then that armed with technology & creativity it has set the precedence in embracing & thriving in the new normal!

FOOTWORK IN BADMINTON

My Journey

Playing was everything, no matter which game. Getting on the ground and Running was more important. One summer camp in badminton changed it all. From there, there was no looking back till now - from being the last state Champion (men's singles) of undivided Madhya Pradesh to becoming first International badminton player of Chhattisgarh (Men's singles and doubles). I have been 5 times state champion in singles and doubles, won many national level Medals, and have played many international tournaments at men's level. During Early stage, after facing lot of struggles regarding correct training and approach, at the age of 20, first time got an opportunity to train under Padma-Shri and Dronacharya awardee Mr. S. M. Arif. I came to know I had lot to learn and lot to give back to the game. At that moment I decided to take up coaching after my playing career. So that what problems I faced during my Playing days, coming generation could be guided rightly.

Currently am 40 years old and have given 30 years of my life to the game. I am working as director and chief coach at Jibi school of sports, Nagpur, India. Also I have been inducted in the national panel of coaches for junior Indian team at badminton association of India (BAI). Many players have brought laurels to their state who have trained under me from all over the country. Till now school has more than 30+ state titles (open, schools and university Levels –different age group & different states); 9 national titles (open, team and school levels); four players have represented the country at the top level tournaments; four bronze and two silver medals at the international level in these 10 years of coaching journey.

Introduction to Badminton

Badminton is the fastest racquet sport in the world with shuttle travelling maximum up to 400+ kmph. It is gaining popularity day by day. This is the second most played sport in the world. 176 countries are affiliated with badminton world federation (BWF).
Badminton is a game which requires higher amount of speed and endurance, agility, strength, power, timing, decision making. To become a top badminton player, it requires a lot of mental, physical, technical and tactical skills. One of the key technical aspect of the game which helps in executing the strokes is "footwork". Footwork is the most important aspect which connects the players with the execution of the

strokes correctly with minimal effort.

In the game a player has to be careful with the footwork that he chooses and should be comfortable to avoid injuries. The role of the coach becomes very important as the players look for guidance. So the coach/mentor has to be very careful while helping with the footwork as different players have different areas of strength and weaknesses. Keeping all these factors in consideration, a coach needs to work on different kinds of footwork as it varies from player to player.

General Overview: The footwork

1. Running steps

Smaller steps are in Speed Badminton often more practical than big steps as you are more agile and stable. Running steps should however only be used to reach the hitting position when you are not under pressure or when they enable you to take a better position for the next shot.

Note: The biggest risk with running steps are the use of too many additional, but unnecessary steps, which can result in an inconvenient position for the next shot when trying to reach the shuttle.

2.chasse steps

The Chasse steps are like the footwork of fencing. The front foot points into the direction of movement (roll from heel to toe). The back foot, in a perpendicular position to the front foot, is set on the ground while pushing the whole body forward.

3.Side steps

Side steps are very important in Speed Badminton as they are the basic steps used to defend the attack line. The feet move parallel to each other. The legs are slightly bent.

4.Crossina steps>

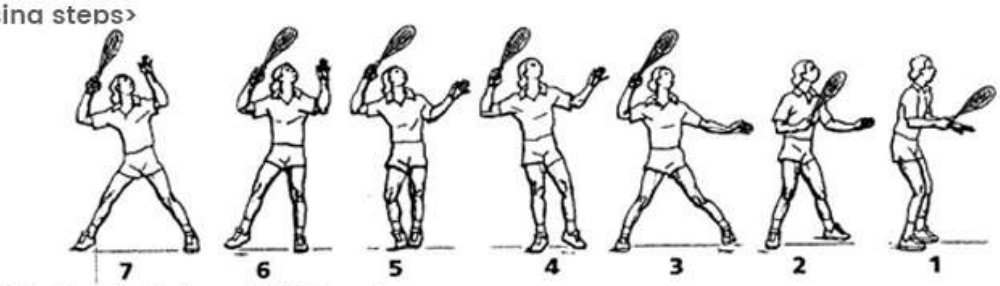


Illustration: Crossing in front

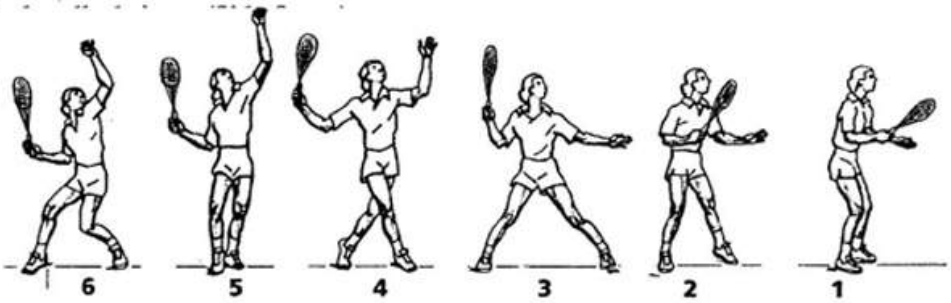


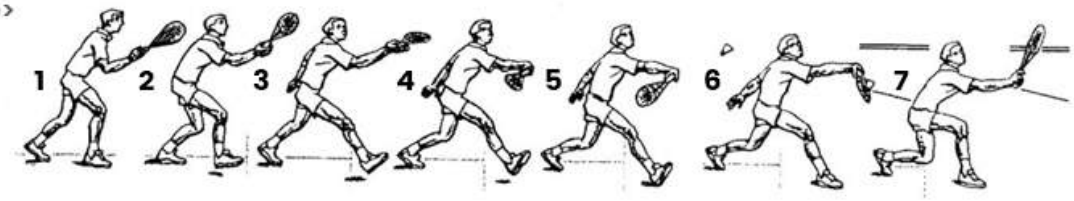
Illustration: Crossing in back

With the crossing steps either the front or the back foot is moved passed the supporting leg, contrary to the side steps. The pace of the movement is therefore mostly slower compared to the side steps and there is a higher chance "to trip over your own feet".

5.Step through / Stem step>

The "step through ": the right foot is pushed past the front (left foot for right-handed players) foot. The right foot taken from the back into the direction of the opponent's square. When pushing to the front the back foot is held perpendicular to the front.

6.Lunge step›



The lunge step is the most frequently used footwork technique in Speed Badminton. It is time saving and makes covering a big court possible. Lunge steps enable the players to defend their square and to quickly resume to the central position (CP) after each shot.

7.Vertical jump

Slightly bend your knees; the racket is in front of the hand and shoulders relaxed. Jump up with both feet and stretch your legs. Bend your lower legs while in the air (for a more balanced position), turn your upper body and land on both feet.

8.Scissor jump

The scissor jump makes a more effective overhead play possible as the reach height is increased (Angle of the smash – c.f. vertical jump) and the body's centre of gravity is moving into the direction of the CP after playing the shot. Thereby you have more time to position yourself and at the same time the pressure on the opponent is increasing. The scissor jump often follows of a sidestep movement.

9.Block jump:

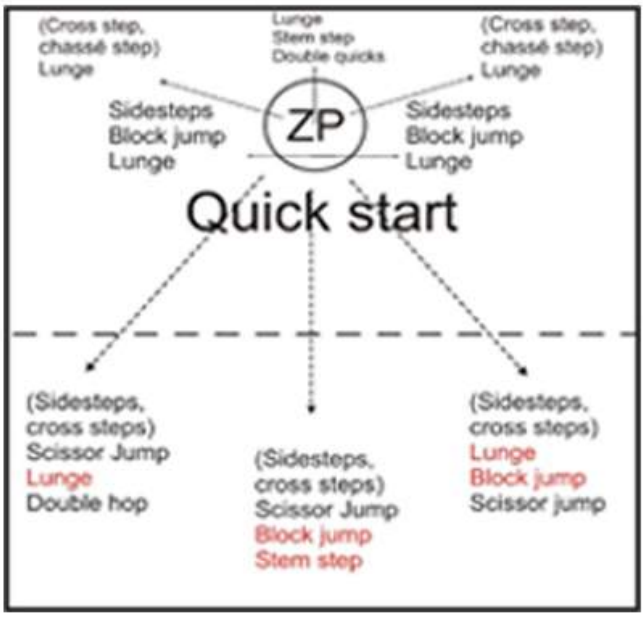
The block jump is carried out with the player jumping with and landing on both feet. The block jump can be from the centre of the square as well as in the back zones. In the back of the square the block jump is always used after some side steps and is often part of defensive play. Right after the landing another jump back into the central position is necessary. At the landing the outer leg should be pointing so far to the side lines that the stopping is as effective as possible.

10.Double hop:

The double hop is an efficient way of avoiding a side or chasse step (especially when moving to the back-left zone) and avoid a back-hand shot. The first step is taken with the right foot followed by a double hop on the left leg (for right-handed persons) and the scissor jump, thus moving quickly over distances and saving time.

Using footwork techniques to reach all zones of the square (marked in red: only useful for defensive play)

Moving to the left rear corner to the back hand (for right-handed persons) The starting step is always taken with the right foot to the right front corner followed by the left leg moving backwards. Depending on the lengths of your legs and the shuttle position chasse or running steps are carried out. It is important to keep the head facing to the opponent as long as possible. Only when starting the hitting movement the body should be rotated to the left and a lunge step with the right foot can be taken.



BASICS TO BULL'S EYE,

AN INSIGHT

INTRODUCING THE EXPERT

Born into a non-violent Gujju family Sumeet Sanghavi took to shooting in 1980 with a kick every sat and sun morning from his dad to get up and go to the rifle club in the Police Commissioner's office Egmore. Boredom gradually turned into interest within a year when the medals started rolling in with regular announcements in the morning assembly at school accompanied by jealous clapping from fellow students. Realized this is the only sport in the World where you can reach Nationals within a year and International in 2 years!

No looking back from then occupying the top spot in Tamilndu since 30 years, with 4 State records, 3 National records, winning silver at the Canadian Grand Prix and recently winning the National Gold in New Delhi. Coached 600 American families at the Alumni Camp of the University of Michigan as Director of shooting for 2 years.

Sumeet has been appointed National Coach of the Indian Pistol shooting team since 2016 and under him India have recently won all 3 ISSF World cups beating 66 countries including China, USA, Russia and Germany to attain No. 1 position in pistol shooting in the World. His students Saurabh Chaudhary and Manu Bhaker are ranked World No.1 in Olympic pairs event and are the brightest hope for the Olympic Gold this year. Sumeet coaches all levels from ages 10 onwards, from beginners to World Champs at his Olympic approved Air-conditioned indoor range in Kilpauk, Chennai.

Introducing Pistol shooting: Sumeet's View

The benefits of pistol shooting are while shooting you will actually be meditating if you want a bulls eye, there are no injuries in shooting as we follow strict range discipline in this sport, pistol is a special model with adjustable grips, triggers, and sights etc., so not your usual tiny protection model pistol/revolver, only sport in the World that can take you to the Nationals within a year and International in 2 years, for eg. my students Manu Bhaker and Saurabh Chaudhary who are ranked in the top 3 World pistol rankings and qualified for the Olympics this year, only sport where India has won Olympic Gold, Silver and Bronze individual medals. Shooting in India accounts for 80% of International medals won each year in World, Commonwealth, Asian etc Championships and India is right now at the top of the World rankings in Pistol shooting after tremendous performances from our shooters in from 2018-19.

So now that I have caught your interest, let's go a little deeper-

Pistol shooting for Men has 5 disciplines - Air pistol (10 Mts), Rapid fire (25 Mts), Standard (25 Mts), Centre fire (25 Mts) and Free pistol (50 Mts). For Women it used to be only 2 events but from 2021 there will now be 4 events to bring in gender equality.A shooting range basically has 3 ranges of 10, 25 and 50 Mts. Rifle shooting is only shot on 10 & 50 Mts.A pistol weighs roughly 1 Kg and a rifle 7-8 Kgs. For pistol one only needs shooting specs, shoes and ear protection.For rifle all 3 above + leather jacket, pants, sling, gloves, cap, eye piece etc. etc. etc. basically a long list.The other discipline where we have won Olympic Silver is Trap & Skeet shooting which requires a double-barrelled shotgun to shoot moving coloured discs to powder, over few acres of open land.

BEGINNER

As someone who has taken up shooting from the age of 10 years and won medals in all the disciplines- I would recommend the following- Start at a young age of 10-20 years. Some have even started at age 50 and won Olympics at 65. So age is no barrier as proven by Oscar Swahn of Sweden who won Olympic Silver at age 72! Start with 10 Mts Air pistol as it is the mother of all shooting events- The gun never recoils at the pellet release thereby allowing you to see your mistakes from the direction it moves. Stick to pistol shooting as you have a chance of winning 5 International Gold medals at World cups and 3 Olympic Golds with a pistol. Rifle and shotgun events fetch lower medals. The weight of a rifle is 7-8 Kgs which you need to hold for 4-5 hours of training with a twist of your spine and locked knees. Very painful...The weight of a pistol is max 1.2 Kgs and you simply lift it out of the box, load bullets and start shooting. A rifle shooter takes min 20 mins to get ready to shoot because of jacket, trousers, slings, gloves etc. etc. and do not even ask me about the sweating in hot and humid conditions...

FITNESS

It may seem easy to shoot a pistol- just lift the 1 Kg with one arm, squeeze the trigger and boom- a bull's eye. Well did you know that to stand still your legs use more muscles then when you walk or run? So to shoot well at a higher level we Indians are lucky to have YOGA and Pranayama. This will take care of steady muscles and mind control but for a lower heartbeat you will need cardio-vascular workouts. Heavy weight training is not required as fine motor control needs lower weights but higher reps.

Cost

Any sport requires some investment but unfortunately shooting sport requires slightly more as the equipment is all imported from Switzerland, Italy, Austria and Germany. Pellets and bullets are the consumables but guns last a 100 years. Travelling and stay for competitions within and out of India takes up another chunk.

Luckily in India shooting is on the top of Govt sports lists so once you are in the Indian National squad the Govt through SAI and NRAI takes care of all your training camps, bullets etc and also the travel and stay abroad for competitions.

Interestingly enough, the moment you win a National medal your State has a budget from 25,000 to 5 lakhs in awards (depends on the State) and International medal- State and Nation will award you from 25 lakhs to a Crore of Rs.

Highlight

So join a good club with a good coach and the benefits of pistol shooting are-

1. Loss of anger.

2. Better marks in school & college.

3. Scholarships in Indian univs and abroad upto US Dollars 200,000.00

4. Better focus and confidence.

5. You will never smoke or drink alcohol if you want to do well in this sport.

6. You will never need to beat or crush an opponent as you are your own competitor, no one else.

MATCH
ANALYSIS

LEVEL-1, LEVEL-2 MASTERS CLASS

COMING SOON

EELCO SCHATTORIE

UEFA Pro Coach

STATISTICS

Matches	W	D	L	Goals	Points	PPM
107	37	32	38	162:153	143	1.34

2006–2007	Muscat Club	2016	Al-Ettifaq
2007–2008	Al-Riffa	2016–2017	Al-Ettifaq
2009–2010	Fanja	2017	Al-Ettifaq
2010–2011	Al-Khaleej	2018	NorthEast United
2011–2012	Red Bull Ghana	2018–2019	NorthEast United
2012–2014	United	2019–2020	Kerala Blasters
2015	East Bengal		

COACHES DEVELOPMENT

PROGRAM

- ✔ DIPLOMA IN CRICKET COACHING
- ✔ MASTERS IN CRICKET COACHING
- ✔ ELITE CRICKET COACHING CERTIFICATION

COMING SOON
COMING SOON
COMING SOON

Delivered By:

R66T™ ACADEMY

- International Education Qualification
- Globally Validated Course from UK

MRINAL CHAKRABORTY

Mental Toughness Coach

Mrinal Chakraborty is a renowned Master trainer of NLP and Hypnotherapist (Student of Dr.Richard Bandler, USA-co-creator of NLP) for professionals, sportsmen, students and high achievers. He is the "First Sports Mental Toughness Coach in India. He is a regular speaker and member in various sports events across the region and South East Asian countries. He was a state level hockey player but had to retire early due to an injury, after which he dedicated his complete life for the well-being of sports people and the industry.

Mreenal have been a trainer and member of:

- Personal Coach to several Olympians and Paralympians (for 2020/2021 Tokyo Olympics)
- Archery Team India - Olympics 2020 at JRD Tata Sports Academy and Tata Football Academy
- Senior India Table Tennis Team - Seamasters ITTF India Open 2017
- Archery Team India - Hyundai Archery World Cup 2017, Berlin, Germany
- Junior India Men's Hockey Team - World Cup Championship 2016
- Asian Games National Team India - 2014, South Korea
- National Table Tennis Team - Commonwealth Games (2010/2014/2018)

Before you start reading, please do this survey and note your score. There is no right or wrong answer. This survey will help to assess mental toughness.

Answer (T) for True and (F) for False for each statement:

1. I frequently worry about mistakes.__(T/F)
2. I get really demoralized when I make a mistake when involved in competitive activity.__(T/F)
3. It's easy for me to let go of my mistakes.__(T/F)
4. If I start out badly, it's hard for me to turn my performance around.__(T/F)
5. I get distracted by what my boss thinks about me whenever I mess up.¬__(T/F)
6. I bounce back quickly from setbacks, bad breaks and mistakes.__(T/F)
7. I do my best when there's more pressure on me.__(T/F)
8. I get too nervous to really perform to my potential.__(T/F)
9. I do better in practice than I do when it really counts the most.__(T/F)
10. I tend to get easily psyched out or intimidated.__(T/F)
11. I can keep myself calm and composed under pressure.¬¬__(T/F)
12. I dread the "crunch time" - that moment when what I do can make a difference between "win" or "lose".__(T/F)
13. My boss's yelling puts me off my game.__(T/F)
14. I tend to get easily distracted.__(T/F)
15. Certain opponents can get into my head and throw me off my game.__(T/F)
16. Lousy conditions (weather, noisy air conditioning, temperature, etc...) have a negative effect on me.__(T/F)
17. I have no trouble focusing on what's important and blocking everything else out.__(T/F)
18. I suffer from the "what if's" - I think too much about what could go wrong just before and during competitions.__(T/F)
19. One or two failures do not shake my confidence.__(T/F)
20. I tend to compare myself too much with team mates, opponents and colleagues.__(T/F)
21. I'd rather compete against a better opponent and lose - than win against a weaker opponent.__(T/F)
22. I am a confident and self-assured.__(T/F)
23. I tend to be too negative.__(T/F)
24. I have trouble dealing with negative thoughts (self-talk).__(T/F)
25. Failures and setbacks get me more motivated.__(T/F)
26. It's easy for me to consistently train at a high level of intensity.__
27. I think about how today's practice will help me achieve my goals in the future.__(T/F)
28. When practicing, I often find myself 'just going through the motions'.__(T/F)
29. I have clear goals that are important for me to achieve.__(T/F)
30. I am a highly motivated person.__(T/F)

SCORING:

Section 1: questions 1-6 deal with "Rebound ability" or your skill at mentally bouncing back from setbacks and mistakes. Mental toughness depends on your ability to quickly leave your mistakes and failures behind you. Hanging onto your mistakes will get you into trouble, performance-wise. Employees, who dwell on their mistakes while the work continues, end up making more. Score 1 point for each of the following answers:

1) F 2) F 3) T 4) F 5) F 6) T

Section 2: questions 7-12 deal with the ability to handle pressure. Without the ability to stay calm in the clutch, an employee will often underachieve. Peak performance demands that you are relaxed once the performance begins. While a little nervousness is critical for getting "up" for an important task and performing at your best, ("good nervousness") too much nerves ("bad nervousness") will have a negative impact on performance. Score 1 point for each of the following answers:

7) T 8) F 9) F 10) F 11) T 12) F

Section 3: questions 13-18 deal with your concentration ability. In every sport, your ability to focus on what's important and block out everything else is one of the primary keys to performance excellence. Poor concentration is the major reason why athletes choke and get stuck in performance slumps. Getting psyched out or intimidated is a direct result of concentrating on the wrong things. Score 1 point for each of the following answers:

13) F 14) F 15) F 16) F 17) T 18) F

Section 4: questions 19-24 deal with your level of confidence and the factors that affect confidence. One characteristic of the mentally tough employee is he/she possesses a confidence level that seems to be unshaken by setbacks and failures. Under the pressure of competition, low confidence will neutralize natural ability, hard work and talent. Similarly, high confidence will enhance an employee's training and God-given talents, lifting their performance to the next level. Score 1 point for each of the following answers:

19) T 20) F 21) T 22) T 23) F 24) F

Section 5: questions 25-30 deal with motivation. Motivation is the fuel that will drive your training to a successful completion and the accomplishment of your goals. Without adequate motivation athletes get stuck having "permanent potential." Without motivation you won't put in the work necessary to become a winner. Your motivation allows you to pick yourself up after a setback and keep going. Score 1 point for each of the following answers:

25) T 26) T 27) T 28) F 29) T 30) T

Interpretation:

A score of 6 in any one of the five sections indicates a special strength in that area. A 5 indicates solid skill and 4 or less highlights that particular area as a mental weakness that needs to be addressed. For example a "6" in "rebound ability" indicates consistent ability to bounce back quickly from mistakes, failures and losses. A score of "2" or "3" in section #2, handling competitive pressure, indicates the need for arousal control/relaxation training. Low scores in each section highlight the problem areas. These "mental weaknesses" should then form mental training goals for you to help raise your overall performance to the next level. For example, a low score in the concentration section means that some of your poor performance is a direct result of your inability to control your focus of attention before and/or during competition. By putting some time and energy into practicing concentration exercises you will become a better overall athlete.

Overall Score:

A score of 26-30 indicates strength in overall mental toughness. Scores of 23-25 indicates average to moderate skill in mental toughness. Scores of 22 or below mean that you need to start putting more time into the mental training area.

ERGOGENIC AIDS TO BUILD ENDURANCE:

WHAT WORKS AND WHAT DOES NOT

ARADHANA SHARMA

Aradhana is a senior sports science consultant and a leading performance nutritionist in India. As a practitioner and educator she has more than 22 years of experience in fitness, sports and nutrition sector in India and USA. Aradhana has worked with many elite organizations in government and private sector. She has worked with thousands of athletes in various sports disciplines, including many international medal winners and Olympians. She has been invited as speaker and panelist for many national conferences and summits.

The field of exercise and nutrition is growing to have various strategies to help athletes enhance their performance by proper utilization of nutrients. As the awareness about sports nutrition is growing, so is the knowledge about various ergogenic supplements.

Dietary ergogenic aids are nutritional or pharmacological tools that are used to increase energy, performance and recovery. Some dietary supplements may not enhance the performance directly, but they may enhance energy metabolism, improve recovery and reduce the muscle damage during training. The relation of timing of macro and micro nutrients intake with performance and recovery has been studied for many years. Recent research studies involving endurance athletes show the benefits of various ergogenic aids on

performance and recovery. The ergogenic aids that gained more attention are nitrates, caffeine, electrolytes, sodium bicarbonate and antioxidants. Scientific research suggests few ergogenic aids may be helpful for endurance training, but there are few ergogenic aids that need more research to prove their efficacy.

The proven ergogenic aids for endurance athletes

Electrolyte and Carbohydrate Drinks are useful for endurance athletes because these supplements ensure energy and electrolyte replenishment during long endurance sessions and minimize the chances of "hitting the wall". These aids are used to delay fatigue during long training sessions. Available in gel, liquid and powder form these ergogenic aids have proven by scientific research to be beneficial for endurance exercise. These supplements can be used for fueling during competition.

Moderate use of caffeine may help to enhance training for a prolonged duration. Caffeine has primary effect on central nervous system, but it also helps to mobilize fat that plays a role in sparing muscle glycogen. Caffeine is a stimulant which may aid in concentration as well. Caffeine also lowers the rate of perceived exertion (RPE) that may allow the athletes to exercise for extended durations. Many studies that involved caffeine supplementation show that it plays a role in increased endurance time. The caffeine dose response studies have used 3.0 to 9.0 mg caffeine per kg body weight. It is advised that the athletes find out the correct dose that is effective for them, because excess amount of caffeine may have adverse effects such as restlessness, insomnia and nervousness.

Nitrates, a number of studies have documented the efficacy of dietary nitrates during endurance exercise. Dietary nitrates are converted to nitric oxide that enhances performance by increasing the blood flow and decreasing the oxygen cost during aerobic activities. Nitrates are found in leafy vegetables like spinach and lettuce, and also in beetroots. Many scientific studies focused on beetroot juice supplementation 2-3 hours before endurance training, and results have shown that nitrates reduced the oxygen cost during exercise and improved time to exhaustion.

The proven ergogenic aids for endurance athletes

L-Citrulline is an amino acid that is found naturally in foods like watermelon, legumes, and nuts. Few studies have shown Citrulline to be beneficial for improving aerobic and anaerobic exercise and reducing fatigue. Studies found that citrulline may be useful to enhance anaerobic performance but more research is required to prove the efficacy in aerobic endurance performance.

Sodium Bicarbonate, studies have shown conflicting results on use of sodium bicarbonate as an ergogenic aid. Use of sodium bicarbonate for improving endurance has not been very well established.

Antioxidants help to minimize the free-radical damage and inflammation to skeletal muscles. Common antioxidants used as ergogenic aids are Vitamin C, Vitamin E, and coenzyme Q10 (CoQ10). Studies have shown vitamin E supplementation enhances oxygen utilization at high altitude but was not as effective during training at sea level.

Many of the B-complex vitamins are involved in energy metabolism. For well-nourished individual Vitamin B supplementations have not shown to improve performance but prolonged deficiencies may negatively impact aerobic and anaerobic performance.

A balanced diet that includes natural sources of these antioxidants and vitamins is usually sufficient for athletes, supplementation as ergogenic aid is only required if the diet does not provide recommended allowance of these vitamins and antioxidants.

It is advised to use caution while using any ergogenic aid because these may cause some side effects if not monitored closely for dose and duration of use. Some side effects that are associated with higher than recommended dose are gastrointestinal issues, allergic reactions, hyper stimulation of central nervous system etc. Athletes must check that ergogenic aid is free of any contamination and does not contain any substance that is banned by anti-doping agencies. The ergogenic aids that carry a high risk of contamination herbal stimulants, ergogenic aids like those containing ephedrine are banned in some countries. A well formulated sports specific diet that includes adequate macro and micro nutrients and fluids to support performance; must be the top priority.

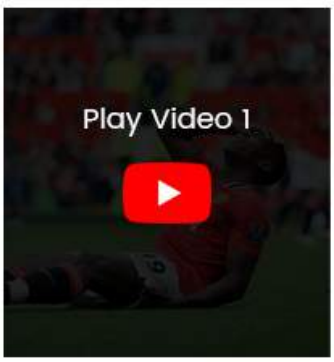
HAMSTRING INJURY PREVENTION IN FOOTBALL-

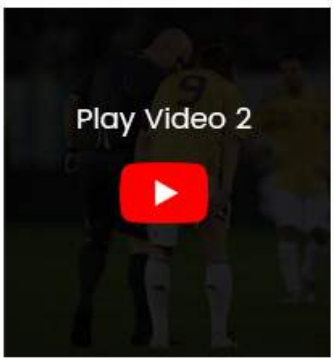
A FACT CHECK

DR. ANIRBAN MALLICK

MBBS, DSM, FAFC, ATPC (USA), ATPC (Cape Town)
Sports Physician, SAI, MYAS, Govt. of India
Ex team physician, Indian Hockey team
Ex team Physician, Indian Boxing team

Hamstring pull/strain injury (HSI) and football are quite synonymous. In fact a recent UEFA study showed an annual 4% increase of HSI in professional men football since 2001. Even in FIFA world cup hamstring is the most common injury site. Data from the UEFA injury study suggested that an average HSI of 14 days duration may cost approximately €250 000. Even though sprinting is the main mechanism (Video 1) but stretching type (Video 2) is more time consuming and difficult to treat.



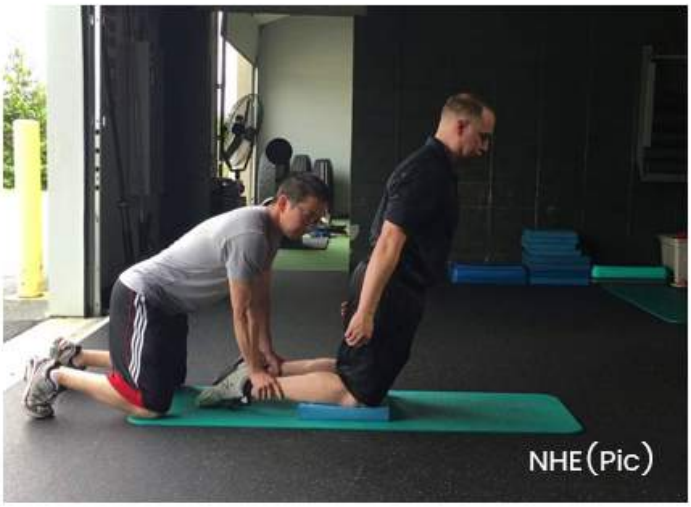


Despite the ever-increasing information on aetiology and evidence-based strategies to prevent HSIs, there appears to be a large disconnect between these evidences and its adoption in elite football. Nordic hamstring exercise (NHE) programme (Pic) is a prime example for that. Despite its proven effect to reduce HSI, a recent survey showed that only 11% of the teams fully adopt the programme in European Champions League and Norwegian Premier League.

Involvement of stakeholders

Successful implementation of any scientific intervention in professional football is highly dependent on 'buy in' from key decision makers (coaches, players or even executives). The Sports Medicine and Science department should understand the expectations of coaches and management staff and should explore how the coaching team prefers to receive information. The best way to achieve this is

through two-way communication and open discussion.


NHE (Pic)

Risk factor analysis

Although there is a wealth of research examining HSI risk factors, there is still lack of evidence how the supposed risk factors interact with each other. Despite the difficulties of examining the interactions of multiple risk factors, it appears that they do not operate in isolation, but instead function as a complex web of determinants. Hence it is essential to rank the factors in order of importance considering both general and specific risk. The major specific risk factors identified are previous hamstring injury, hamstring eccentric strength, weekly speed exposure and fatigue resistance.

Interventions focussed on individual

The essential element of HSI prevention programmes is to target the individual's injury risk profile. An important source can be the information gathered at the time of annual screening typically at the start of each season. Health and musculoskeletal evaluation, psychological profile, injury history, functional movement and hamstring injury screening in conjunction with appropriate surveillance and monitoring processes not only provides necessary input to create individualised training approach by targeting risk factors relevant to the players' profile but also serve as benchmark criteria for return to play.

HSI prevention strategies

Strengthen the hamstring muscles

The most widely researched and recommended evidence-based strategy for HSI prevention is eccentric hamstring strength training and it has been shown to significantly reduce the risk of primary and secondary HSIs (65%–85%). Its regular use results in elongation of biceps femoris long head fascicle length as it has been hypothesised that shorter fascicles, with fewer in series sarcomeres, may be more susceptible to being overstretched.

Possible factors which need to be considered include:

1. Hip extensor torques in sprint running should exceed that of the knee flexor torques.

2. Consideration needs to be given to all parts of the force-velocity curve in regard to its potential for athletic development and injury reduction. Deficit in explosive strength will limit the expression of maximal strength during sprinting.

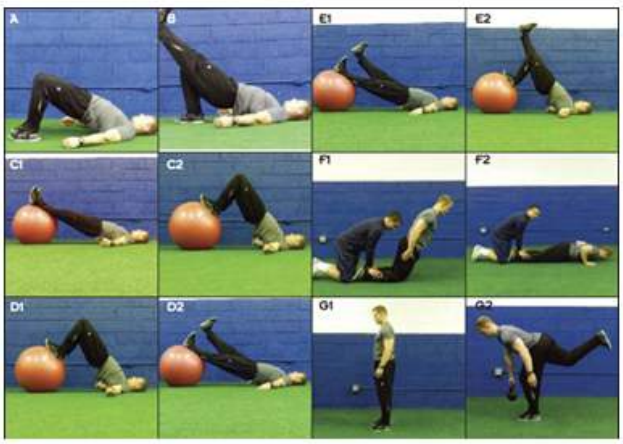
3. Poor intermuscular and intramuscular coordination can result in insufficient expression of isolated strength functionally, hence it is important to acknowledge the complexity of coordinated movement alongside isolated muscle strengthening.

Optimise training balance, ensuring optimal recovery strategies

Heightened acute:chronic workload ratio (ACWR) accompanied by congested match play has been emerged as one of the key factors leading to increased injury risk. Exposing players to large and rapid increases in high speed running (HSR) distances above their two yearly session average was shown to increase the odds of HSI. Majority of football training is spent in small sided game (SSG) which may improve tactical aspect but undermine some of the attributes in match play like maximum sprinting

ability. Thus balancing training to reflect match play HSR load, customizing SSG is important. Optimal strategies should be planned to accelerate recovery (eg, cryotherapy, hydrotherapy, nutrition, sleep, cold water immersion and soft tissue massage) especially during congested match play.

Psychological/emotional factor is also an additional important element of managing player's load. Therefore, load monitoring strategies need to encompass all forms of load (eg, wellness questionnaires, sleep, ratings of perceived exertions, training and match loads)



Implement lumbopelvic hip stability programme

An uncontrolled anterior pelvic tilt during sprint running can elicit substantial stretch on the hamstring muscles, thereby increasing tension in terminal swing phase. Hip flexor tightness with inhibition of the gluteus maximus will lead to subsequent synergistic dominance of the hamstring muscle.

Floor-based exercises, pilates adjuncts or machines are all convenient methods to isolate movements, challenge postural awareness and ability to dissociate, and build muscle capacity. Recognising the possibility of primary agonist inhibition and subsequent synergistic dominance, ensuring optimal recruitment of the target muscles are key elements of these isolated exercises. Moreover incorporating athletic drills with good technique and repetition may enhance neuromuscular control and sequencing.

Physical conditioning development

Player's cardiovascular (CV) fitness also plays an important role in reducing risk of injury. Athletes with superior physical qualities across a range of sports are less prone to injury.

Players with superior CV fitness are better able to tolerate elevated ACWR. Furthermore, lower body compound strength is essential for sports performance during explosive tasks such as sprint running and jumping, while sufficient CV fitness is essential to cope with the movement demands without adverse fatigue and its associated negative consequences. However, it is important to monitor players' HR responses to training and where necessary provide additional off-feet conditioning.

There is a need for holistic approach that translates existing knowledge on HSI risk factors and applies this to football context. Hence it has been found that multi-component injury prevention programme is effective for reducing the number of muscle injuries. A successful example is the FIFA 11+ programme. Performing the warm-up programme in training and before match has been shown to reduce the risk of sustaining both hamstring and quadriceps injuries in both men's and women's football by about 30-50%.

MUSCLE INJURY RECOVERY:

HOW MUCH IMPACT DOES NUTRITION HAVE?

VITOR HUGO TEIXEIRA

University of Porto
Faculty of Nutrition and Food Sciences
Sports Nutritionist FC PORTO

Introduction

The occurrence of an injury is an almost unavoidable situation in sports played at a high level. The prevalence of injuries is high, increases with congested schedules, a significant part is muscle-related, which can preclude an athlete to train and compete for a significant amount of time. It is imperative to provide the athlete with all available resources to avoid its occurrence and improve its recovery.

Although some nutritional strategies to prevent injuries are emerging, most of the published literature focus on nutritional recommendations to improve recovery from it; and the mitigation of muscle atrophy during immobilization phase of an injury is one of the main topics. It is known that total or partial immobilization leads to site-specific musculotendon remodelling which may promote skeletal muscle atrophy. This process usually decreases muscle's strength and function and leads to an increase in the risk of re-injury. A single leg immobilization for only 5 days can lead to a decrease of 1.4% and 9.0% in its lean mass and strength, respectively. It is crucial to promote strategies that may attenuate skeletal muscle atrophy.

There are specific nutritional recommendations for injured athletes, mainly oriented to mitigate the loss of muscle mass during immobilization and to promote a better hypertrophy and function recovery during rehabilitation. The most relevant ones will be discussed in more detailed below.

Energy Balance

When an injury forces an athlete to be immobilized for a certain period of time, the "natural" tendency will be to decrease the usual energy intake to match the lower energy expenditure. For example, when healthy women were immobilized for 2 months they achieved a "new" energy balance under ad libitum feeding.

Although it is important to avoid an unwanted body fat gain, a marked negative energy balance may lead to a significant muscle mass loss. Only 5 days of energy deficit diminish significantly muscle protein synthesis. Furthermore, this negative energy balance may negatively interfere with wound healing and delay complete recovery. On the other side, a surplus of energy will lead to an increase in fat mass, which retards the achievement of the athlete's optimal body composition, and may promote the activation of systemic inflammation and accelerate the muscle atrophy process.

In the majority of the situations there will be a decrease in total energy expenditure due to a decrease in the activity, especially when there's an immobilized limb, and to a decline in protein turnover. On the other hand, some factors might raise energy expenditure such as the healing process (which might represent up to 50% of the basal metabolic rate) or crutches usage, that can triple the de-ambulation energy cost.

If it is already a difficult task to estimate the energy expenditure of an athlete in normal conditions, it will be even more difficult in case of injury. If we exclude gold-standard methods because of their impracticality on the field, it may be wiser to monitor body fat levels to perceive energy balance than to estimate it with less accurate methods.

Protein intake: amount, type and distribution

An optimal daily protein intake, especially from good food sources and evenly distributed throughout the day, is a major contributor to the mitigation of muscle mass loss during, due to its role on augmenting MPS. An insufficient protein intake may lead to an impaired wound healing as well as an increased inflammation to possibly deleterious levels. During injury recovery, there's an impetus to reduce energy intake and, therefore, protein intake that may lead to a decreased muscle protein synthesis and, if sustained for a sufficient period of time, a decrease in muscle mass.

Protein source is also an important issue to address. Each food has a different amino acids composition which may lead to different responses in MPS. Dairy (and its byproducts), meat, fish and eggs are examples of foods with high anabolic potential. On the other side, plant-based proteins, due to a lower digestibility and leucine content and a greater splanchnic extraction, result in a lower muscle protein synthesis. Some strategies to augment the anabolic properties of vegetable proteins include fortification with leucine, increasing the amount consumed and ingesting multiple protein sources to balance the amino acid profile.

While an intake of 20-25 g of protein per meal is sufficient to maximally stimulate MPS at rest and after leg resistance exercise, a higher amount (40g) may be necessary after whole-body resistance exercise. Taking into considerations that injured athletes might present some degree of anabolic resistance, a greater protein per meal might be needed to maximally stimulate MPS.

Distributing more evenly protein intake throughout the day cause a higher increase in MPS at rest and after exercise, and should also be considered. It is our opinion that a protein intake greater than 2 g/kg/day may be required for a maximal mitigation of muscle mass loss, preferably distributed by 4 to 6 meals, with 25-30 g (0,3-0,4 g/kg/day) of good quality protein in each of those.

Omega-3 fatty acids supplementation

Omega-3 fatty acids (n3-FA) have well-established anti-inflammatory and immune-modulatory properties, but its use for injury recovery is a double-edged sword. The use of n3-FA supplements in conditions where an exacerbated inflammation occurs, as burns and chronic arthritis, may be useful to counterbalance that condition. However, as in the immobilization phase of most injuries a low level of inflammation is important, supplementing with n-3 FA can compromise the recovery as it has been shown in preliminary studies in animals.

On the other side, n3-FA seems to reduce the anabolic resistance and has a potential role in the mitigation of muscle loss during immobilization. Actually, high doses of n3-FA enhance MPS response to hyperaminoacidaemia in both elderly, middle-aged and young individuals.

Given the current evidence, it is our opinion that we must be cautious about fish oil/n3-FA supplement use during muscle injuries, especially during the first days of recovery. More evidence is necessary to establish

Creatine supplementation

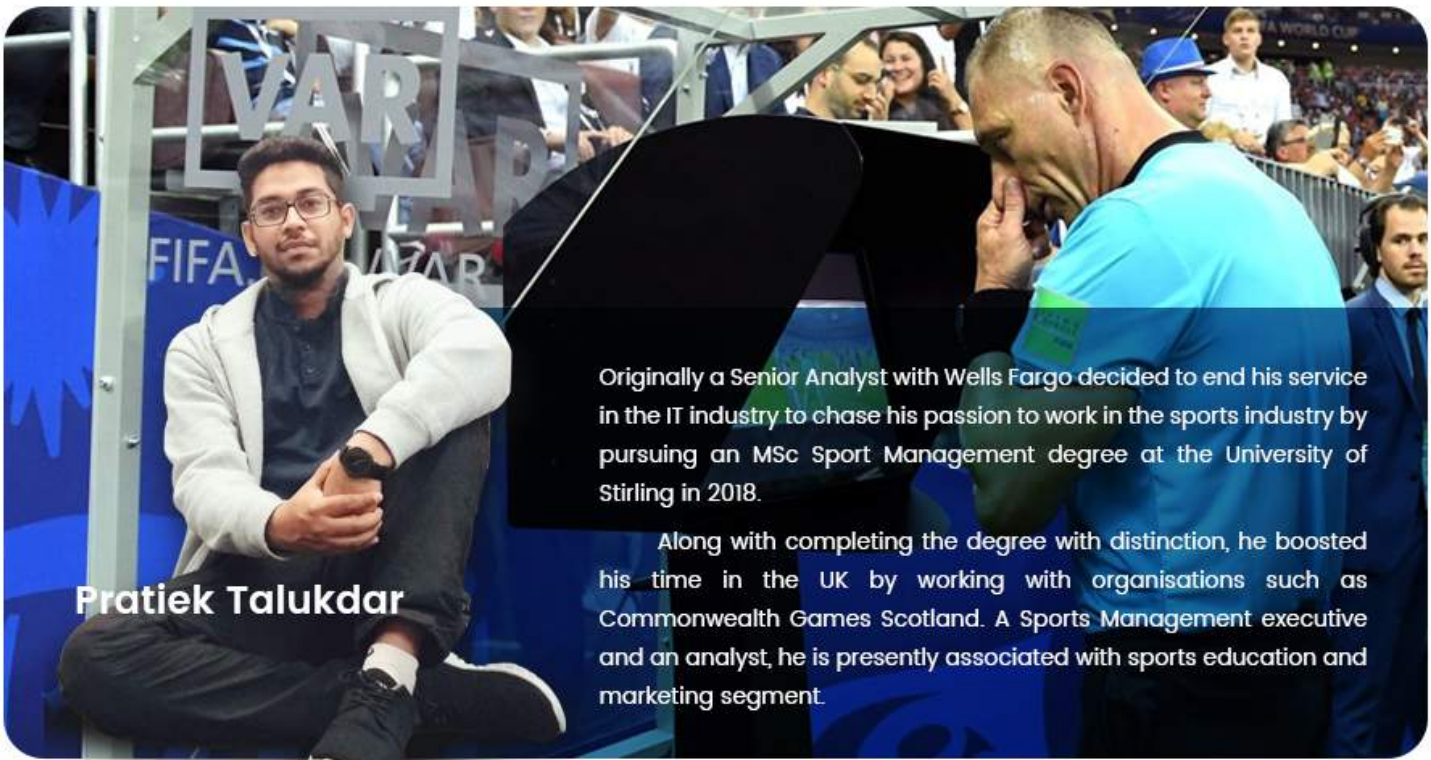
Creatine is one of the most studied supplements, and its role in exercise-induced muscle hypertrophy is well established. Literature focusing on its effects in the mitigation of muscle loss is scarce and more dubious. Supplementation with creatine monohydrate didn't prevent muscle loss during 2 weeks of lower-limb casting nor in patients submitted to total knee arthroscopy . On the other hand, it did prevent muscle loss in arms immobilized for 7 days. On the rehabilitation phase, creatine has shown to improve muscle growth and strength, as well as an improved GLUT4 expression.

Considering the existent evidence, it is our opinion that creatine supplementation might be a good strategy to help increasing muscle mass during rehabilitation but its usefulness during immobilization is less consistent

Other nutrients

There are vitamins and minerals with great importance for the recovery processes, whether we are treating muscle, tendon or bone injuries, although each of these might have different physiological recovery processes and different micronutrients-dependency. Although we might recognise the importance of micronutrients, there is no evidence of the need of supplementation in athletes with an adequate status. There are some promising foods for injuries recovery, such as gelatin, but the current knowledge is not solid enough to make recommendations.

VAR: "THE MAN UPSTAIRS"–
BOON OR BANE?



Pratiek Talukdar

Originally a Senior Analyst with Wells Fargo decided to end his service in the IT industry to chase his passion to work in the sports industry by pursuing an MSc Sport Management degree at the University of Stirling in 2018.

Along with completing the degree with distinction, he boosted his time in the UK by working with organisations such as Commonwealth Games Scotland. A Sports Management executive and an analyst, he is presently associated with sports education and marketing segment.

What is VAR?

Video Assistant Referee or as now commonly known, VAR is the assistant referee in association football who reviews decisions made by the head referee in a match with the use of video footage and headset for communication specifically to minimize human errors causing substantial influence on match results.

VAR: The overall reflection

The Video Assistant Referee (VAR) was heralded as a major success at the World Cup finals 2018, and now it has been introduced fully in almost every top European League. However, since its inception up to the current footballing season, even though over every season new changes have been incorporated in its use, VAR continues to be subjected to a lot of criticism. Its application across different leagues has not been uniform and there still is a lot of room for improvement. Yes indeed, many crucial and match-changing decisions have also been correctly adjusted by VAR in certain matches. But the negatives of VAR and the way it is being used right now outweigh the positives. This dichotomy prevalent today is the subject of this article.

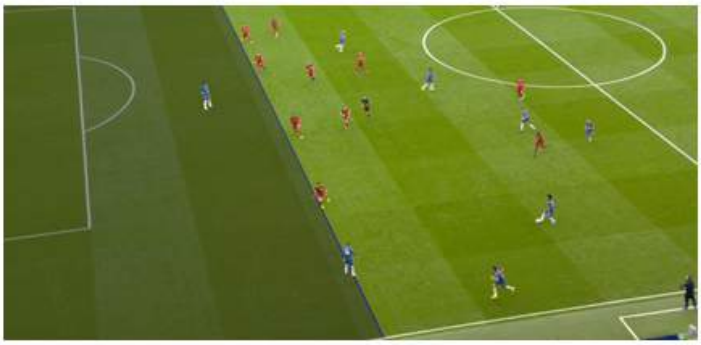
> Although VAR has made the referee's work much simpler, the lack of clarity on its usage, subjecting the fans to decision-making ambiguity, and its inability to do away with the influence of human interpretation in crucial match situations has led to divisive opinions on its application.

VAR: The current predicament

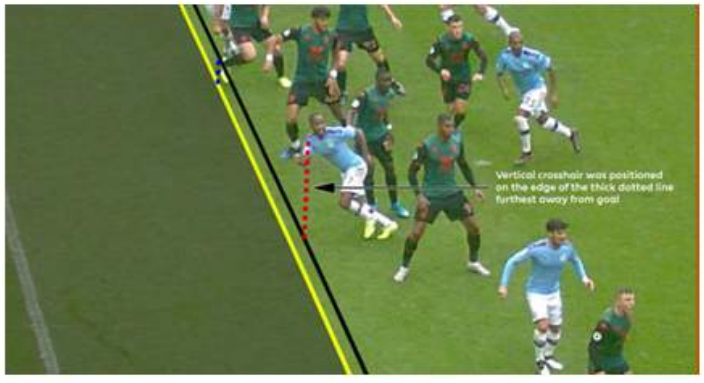
Referees stopping the play for VAR checks have interfered with the flow of a match, stopping play for incessantly long spells to double-check a goal's legitimacy or a handball, thereby denying fans the impulsive goal celebration. On top of this tiresome process, VAR has also produced its share of highly arguable decisions. Worst of all, it has added an extra layer of drabness in the way offside decisions are being measured – by coloured perpendicular lines superimposed onto a freeze-framed replay screenshot, with the all-important distances often marginal to the point of nonexistence. Many times, it is not even clear where they are drawing the lines from as there have been cases where the perpendicular lines have been drawn from the elbow while in other cases, the shoulder level was considered. And all the while only the viewers at home can witness this whole bewildering process, whilst fans in the stadium have no access to a video or any announcement for the VAR process being conducted behind a screen somewhere else.

Current determination of offsides by the VAR using Hawk-Eye's virtual offside line technology:

Gridline: A two-dimensional line, which can be quickly positioned in line with the final defender for clear offside decisions



Crosshair: These are two lines that are positioned for the defender and attacker. The offside lines are drawn against the parts of the body of attacking and defending players that can be used to score goals. (These parts of the body are the same for all players, no matter their playing position). The lines can also consider parts of the body off the ground, which is shown as a 3D vertical line. The positioning of the crosshair is manual, with a line one-pixel wide, so that the exact position of the offside line and the relevant body part can be accurately identified by the VAR.



VAR does not just detract the fast-paced rhythm of the football itself, but also all the other tangential dramas. The potential for a refereeing error, and the resulting fury in the stands, added an element of wildcard theatre that has been at least partially removed. And in the same way, the goal celebrations have started becoming depressingly circumspect. Due to the fear of retroactive meddling, the full-throated TV commentary that accompanies a late winner will inevitably become toned down. Resultantly, TV's iconic moments are in danger.

The irony in all of this is that VAR, which was supposed to be a thoroughly modernising force, has clashed so

badly with football's most modern trait, its status as an entertainment product. VAR was sold as the needed cure for a sport that has time and again come under scrutiny for the inconsistency of refereeing decisions. However, it is somewhat a shame that after receiving the advice of the VAR team at the Video Operation Room (VOR) and reviewing the monitor footage, the referee may still go ahead to interpret the situation in a way he/she thinks is best. So, the dependency on human interpretation is still very much prevalent even after the introduction of technology; it almost defeats the purpose of the VAR system and leaves one of the teams feeling cheated.

VAR: The positives and hope for future

On the positive side, glaring and blatant mistakes are increasingly getting caught now and there is little room for scandalous incidents anymore. To cite the most prime examples that come to mind, Maradonna's 'Hand of God' goal against England in the 1986 World Cup, or Frank Lampard's "Ghost-goal" for England against Germany in 2010 WC. We may not see situations like this again in Football if VAR is used at all levels and regions of the football game.

Going forward, one hopes that an established method of conducting VAR reviews; one that is smoother and less time-consuming, along with providing clarity and real-time updates to the fans present in the stadium will make VAR what it was supposed to be; a tool that eradicates human errors from the game bringing in a sense of fairness and proportion to the referee's decisions, serving justice to the fans who spend their hard-earned money to go watch their favourite teams play the beautiful game.

EDUARDO VALDES

olocip

Eduardo born in 1991, studied marketing and business degree in ESIC Business School, and following his passion for the sports, he decided to focused his career at the industry, working such as business development working closely with internationalization projects. He started his career in the sport industry in 2016, being selected and trained by LaLiga, at their international program called Global Network, where he spent four months before being sent to SD Eibar. There, in Eibar, he worked two years and a half, managing and having the responsibility of making the strategy and implementation of the international business plan at SD Eibar. Mainly focused on a wide range of countries such as Japón, China, India and Indonesia.

Then, he decided to move and embrace the technology and innovation area in sports, working as a Global Business Development Manager in Olocip. An artificial intelligence consultant specialized in the sports leaded by the football player Esteban Granero, where he is currently working. At the same time, he is collaborating as professor, in different courses and masters in sport management, such as the Global Master in Sports Management and Legal Skills with FC Barcelona in ISDE, or the Master in Football Business Management in SBI. Therefore, Eduardo is cooperating in an educational project, focus in coaching an emotional intelligence lead by Borja Vilaseca, la Akademia. Meanwhile, He collaborates with the sport players agency "Insua Group", providing coaching support to their youngest players. To end, he keeps forming his self in the industry, studying a master in LaLiga Business School, based on football analysis, methodology, sport direction, technology and innovation.

Introducing Olocip

OLOCIP is the pioneer company in the investigation and application of Artificial Intelligence techniques to a wide range of industries. With scientific rigor and professional experts in the field of technological innovation, artificial Intelligence and business environment, Olocip offers products and services that optimize the integral management of entities.

Olocip has specialized their core business on professional sports. Developing different artificial intelligence solutions related to the implementation of the digital transformation, optimization of scouting decisions, injuries prevention and football data analysis.

Artificial Intelligence in the Digital Transformation Strategy:

In the area of digital transformation, Olocip works actively in the whole process of strategy creation. Supporting sports entities to create a data culture within the company, helping in all phases of implementation. From phase zero in data capture and transformation, to the last phase of intelligent analysis extracted from the data itself (prediction and prescription). Olocip works by incorporating an autonomous data lake for sports entities, where they can collect, centralize and analyze all the data from the different departments. This system of artificial intelligence allows working in a digital environment with extreme security, with flexibility to scale needs of clubs and extract deep and intelligent analysis on the situation of each department.Within this work process offered by Olocip, there is also the development of customized reports, instead of a autonomous tool for the entities, they are provided with reports based on their data, where they are given solutions related to the objectives they set.The sort of clients in Sports which use this technology are diverse, there are: clubs, federations, tennis and basketball academies, gyms, etc...

Artificial Intelligence in sport health and prevention of injuries:

This area of knowledge can also help in the prevention of injuries, gathering information about the training, nutritional and genetic data of each player, and then through artificial intelligence models predict the risk of injury. It is important to make this prediction with transparent models, which not only offer the risk of injury, but also tell us the variables that have a greater incidence in that risk so that we can act and decrease it. Giving the chance to sport entities to save dozens of millions on medical treatments. In this area, the quality of the client's data is fundamental. They are who share the variables and we work on that basis. We guide and help them to work with quality data that can ensure the most accurate response quality indices possible. We work with clients from different sports, mainly, soccer, tennis and basketball.

Artificial Intelligence in Scouting and recruitment

In the field of scouting and recruitment, Olocip has managed to develop an intelligent platform capable of contextualizing the technical, tactical and economic performance of more than 40,000 players present in its database. This allows sport managers to know in advance for instance, how a player will perform next season in one context or another, to know which player of their current squad will be revalued or will decrease its market value, which players can best meet their needs... This platform is designed to help scouts and sports managers to reduce scouting times, optimize investment decisions, and reduce the uncertainty in the decision making.
The main difference which Olocip brings to the market, is the contextualization capacity. Through Artificial Intelligence methodologies, patterns are identified in the data that generalize to the future and allow to contextualize the player. This approach makes it possible to reduce uncertainty as much as possible and thus reduce the margin of error in each decision.
Currently our clients use this platform in two different ways. One, in an autonomous way, adapting it to their methodology, in some or all phases of scouting work. Two, by supporting them with under requested reports based on the needs they require in their target markets The clients that we have using this platform are related to soccer and basketball, although we have as well sport agencies.

Artificial Intelligence in Scouting and recruitment

In addition to these tools and capacities created, we address personal demands from sports entities and sport companies, related to problems they face in the world of data, and require the application of artificial intelligence models to address them. There are several examples such as in the area of grassroots, or in the corporative field, with the development of an AI solution to be added on a digital platform, in Tennis with a computer vision software which in real time collect all eventing and tracking data from players to be used then by coaches, broadcasters, tournaments, etc...

To enjoy IAN'S interview
Click Here

IAN PONT

Ian Leslie Pont (born 28 August 1961 in Brentwood, Essex, England) is an English former cricketer and current International Coach, specialising in T20 as a Head Coach and developing the speed of fast bowlers across all formats

THERE IS MORE TO FAST BOWLING

THAN JUST THROWING THE BALL HARD...

An interview with R.Ganessan

Being a sports Management executive during my study period and initial working days once I was at London, I tried many a time to meet Ian and understand his principle and ideology about fast bowling. Being from India cricket is definitely a strong association and interest for all of us. But ultimately during lockdown I got the opportunity to take this interview and listen to Ian. The way he explains the fast bowling it seems an easy task, however we all know the reality.

> **"Ian firmly believes that young fast bowlers can flourish with dedicated time, effort, and energy on improving their biomechanical movement while bowling rather than spending loads of time in the gym to build their muscular strength to bowl fast."**

You had a long experience in professional cricket, internationally at the highest level to guide fast bowlers, please share some insight into how difficult it is to handle the renowned fast bowlers?

IP: Well, I think when you're coaching at international level, you're not looking necessarily to make a lot of changes to people on the technical side. And a lot of that depends on whether the player himself is receptive to change. Sometimes, the International bowlers that you're working with are looking for a little bit of guidance. Or they might just be someone that needs someone to bounce ideas off, sit alongside and discuss tactics with. So that would be traditionally what you do at the international level. If you're working one to one with a bowler it is very different. So I think it depends on what you do with somebody in terms of the time you have.

Tell us how you approach guiding a fast bowler at the highest level on their mental aspect?

IP: I haven't come across someone who's particularly difficult to handle. I think most fast bowlers recognize that although you might have not been a world-class fast bowler, you are a world-class fast bowling coach, and they're two different things. So I haven't found bowlers that have a huge ego. We see pressure moments in T20 than Test matches because the whole game is over in three hours. Whereas, a test match gets over in five days. The pressure seems to come thick and fast in T20 Cricket. So I think it depends

on what format of the game players are playing in. That's probably the way you get the best out of a fast bowler on the mental aspects of the game. It is important to understand them, so that they feel relaxed with you, and they can trust you because ultimately trust is the key to that.

You not only train the professionals; you develop youth cricketers as well. Tell us how you identify raw talent? What are the tick boxes important for you?

IP: I look at technical skills. So my identification of young talent would be how does the bowler bowl? What are their body movements and how it applies to fast bowling? The first criterion is always speed. I know what speeds they should bowl at certain ages. Then we do video analysis. I have a look at that and see whether they're likely to be injured from having a bad position in the crease or whether they can develop more speed by slightly tweaking some positions and get more out of their body. I like to sometimes pick left-field candidates because there might be something about them that jumps out

You have developed a certification program on fast bowling training. Please share what is the concept and how you conduct it?

IP: Yeah, I did it some while ago, want to share my understanding of fast bowling and the way I do it, which I called ABSAT, which is Applied Biomechanics, Speed, and Accuracy Training or Technique. For a few years, I was doing certification in that and I was running one and two-day workshops for coaches who may or may not have ECB accreditation already. But it didn't matter because I was teaching them specific skill-sets of fast bowling and trained them in the ways of developing speed, control and consistency. The ABSAT coaching methods are an extra set of tools for any coach to use alongside their ICC, ECB or BCCI qualifications whatever country they come from.

Are you thinking of developing a digital course for Fast Bowling training for coaches?

IP: Again, it's something that could be done digitally. I'd have to look at how it works digitally. Because I think, ultimately, you interact best when you're standing alongside somebody that would be an obvious thing to say. One of the issues with the digital stuff is that I don't know whether the person at the other end is doing the coaching.. But I think there are ways around that I would look at having it given that we've got problems with COVID-19 right now and travel issues. But as soon as they clear, it will be good. In particular to come to India where I have a lot of time and hours invested. So that would be a great spot to do a coach education program, but digitally could be delivered.

What do you think a fast bowler should focus on before starting a match?

IP: I think that depends on what level you're playing at. You know what your plans are and how you're going to deliver those plans. That clarity of mind and thought process is vital. So I would always say to focus on doing what you know before you start the game, delivering your skills, and making sure that the plan that you've got works. If it doesn't, have a plan B. Always try to plan first.

How you visualize nutrition as important for a fast bowler?

IP: What we eat is important. I think there has to be more of a balance within a performance athlete which is what cricketers are on and always should be more like Ferrari cars, they need to be looked after properly. Muscles can make you strong but they can slow you down and make you too bulky. So it's getting that

balance right but food-wise it's eating at the right times of the day and making sure that we replenish lost electrolytes and ensuring that we don't dehydrate. That's the most important thing in nutrition. As long as the coaches are giving the right information on the nutrition side, I think it is okay as players can then make informed decisions about what they eat.

What is an adequate load for a youth level Fast Bowler? How simply we can understand it?

IP: So in terms of an adequate load for a youth-level fast bowler, it does depend on what they do in the nets because we can control it in a match. One of the biggest issues I see with loading for young cricketers is they do very little and suddenly before the season starts, there is a really big spike in the amount of bowling they're doing and they break down. So as much as we have to taper at one end towards competition, we also have an increase in workload through our offseason so we see that sudden spike just as the season hits. And I would say that loading in young fast bowlers is one of our biggest areas of concern.

What is an adequate load for a youth level Fast Bowler? How simply we can understand it?

IP: So I think that biomechanical correction is important. Slight tweaks, not big changes, no one likes to hear the word change. So I think language is important how you put it across by a biomechanical correction is important because as I mentioned earlier about people with injury, you don't want guys getting injured all the time. And one of the biggest problems for injuries is poor bowling action, So you've got to know what you're doing.

What is the basic biomechanical point a fast bowler or a coach should focus on and rectify?

IP: The basic biomechanical points are four of them, and I identified them 20 years ago as the 4 tent pegs. So that's back foot impact, front foot impact, release of the ball and follow-through. Those are the four positions to focus on because many fast bowling coaches talk about how important the run-up is. But the most important parts are back foot, front foot and ball release. Follow-through happens as a consequence. The most important thing is what you're doing in the crease. So the basic biomechanical points that a coach should focus on and rectify are the bowlers in the key positions to move in straight lines, and to link up the bottom of the action, which is the feet through the body through the hips, into the back and shoulders and then into the arm and out through the wrist. You can teach those things because they are technical. What you can't teach is how someone does it because that's their own style.

FOOTWORK IN WOMEN CRICKET

I am writing this article based on my experience of representing the country in women's cricket for a considerable time. The very fact that I was part of the Indian Team, which for the first time in the history of Indian women's cricket team that reached the finals of the WORLD CUP in South Africa 2005, was a matter of great pride for me as a player. India was the first Asian Team that got to the finals of an event as big as the WORLD CUP.

But unfortunately, we could not cross the rope in the 2005 finals and two more significant events, i.e., the 2017 ODI World Cup and 2019 T20 World Cup. Why did it happen that the 2005 team with limited resources at its disposal, was the runners-up? And why did it happen that the 2017 & 2019 teams with all the facilities were still the second-best in the world? So, was it a lucky coincidence all three times or something else? Let's dig a little deeper and get to the core of the Indian Team's problem - crumbling under pressure in the final of the world's biggest tournament in the women category.

My Experience

I have played for the Indian Team for several years, and I have witnessed its rise to the zenith. The Indian Team was extremely competitive in the decade 2000-2010. It faced opposition from big giants in the sporting arena such as Australia, England, and New Zealand with confidence, even winning specific series outright. The journey of the Indian Team making its mark on the world map, started with a convincing win against the New Zealand team (the defending World Cup Champions). Notably, in 2003, the Indian Team won five ODI Series by 4-1. After that, there was nolooking back! The two-year period (2003-2005)

was a crucial time for the Indian Team, preparing for the World Cup in South Africa in 2005.

World cup finals - ODI, 2017 and 2019

The Indian Team displayed great cricketing prowess during its ODI and WORLD CUP campaigns in 2017. However, it suddenly lost its golden touch while playing in the finals. The Team began to chase comfortably, but after losing a few top-order wickets, the rest of the Team lost its momentum and crashed like a vertical stack of cards. It fell short of creating history again. Surprisingly, this was not the end of the disturbing

self-sabotaging pattern of the Indian Team. We witnessed a repetitive way in the T-20 WORLD CUP in 2019. India won convincingly against Australia in the first game of the tournament in the league stage. The moment India was up against Australia, they lost their composure to never gain it back throughout the rest of a decisive game.

History repeated

The persistent pattern was evident in all the World Cup outings against different teams. So, there ought to be a reason behind all this. As in the T-20 finals, we could witness another Indian squad than the one which won convincingly in the league stage.

Reason behind this catastrophe

After being professionally associated with women's cricket in different capacities – a player, coach, and selector - I can safely conclude that the significant weakness evident in the Indian Women's Cricket Team's ability and performance is keeping calm faced with high-pressure situations such as the World Cup finals. There is a scientific ground behind my assertion, which I could comprehend after dedicating myself to thorough scientific research in PERFORMANCE ANALYSIS.

Science suggests that the human mind creates multiple 'Fear Of Failure scenarios' in pivotal, decisive circumstances. This series of self-limiting thoughts affect a player's body by contracting and creating tension in the muscles. It is a widely- and proven fact that to engender optimal athletic performance, the body and mind need to be synchronized. In this process, the mind sends the signal to the body, and then the body performs the required action. But when the body, caught up in tension, cannot complete
the task that the mind perceives, it jeopardizes the desired outcome, i.e., the best possible performance as per the potential. In this way, players enerate self-sabotaging patterns in their mind, in turn, affecting their performance when it matters the most.

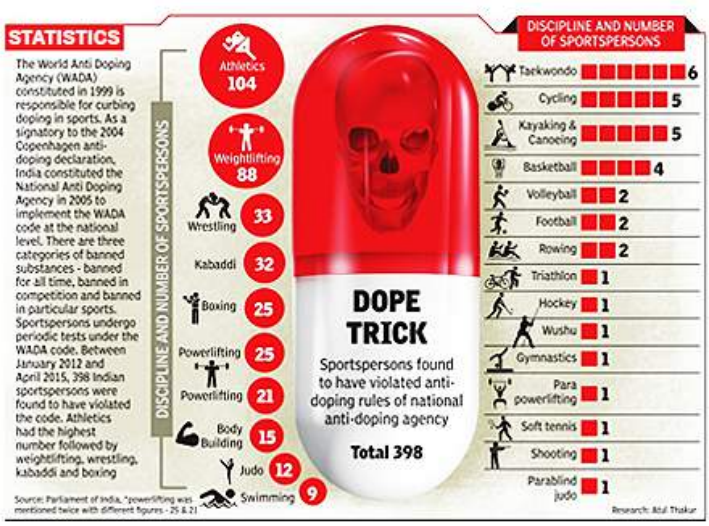
It all starts in the mind

Through the above example, I wish to create an awareness regarding the MIND's indispensable role in achieving the desired outcome. It applies to every human endeavor, be it excelling in sports, education, professional life, or any other mundane task. I strongly feel that this is the right time to understand the core issue regarding the performance of the Indian women's Cricket Team and address it rationally supported by scientific research. Our players have tremendous potential, but they need the right training – physically and mentally. Hence, we must come forward and join hands to help them win valuable titles for our country and make us feel proud as
a nation!

DOPING
THE CHALLENGE

SHALINI MAHESHWARI
LLB, LLM

The idolization of winners and the enormous social (and often financial) rewards accorded successful athletes may tempt many to increase their performance by almost any means available. Unhealthy national chauvinism together with ambition often lies behind these demands for increased performance. Athletes can be forced to push themselves further for fame and country than is medically advisable. To raise the level of achievement, modern methods of training have been developed to the maximum, not always leading to satisfactory results. Many athletes feel that they are neither able nor willing to submit themselves to more training, harder training, greater sacrifice, or higher stakes. It is therefore "natural" that other methods of achieving sporting victories are being considered. The methods that primarily aim to increase competitive performance artificially lead some athletes to use preparations broadly classified as drugs. This has created what is called "the doping problem." "As for technology, modem man is a superhuman. But as for ethics, there are no more humans." This quote, in many ways frightening, could possibly characterize athletics, unless those interests that cause athletes to aspire to results regardless of costs can be curtailed.



What is Doping?

The European Council (1963) defined doping as: "the administering or use of substances in any form alien to the body or of physiological substances in abnormal amounts and with abnormal methods by healthy persons with the exclusive aim of attaining an artificial and unfair increase of performance in competition. Furthermore, various psychological methods to increase performance in sport must be regarded as doping."

Doping comprises the administration of medications-or-the use of other means to artificially increase an athlete's competitive performance." This definition is somewhat simpler, but it also involves other means or methods that may be extremely difficult to control, such as blood doping. Because these definitions and all others put forward to date are lacking, the problem must be examined.

To improve athletic performance, drugs that stimulate the central nervous system and the heart and/or working muscles and drugs that stimulate protein synthesis are the most used. The list of doping classes according to the International Olympic Committee (IOC) list includes: (A) psychomotor stimulant drugs, (B) sympathomimetic amines, (C) miscellaneous central nervous system stimulants, (D) narcotic analgesics, and (E) anabolic steroids. These groups of doping substances have been well known for many years, but additional drugs and related compounds have recently been added. The 1983 addition of caffeine and testosterone to the doping list complicated testing: The tests required quantitative analyses while ail other tests to date have been qualitative only. Definition of a positive test for these additional drugs depends on the following: for caffeine-if the concentration in urine exceeds 15 pg/ml; for testosterone-if the ratio of the total concentration of testosterone to that of epitestosterone in the urine exceeds 6.

WHY PROHIBIT DOPING?

Doping is prohibited for the following important reasons: physical reasons-it is an acute health hazard, and potentially fatal, and there is potential for chronic disability, possible fatal; ethical reasons-the use of doping agents is unethical to the concept of athletics, and use can lead to addiction, which can result in ethical and social degeneration; legal reasons-it is against the Norwegian Confederation of Sport's statutes, and certain doping agents are also illegal according to the narcotics laws in many countries, and use therefore may be punishable by law. Physical side effects have been reported for several of the drugs on the doping list'.' and by the athletes themselves. As early as 1971 the ethical reasons were thoroughly discussed by the General Assembly of the Norwegian Confederation of Sport, and a statement was issued that condemned the use of "stimulant drugs and other means to artificially increase performance." Many doping agents are distributed by the same people that distribute other drugs and narcotics to the young. This creates an additional hazard to health and social degradation as many of these young athletes have become drug addicts.

Conclusion

The coach/leader must: know the guidelines for the athletes, increase his knowledge about doping to better be able to inform the athletes, suit information to the different groups of athletes (age groups, level of education. etc.). plan and arrange teaching sessions about doping, develop a two-way communication system and open support in case of problems, stimulate contact with the athlete's surroundings (parents, school. working place, etc.), stimulate contacts with mass media to increase the level of information, show a positive attitude to and respect for the rules and ethics of sports, be prepared to deal with the problems in case of drug misuse, be aware of the dangers and temptations involved when an athlete travels abroad. be prepared to assist in doping control of his own athletes and increase his knowledge about training principles and new developments to be able to substitute eventual drug misuse with better training.

A Real Life Hero

SOMEN DAS

Mr Somen Das, a fitness trainer of erstwhile Mohun Bagan Athletic club, Joydeep Karmakar shooting academy and many more sports professionals, fought against Hodgkins Lymphoma and came out as a winner. This is not the story. The story line is while fighting the disease, Somen was listening lot of music to keep him positive. Once started exploring the music, he understood the concept of using music as a tool to control our emotions and now he is using it professionally with lots of sports and entertainment personalities along with his fitness drills and even started working as a part-time music RJ. Somen deserves lots of accolades and we choose him as our face to reckon for this edition.

CURRENT AFFAIRS

Players who announced Retirement:

- India women's hockey team defender **Sunita Lakra** announced retirement due to injury breakdown.
- Veteran former Italy footballer **Daniele De Rossi** announced his retirement.
- Pakistan all-rounder **Mohammad Hafeez** informed about his retirement from international cricket.
- **Pragyan Ojha** announces retirement from international cricket. Pragyan was born in Bhubaneswar, Odisha.
- **Irfan Pathan** announced his retirement from all forms of cricket. Pathan was born 27 October 1984 in Baroda, Gujarat.
- South Africa batsman **JP Duminy** has announced his retirement from all forms of the game after a

Player who were banned:

- Indian weightlifter **Sarbjeet Kaur** from Punjab has been banned for four years from the sport by the National Anti Doping Agency (NADA). National Anti-Doping Agency (NADA) has suspended weightlifter for two years after being found guilty of violating the anti-doping rule.
- American tennis player **Abigail Spears** was handed a 22-month doping ban.
- Indian shot putter **Navin Chikara** suspended for four years for flunking dope test.
- Indian middle-distance runner, **Jhuma Khatun** was banned for 4 years for using banned substances (Steroids) by the Athletics Integrity Unit (AIU).
- Controversial cricketer **Umar Akmal** has been banned from all forms of cricket for a period of 3 years on corruption charges by the Pakistan Cricket Board (PCB) Disciplinary Panel
- Colombia's Wimbledon and US Open doubles champion **Robert Farah** was formally placed on provisional suspension following his positive test for a banned steroid.
- National Anti-Doping Agency (NADA) has suspended weightlifter **Ramshad AR** for two years after being found guilty of violating the anti-doping rule.
- Indian wrestler **Ravinder Kumar** was banned for a 4-year period by NADA for failing the dope test.
- Indian 400 m runner **Prachi Choudhary** from Uttar Pradesh provisionally suspended after testing positive for Oxandrolone.
- Brazilian **Joao Souza** has been banned from tennis for life after being convicted of multiple match-fixing offences.

Postponed Tournaments:

- **Azlan Shah Cup Hockey** postponed due to Coronavirus threat.
- The tournament which was scheduled to be held in IPOH, Malaysia from April 11 to 18, will now be held from September 24 to October 3.
- **BNP Paribas Open tennis 2020** tournament postponed. It was to be played in Indian Wells, California.

- **Tour de France**, world's most famous cycling race has been postponed in the wake of coronavirus pandemic.
- The three-week race was scheduled to begin from June 27 in Nice, France. The race has now been postponed for August.
- **Tokyo 2020 Olympics** officially postponed until **2021**.

Retirements:

- New Zealand all-rounder **Andrew Ellis** has announced his retirement from all forms of cricket.
- Former Pakistan Captain **Sana Mir** Announces Retirement From Women's International Cricket
- Former India opener **Wasim Jaffer** has announced retirement from all forms of cricket, drawing curtains on his illustrious career spanning over two decades.
- He became the first batsman to score **12,000 runs** in Ranji Trophy, the coveted domestic tournament in India.
- He is also the first player to play in **150 Ranji Trophy** matches.
- **Maria Sharapova (Russia)**, the five-time Grand Slam champion (Tennis) has announced her retirement

Sports Awards & Honours 2020 PDF

ICC Awards 2020:

- Indian skipper and batting mainstay Virat Kohli was named captain of the International Cricket Council's (ICC) ODI and Test teams of the year.
- **Ben Stokes:** World player of the year.
- **Pat Cummins:** 2019 Test Cricketer of the Year.
- **Rohit Sharma:** 2019 ODI Cricketer of the Year.
- **Virat Kohli:** 2019 Spirit of Cricket Award.
- **Marnus Labuschagne (Australia):** 2019 ICC Men's Emerging Cricketer.
- **Deepak Chahar:** 2019 T20I Performance of the Year (6 for 7 in a T20 International against Bangladesh).
- **Richard Illingworth (Britain):** 2019 Umpire of the Year.

ICC Awards 2020:

- Polly Umrigar award And Dilip Sardesai honour – **Jasprit Bumrah**.
- Best international cricketer women – **Poonam Yadav**.
- K. Srikkanth: **Col. C.K. Nayudu Lifetime Achievement Award**.
- Anjum Chopra: **BCCI Lifetime Achievement Award for Women**.
- Smriti Mandhana: **Highest Run-getter in Women's ODIs**.
- Jhulan Goswami: **Highest Wickets in Women's ODIs**.
- Mayank Agarwal: **Best International Debut (men)**.
- Shafali Verma: **Best International Debut (women)**.

- Vidarbha CA: **Best performance in BCCI domestic tournament**.

Laureus Awards 2020:

- Laureus World Sportsman of the Year: **Lewis Hamilton and Lionel Messi**.
- Laureus World Sportswoman of the Year: **Simone Biles**.
- Laureus World Team of the Year: **South Africa Men's Rugby Team**.
- Laureus Best Sporting Moment: 'Carried on the shoulders of a nation' – **Sachin Tendulkar**.
- Laureus Lifetime Achievement Award: **Dirk Nowitzki** (German retired professional basketball player).

Sports & Events 2020 Winners

2020 Malaysia Masters Badminton Tournament :

- Men's singles – **Kento Momota (Japan)**
- Women's singles – **Chen Yufei (China)**

Indonesia Badminton Masters 2020:

- Women's singles title – **Thailand's Ratchanok Intanon**.
- Men's singles title – **Anthony Sinisuka Ginting (Indonesia)**.

2020 Premier Badminton League:

- It was the fifth edition of Premier Badminton League.
- Bengaluru Raptors beat Northeastern Warriors 4-2 in the finals to become champions. It was also their second consecutive title in the PBL.
- Indonesian coach Agus Dwi Santoso to be appointed as India's badminton singles coach.

81st National Table Tennis Championships:

- It was held in Hyderabad
- Men's singles title – **Harmeet Desai (Surat, Gujarat)**
- In women's category- **Haryana's Sutirtha Mukherjee**

Ranji Trophy:

- **Saurashtra** won their maiden Ranji Trophy title on the back of their first innings lead against Bengal in the final played at the Saurashtra Cricket Association Stadium.
- It is their first-ever win in the history of India's premier domestic competition.
- **Jaydev Unadkat's** 67 wickets is the second highest in a Ranji season, just behind Bihar's Ashutosh Aman who finished with 68 in the 2018-19 season.

All England Badminton Championships 2020:

- Men's singles title – **Viktor Axelsen** of Denmark
- Women's singles – **Tai Tzu Ying** of Chinese Taipei

Registration

Sportz Next Education Magazine

Hurry..
Grab your copy...

Overview:

Sportz Next Educational Magazine is a unique platform which provides access to the best insights from experienced sports professionals. The magazine will consist of interviews and articles to understand the experiences of the experts in areas such as technology, consultancy and infrastructure to give a holistic perspective of the impact of these elements on sports as well as quiz competitions.

Benefits of Subscription:

- Access to experiences of Sports Industry professionals & experts
- Access to information about our upcoming national sports events
- Opportunity to participate and win prizes in Quarterly trivias
- Access to success stories in Sports Entrepreneurship

Annual Magazine Subscription Package:

- ***Digital Issue*** - Annual Subscription Fee

  ~~Rs499~~ **Rs299**

  Special discount offer upto 31st DEC 2020.

- ***Hard Copy Issue*** - Annual Subscription Fee

  ~~Rs600~~ **Rs499**

  Hard copy will be available from APRIL 21

How to Register for the Magazine Subscription:

- Send us your basic information to *marketing@sportznextedu.com* *to apply for Digital or Hard Copy*
- You can also fill in your details in the below mentioned Google Form link: *https://forms.gle/v2BmZv16812izSRq7*

After you submit the form, we will review your details and revert back to you soon.

The Magazine will be a one stop digital destination for sports enthusiasts and industry leaders in the future.

Additional benefits of Subscription:

Early access and ***5% discount*** on the Workshops:

- Soccer Science & Injury Prevention Level -1&2, *MARCH 2021*, priced @ *Rs 5000*.
- Global Sports Science & Technology Conference *July 2021*,Priced @ *Rs 5000*
- Football Match Analysis(Eelco Schattorie) - Level -1 & 2, And Masrer Class *Feb 2021*, priced @ *Rs 5000* ***Per Class***

Early access and ***15% discount*** to the Global Soccer Conclave, *October 2021*, priced @ *Rs 10000*,

Payment Account Details:

Bank Name: Yes Bank

Branch: City Center, Gwalior, Madhya Pradesh PIN -474011

Account Number: 055463700001461

IFSC Code: YESB0000554

UPI UNIFIED PAYMENTS INTERFACE

paytm G Pay

Further Queries:

For more information about Sportz Next Educational Institute and our upcoming events, contact us at ***8305628612***.

“

EDUCATION IS THE KINDLING OF A FLAME, NOT THE FILLING OF A VESSEL.

— Socrates ”

1800 120 1656

+91 8305628612

marketing@sportznextedu.com

info@sportseed-pro.com