

DATE	TOPIC	FACULTY
25/04/2020	Introduction and Historical Development of Sepaktakraw	HEMRAJ
26/04/2020	Talent Identification and Grassroots Development	SUJAY JOHN K
27/04/2020	Rules and Regulation of Sepaktakraw (Team & Regu Event) Latest Amendments	HEMRAJ
28/04/2020	Rules and Regulation of Sepaktakraw (Double & Quad Event) Latest Amendments	HEMRAJ
29/04/2020	Physical Fitness of a Sepaktakraw player	B. A. SHARAMA
30/04/2020	Development Training Off Season and Periodization	SUJAY JOHN K
01/05/2020	Training Methods in Sepaktakraw	B. A. SHARAMA
02/05/2020	Specific Training in Sepaktakraw (Tekong, Striker and Feeder)	B. A. SHARAMA
03/05/2020	Injury Prevention and Muscle Conditioning in Sepaktakraw	DR. ASHMI DAVE DATTA
04/05/2020	Stress Management and Psychological Preparation of Sepaktakraw player	DR. RAKESH TOMAR
05/05/2020	Data Analytics and Scouting	SUJAY JOHN K

Faculty Details

HEMRAJ

Team India National Coach - Sepaktakraw

B. A. SHARAMA

Team India National Coach - Sepaktakraw

SUJAY JOHN K

Former International Player
Faculty, St. Stephen's College. University of Delhi

DR. ASHMI DAVE DATTA

Sports Physiotherapist

DR. RAKESH TOMAR

Faculty, King Fahd University of Petroleum and Minerals (KFUPM)
Saudi Arabia

Webinar ID
4980064444

Date : April 25 - May 05, 2020
Time : 12pm - 1pm IST