

MADANAPALLE INSTITUTE OF TECHNOLOGY & SCIENCE
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Report on
JNTUA Inter University Men Handball Camp
Organized by Dept. of Physical Education - MITS
28 Dec 2015 - 02 Jan 2016



Submitted by: Mr. R. Rajesh William, Physical Director, Dept. of Physical Education

The **JNTUA Inter University Men Handball Camp** organized by Department of Physical Education, MITS from 28/12/2015 to 02/01/2016 at MITS Campus. All the selected Handball players from various colleges have provided food and accommodation in the MITS College campus for training.

The Inter University Handball Camp was mainly an effective way of improving fitness level and skill level where different methods were adopted to improve the Handball tactics over the period of training camp.

The Main Objectives

All the training camps aimed to reach certain goals by the end of the camp. The whole idea of the inter university Handball camp was to increase the Fitness level of the players at least by one level during their training camp.

The following is the general framework within which the Camp functioned:

- The players' fitness level must be increased by next level
- The coordination of the team must be improved
- The specific skills must be practiced everyday

Training for the University camp

To carry out the inter university Handball camp smoothly all over the period, a training strategy was devised. The training was divided into 3 levels all over the period of camp.

- Morning session (6.30 A.M – 8.30 A.M) – Fitness training
- Afternoon session (11.00 A.M – 12.30 P.M) – Technical training
- Evening session(4.00 P.M – 6.00 P.M) – Skill training & Friendly matches

Coaching Materials

With training, coaching materials was also provided by MITS College as part of the Inter University Handball camp. It included television to watch Handball matches, slow motion Handball skill videos to learn skills correctly.

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The team coach and manager Mr. Rajesh William, Physical Director, MITS, who allotted by JNTUA arranged the coaching materials and completed the camp successfully.

Daily Organization of Camp

Basic guidelines were followed given by Sri K. Venkatramana, A.O. Services, Senior Physical Director, MITS, on how the camp should be organized; for the inter university Handball camp.

In the coaching camp, three main activities were focused and trained:

- Endurance training, all the players were undergone effective endurance training during the morning session to enhance their stamina level.
- Skill training, All the players were trained in Handball skills to improve game skills during II session at morning.
- Matches, The university players were played a friendly matches against MITS college Handball team at evening session to learn match situations.

End of Camp:

The honorable Principal Dr. C. Yuvaraj, and Vice Principal Dr. G. Hampamma, MITS College, gave a motivational speech to all the players and wish them all the best for their Inter university matches. Sri K. Venkatramana shared encouraging words to the Handball players. Finally, JNTUA university team uniforms were distributed to all the players by the Principal.

PARTICIPANTS:	12 HANDBALL PLAYERS
CAMP DURATION:	28/12/2015 – 02/01/2016
MATCH DATE:	04/01/2016 – 08/01/2016
MATCH VENUE:	ALAGAPPA UNIVERSITY, KARAIKUDI, TAMIL NADU.
TEAM COACH & MANAGER:	Mr. R. RAJESH WILLIAM, PHYSICAL DIRECTOR MITS.