



SPORTS COACHING FOUNDATION

NGO Promoting Health & Peace
Through Sports In India Since 1991.

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COACHING MANUAL TEACHES BEYOND SPORTS

SCF STADIUM



COACHING VIDEO



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SPORTS CULTURE IS A STRONG NECESSITY IN INDIA

SCF FREE TOURNAMENTS & EVENTS

In 32 years of journey Sports Coaching Foundation organized hundreds of Free Entry Sporting Events especially for vulnerable children/youth.



HEALTH CULTURE IS A STRONG NECESSITY IN INDIA



SPORTS IS THE CHEAPEST MEDICINE

DECCAN Chronicle

GAMES Monday | 4 July 2022 | Hyderabad | Page.10

Play Pan India



Sports Coaching Foundation Secretary K. Saibaba (right) presents a Basketball to Union Sports Minister Anurag Thakur during his visit to Hyderabad. Also seen is SCF Marketing Director K.S. Sunil (left). The Sports Minister advised Saibaba to implement his NGO's Build India Through Sports Project at Pan India Level.

Table of Contents

Cricket.....	5
Football.....	15
Basketball.....	23
Tennis.....	30





SCF Background

SCF (Sports Coaching Foundation) is an NGO set up by Mr. Kammela Saibaba, a Former Ranji Trophy Cricketer. It was established in 1991 to promote sports culture within vulnerable and poor communities.

SCF's secondary aim is to use sport as an empowerment tool to uplift the youth by supplementing their training with life skills. By providing overall personality development (in health, fitness & peace), they intend to play their part in fulfilling the Sustainable Development Goals of the United Nations. Thus, by using 'Sport as a universal tool,' SCF promotes Build India Through Sports project ensures Health, Education, Women Empowerment through Sports as a medium, because we all are aware Sports is the Cheapest Medicine.

Project Activities and Approach

In close coordination with the management of schools, colleges and community centers, SCF will take up the following activities:

- Actively upgrade and develop basic sports infrastructure for activities such as basketball, volleyball, kho-kho, kabaddi, mini-football etc.
- Conducting regular sports festivals to inspire children and sharing success stories of global sports icons using effective audiovisual workshops.
- Generating interest in children by displaying modern sports equipment. For instance, Digital Electronic Pitching Machine etc.
- Helping the youth understand their health better, recording their BMI Levels and guiding them accordingly.
- Inculcating work culture values as reflection, discipline, and teamwork through the timeless teachings of Gandhiji.
- Distributing free sports coaching manuals that provides teachings beyond sports.

Expected Outcomes

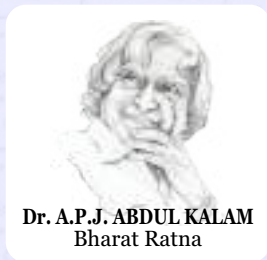
- Increasing accessibility: By creating and ensuring basic sports facilities for the lower-income and underprivileged population.
- Enhancing development: To achieve the dual objective of Health/Women Empowerment/Education - Increasing quality participation of Indian sportsmen - Reduce the likelihood of lifestyle diseases and their consequent medical burden on government and citizens.
- Removing the affordability barrier: With funding from CSR activities, grants and partnerships to provide free or low-cost sports infrastructure and reduce burden in the underprivileged society.
- Building values: Help create an active sports life and also build values such as team spirit, perseverance, respect, and work culture.
- Awareness of right and wrong: Providing overall personality development and awareness of criminality, the importance of education, etc.

Sustainability

In the last 32 years, SCF has strived to create a strong foundation with various exemplary projects. The foundation has completed more than 350 government schools and orphanage homes with countless inspirational stories. Additionally, our NGO has won various international and national awards that stand testimony to our efforts.

The foundation has already carried out similar BITS projects in various government schools, due to which many children have been attending school regularly. The school management and faculty are delighted with the responses as admission have increased by more than 10%. Further, SCF's efforts to build sporting infrastructure has also attracted children from nearby communities to join the school. By transforming the lives of the children in marginalized communities, the BITS project has been highly impactful and will continue to strive to do so.

DO YOU HAVE TEN MINUTES FOR OUR COUNTRY?



**Have you got 10 minutes
for your Country?**

If YES, then READ.



YOU say that our government is inefficient. YOU say that our laws are too old. YOU say that the municipality does not pick up the garbage. YOU say that the phones don't work, the railways are a joke, the airline is the worst in the world, and mails never reach their destination. YOU say that our country has been fed to the dogs and is the absolute pits. YOU say and say, what do YOU do about it?

We sit back wanting to be pampered and expect the government to do everything for us while our contribution is totally negative, we expect the government to clean up but we are not going to stop chucking garbage all over the place, nor are we going to stop to pick up a stray piece of paper and throw it in the bin. We expect the railways to provide clean bathrooms but we are not going to learn the proper use of bathrooms. We want Indian Airlines and Air India to provide the best of food and toiletries but we are not going to stop pilfering at the least opportunity. Our excuse? It's the whole system which has to change.

So who's going to change the system? what does a system consist of? Very conveniently for us it consists of our neighbors, other households, other cities, other communities and the government. But definitely not me and YOU. When it comes to us actually making a positive contribution to the system, we lock ourselves along with our families into a safe cocoon and look into the distance at countries far away and wait for a Mr. Clean to come along and work miracles for us with a majestic sweep of his hand.

Dear Indians, this disgust is highly thought-provoking and calls for a great deal of introspection. It also pricks one's conscience, too.

I am reminding you of what John F. Kennedy exhorted to his countrymen: "Ask not what your country can do for you. Ask what you can do for your country."

A content from the book "Dreams to Reality"

WHY IT IS IMPORTANT TO PARTICIPATE IN SPORTS?



- **Education is incomplete without sports.**
- Sport and physical education is fundamental to the early development of children.
- Did you know that India is the Diabetic Capital of the World? Note that, Involvement in Sports is the cheapest medicine.
- Sport inculcates values like **Truth, Discipline, Work Culture, Determination and Sportsman Spirit**, it will play a big role in building **Character**.
- Every Sport has a set of rules and every participant needs to be aware and work around those rules and accordingly communicate with one another. This increases the awareness level and confidence of the participant.
- Sport develops **Logical, Critical Thinking and Analytical skills** in you in the most practical manner.
- Sport is one field which builds '**Never Say Die Attitude**'. Such an attitude helps them to overcome obstacles in Life.
- Participation in Sports inculcates **Leadership and Self-Confidence**, which in turn helps you to think independently, question without fear - but with politeness.
- Involvement in Sports should be a way of life. Note that, a **Healthy Nation is without doubt a wealthy nation**.
- If every school in India is able to annually organize an exclusive sports day event, we can then positively hope to transform the sporting image of India from a sleeping giant to "**Vibrant Sporting Hub of the World**".
- Let us hope India can host the biggest and colorful sporting event - **The Olympics**.

CRICKET COACHING



**Sports Coaching
Foundation an NGO,
Hyderabad.**

**Electronic
Pitching
Machine
which is used
for many
vulnerable
children and
Youth for
training.**

Fielding Positions in Cricket



TYPES OF OUTS IN CRICKET

1. Bowled
2. Caught
3. Stumped
4. Run Out
5. LBW
6. Retired Out



7. Time Out
8. Handling the Ball
9. Hitting the Ball Twice
10. Hit Wicket
11. Obstructing the Field
12. Mankading

Umpire's Signals

**No
Ball**



**Dead
Ball**



Wide



**Short
Run**



Sixer



**Boun
dary**



Out



**Leg
Bye**



Bye



FORWARD DEFENSE

Grip the Bat in proper stance, blade kept in front of right toe (for a right hand batsman), the outer edge facing extra cover region, and the inner edge pointing between fine leg and square leg. Forearm should point towards mid-off and cover region.



Played to balls which are within reach of the batsman (but not half volley). Forward Defence can be divided into four parts.

A. Back Lift

Batsman should stand in correct style of stance and Lift the bat up to stumps height (direction of the bat - between wicket keeper and first slip). Both the elbows should be close to the body and the batsman should wait in anticipation of the ball.

B. Foot Work

When the ball is delivered, the batsman should judge the line of the ball and turn his left shoulder and chin along the line of the ball. The body and bat should not twist. The ball should be taken between chin and shoulder (Chin and shoulder should not move away). The left hand should move along the line of the ball.

The Left foot should also move along the line of the ball, with an intention to play the ball just beside the left foot. The left heel of the batsman should move first. The body-weight should be on the right leg (slightly bent) and the left foot should be straight.

FORWARD DEFENSE

C. Transfer Body Weight and Swing of the Bat

As the ball approaches a right hand batsman, he should transfer his body weight front right foot to left foot and swing the bat simultaneously like a pendulum without any gap between bat and pads. As the weight is transferred to the front foot toe, the chin and the shoulder will move right above the left toe. At this point, the right leg will become straight with only toe inside the Crease to maintain balance. Both the toes should be in one line. The bat should be swung with the left hand firm grip close to both the legs and the right hand grip should be loose and should be moved down to the shoulder of the bat (in order to absorb speed of the ball). The stress should be on the left hand to move in line of the ball and not back.

D. Impact of the Ball

The batsman (right handed) shall meet the ball beside left foot with an angular bat to ensure that the ball drops there itself. Care should be taken that:

- a. Left hip is not stiff.
- b. Both the wrists are in front of the batsman's eyes.
- c. Left shoulder should nearly touch the left ear.

DO NOT....

- a. Drag the right foot.
- b. Bend the left knee too much.
- c. Keep your Left hip stiff.
- d. Keep the Right hand grip firm.
- e. Keep the Shoulder Free.

Footwork Practice Drills Combination of Straight Bat Drills

**Straight Bat -1
Ball in a socks**



**Straight Bat - 2
Rolling Ball**



BATTING TIPS

- To be a good batsman you must be a team player with an undying love for & a single minded approach to the game.
- Select a bat which you feel comfortable with; not too heavy nor too light.
- Practice makes perfect. Some of the best batsmen in the world are known to spend hours each day trying to connect the ball to the middle of the bat.
- Your batting will depend on how you hold the bat. In this age of television sport, you can perfect this by carefully watching your favourite batsman in action.
- Develop a grip on the bat which should be comfortable & allow you to play your natural shots freely.
- Protective gloves must be comfortable for a proper grip on and a free movement of the bat.
- Take a good stance, keep your eyes focused on the flight of the ball & move with determination to play the shot as the delivery demands.



- All good batsmen have to be good runners between the wickets. Make sure you have a good understanding with your fellow batsman on the crease about calls for a run, signals & warnings. It is normally a good practice for the call to be given for a run by the batsman who has the ball in his line of vision, be it the striker or the non striking batsman.
- Every delivery is a battle between the bowler & the batsman on strike. Never allow the bowler to control your game through your lack of concentration.
- Never get provoked by the bowler or the fielder and take the umpire's decision sportingly. Good manners on the crease make a GOOD batsman GREAT.

BASIC BOWLING GRIP



**Grip for the leg break,
seen from behind
the bowler**



**Grip for
leg break,
as seen
by the
batsman,
as it's
about to
leave the
bowler's
hand**

**Top
spinner at
point of
delivery,
Same as
leg break,
but
different
wrist
position.**



**Grip for in
swing: The
seam
points
towards
fine leg.**

**Grip for
out swing:
The seam
points
towards
first or
second
slip.**

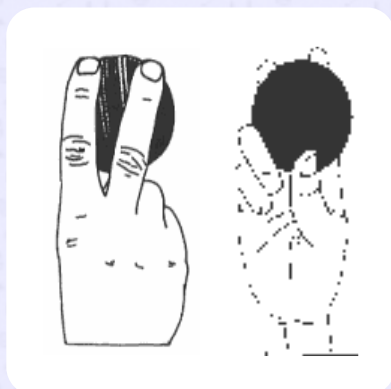


BASIC BOWLING ACTION



The Basic Bowling Grip

1. Normally, the thumb and the first finger make the shape of a "V" and there is a noticeable gap between them.
2. The first two fingers lie apart along the seam.
3. The thumb comes directly beneath the first two fingers (of course, the position changes depending on the type of delivery).
4. The third finger rests lightly as a support to the ball (so that it does not fall down).
5. While holding the ball, the grip should feel comfortable, because if it is too tight or too loose, the bowler cannot really bowl effectively.



BOWLING TIPS

- A comfortably fitting pair of shoes, a charged up stamina are basic key to effective bowling.
- Your run up and delivery should be so well oiled, as to keep wickets and no balls to the barest minimum. Bowling extras have often cost a team a match.
- Good line and length come through hard work and practice at the nets. Never lose your line and length for want of practice.
- As a bowler, you are battling the batsman, who will intelligently anticipate each of your deliveries. You must equally and intelligently vary your line, length and pace and also make the ball move to varying degrees to keep the batsman guessing. An intelligent bowler is often more effective than a gusty bowler, who bowls his heart out without any thinking.

- It is just, as important to take wickets, as it is to contain the flow of runs, depending upon the dynamics of the game in progress. The great bowler cannot achieve results, without the cooperation of his teammates on the field. Show courtesy and understanding to minor misfields and even to a dropped catch to win the whole hearted support of your team mates. Never challenge the umpire's decision nor appeal without good reason.



- Be alert for any caught and bowled chances that might come your way and also for any run saving opportunities off a straight drive, by keeping your focus on the ball, even after it has left your hand.

- As in any discipline of cricket, good manners make a GOOD bowler GREAT.

FIELDING

Youngsters are advised to follow the right and safe methods of fielding by seeing the pictures given in the book.

To take a high catch or running catch, a fielder should keep his eyes on the ball throughout, so that he can come into the line of the ball and judge the catch at chest level. Always take a high catch at your chest level, as it would help you to take a catch, in case the ball rebounds. While catching, the judgment should be perfect.

A slip fielder should always anticipate outer edges from the batsman, especially, when the batsman is playing spin or swing bowling. Before you enter the field, stretch your body, legs, arms and sides. Loosen up your shoulders by throwing a few balls.

Good fielding is an outcome of physical fitness. A lot of energy is required for maintaining a high standard throughout the innings.



Catching Practice



**Always Focus
On The Ball**

RUNNING BETWEEN THE WICKETS-I

It is based on act of the batsman on the wicket, by which the two batsmen at the crease run the distance between the two opening creases and score runs.

- a. Non striker should keep the bat inside the crease and should not leave it until he has seen the ball in the air, upon delivery of the ball from the bowler. After the delivery of the ball, non-striker should steadily walk (not rush) three to four steps and wait for the call from the striker.
- b. The Call may be in form of 'YES', 'NO' or 'WAIT'. 'AYES' call should be made, anticipating a 100% possibility of a Run. A 'NO' call should be made, anticipating no possibility of a Run. In case of a 'NO' call, the Non-striker should retrace his steps, back to his crease (since he has come few steps ahead towards the striker, after the ball has been delivered). In case of a 'WAIT' call, the batsmen should take few steps ahead of the popping crease, without taking their eyes off the fielder, in anticipation of a possible run.
- c. In the event of running between the wickets, the batsman at the wicket should run on right hand side of the wicket and in a straight line to ensure that he covers the distance between the wickets in the shortest time. The Non-striker should run on the left hand side of the wicket (assuming that the right handed bowler is bowling over the wicket). In case, the right handed bowler is bowling right arm around the wicket, the Non-striker should run, wide outside the line of running of the batsman.

RUNNING BETWEEN THE WICKETS-II

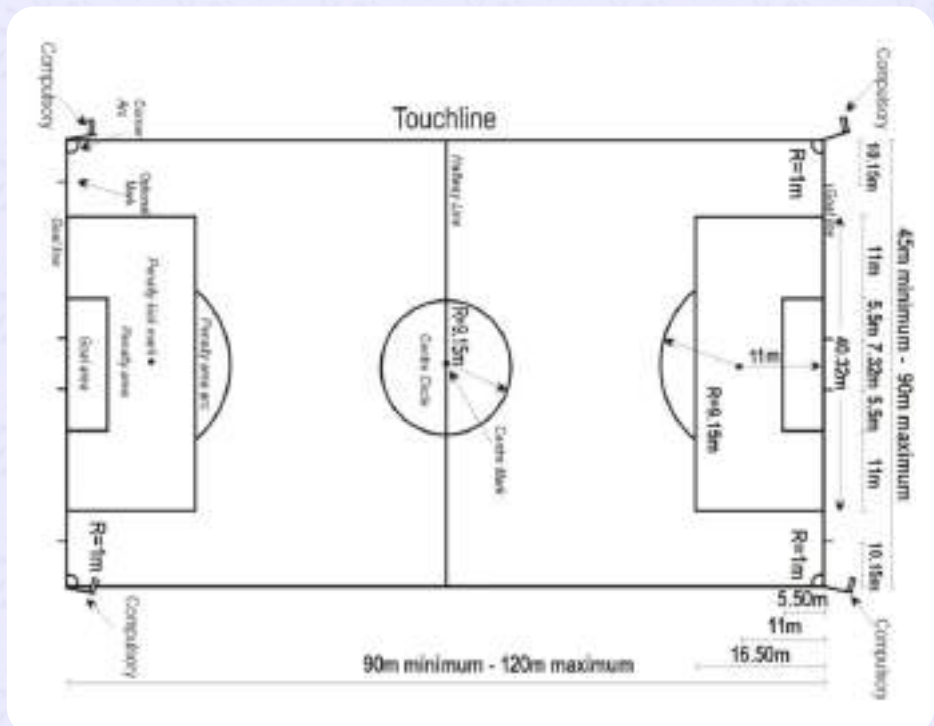
1. Runner should avoid big curves, while turning back.
2. Non striker should take a start to take advantage of the shorter distance.
3. The first run should be taken quickly in anticipation of another run(s). The batsmen should wait for a call for the second run, which will be given by the runner who is facing the ball. The same applies for the third or subsequent runs.
4. Runner should make it a habit to drag the bat (shifting his weight forward), while reaching the Opposite end to avoid a short run. Dragging the bat also ensures that the batsman reaches the Other end (or same crease at his end) in the shortest time possible.
5. Sometimes while taking more than one run, the bat may have to be changed from the left hand to Right hand and vice versa (to avoid delay in turning and to keep facing the ball).
6. While calling, the batsman should grasp the position of the partner who may either be a slow-runner (Or maybe fast between wickets) and accordingly make the call, understanding his partner's speed and capacity (and also his own).

FOOTBALL COACHING



Sports Coaching Foundation thankful to OPTUM Company for donating first ever Football Throwing Machine.

Football Court



KICKING IN SOCCER

Kicking is one of the most important fundamental motor skills in soccer as you are not allowed to touch the ball so kicking is the only way of moving the ball around the field.

There are six types of kicks in soccer:

1. Push kick
2. Instep kick
3. Inner side of instep kick
4. Outside kick
5. Toe kick
6. Back heel kick



Types of Fouls

The following actions are not allowed in soccer and will result in a foul call:

- Kicking an opponent
- Tripping
- Jumping into an opponent (like when you are going for a header)
- Charging into an opponent
- Pushing
- Tackling from behind
- Tackling an opponent and you make contact with the player prior to making contact with the ball
- Holding
- Touching the ball with your hands (if you are not the goalkeeper)

The free kick is awarded from the spot of the foul, except in the case where it took place in the opponent's penalty box. In that case a penalty kick can be awarded.

CONTROL

Here are three great drills to practice in the park to improve your ball control and balance. Try them either by yourself or with friends.



STEP-1

Try to play the ball with the front part of your foot, gently kicking the ball upwards.



STEP-2

You can play the ball with both feet, your knees, chest and even your head.



STEP-3

This will put backspin on the ball, which will keep it close to your foot. Also, try to use both feet, not just your strongest one.

Side Foot Volleying

If the ball is off the ground, it is sometimes better to pass it with a side foot volley than try to control it (which can give your opponents a change to close in on you).



STEP-1

Steady yourself and meet the ball with the middle side of your foot.



STEP-2

Keeping your head down, with your eyes on the ball, aim and follow through.

GOALKEEPING: SHOT-STOPPING

Good goalkeeping is about getting the simple things right, such as catches and saving. But a goalkeeper may need a little extra skill to pull off fingertip or diving saves.

Diving Save

Shot-stopping is often a matter of instinct. It is particularly important to hold on to the ball after making a save or, if that's not possible, to push it out of play or away from the danger zone.



STEP-1

As the shot comes in, shift your body weight to the side the ball is approaching position your hands early, ready to stop it.

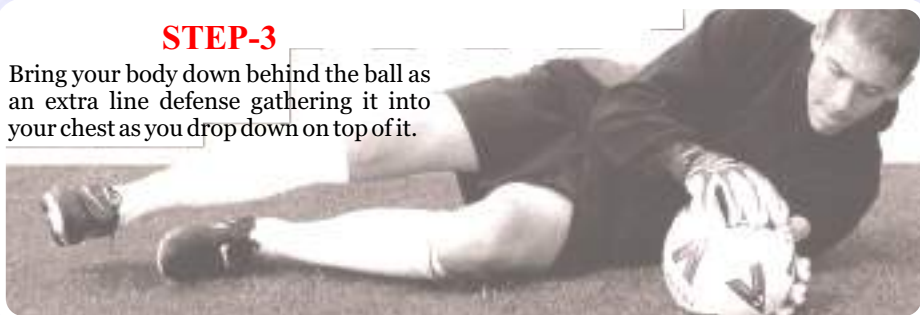


STEP-2

Spread your hands so that your lower hand will stop the ball your upper hand will come down on top of it prevent it bouncing straight back.

STEP-3

Bring your body down behind the ball as an extra line defense gathering it into your chest as you drop down on top of it.



LONG PASSING

To pass the ball over longer distance, you will need to use more power and get the ball in the air.



STEP-1

Because you need more power, you will need to take a step or two back, before playing the ball. Spread your arms to give you balance and step forward as you swing your kicking leg right back.



STEP-2

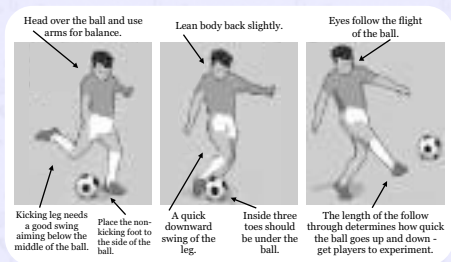
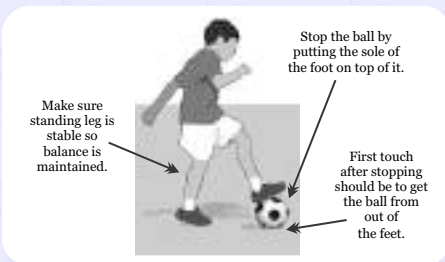
Lean back very slightly as you strike the bottom of the ball with the front of your foot.



STEP-3

Keep your head down and follow through with your kicking leg.

TOP TIP: It is always easier to play the ball in the direction, you are facing. Hence, face your Team player before passing.



A player is alongside or facing an opponent dribbling at speed.

He stops suddenly, halting the ball with his foot.

The player pivots on his standing leg to move off with the ball in the opposite direction. Make sure the player turns away from the opponent, keeping his body between himself and the ball.

Pushing the ball out from under his feet, he pushes off on his standing leg and accelerates away.



SPORTS 16

WEDNESDAY 2 OCTOBER 2013

THE HANS INDIAN

All hail CSR for sports

OUR BUREAU

Bureaucrats ranging from the retired to those in service called for a concerted effort to ensure that the social responsibility clause in the Companies Act-2013 would be implemented in letter and spirit.



Retired bureaucrat R Rajamani addressing a seminar on 'CSR and Indian Sports' in a city hotel. Photo: Hans.

They hoped that a watchdog-like body would monitor the provision that entails earmarking a two per cent provision from the revenue generated for taking up Corporate Social Responsibility (CSR) programmes as has been recommended, and almost mandated, for all profit-making companies.

The key-note address during a seminar on 'CSR and Indian Sports', under the auspices of Sports Coaching Foundation (SCF), was delivered in the city late Monday by distinguished former bureaucrat R Rajamani, IAS who can be credited with pioneering the CSR concept during his stint in the Prime Minister's Office (PMO).

He said that if implemented in right earnest this would go a long way in addressing the basic needs, including in core segments like poverty elevation, environment protection and bio-diversity, health and promotion of sports.

The gathering attracted the cream of officialdom, including from banks, academics, police and industry captains.

Former bureaucrats V K Srinivasan IAS, Gopala Krishna IAS and Dr Chinnappa Reddy Former Sports Advisor to Govt., incumbent officers, Jayesh Ranjan IAS, Rahul Bojja IAS and S Chakravarthy IAS, former IPS Officer, MA Basith, current officers Rajeev Trivedi IPS and Soumya Mishra IPS and senior IRS officers Praneeth Sachdev and P N Rao also spoke.

Dr Raja ram, Director, NIIFT, Dr Sastry, Professor at IDRBT, Girish Malpani from Big Bazaar Group, Aakash Bhandari from JP Morgan Chase and former Indian football captain, Victor Amalraj, were also present on the occasion.

They lauded the painstaking efforts being taken by K Saibaba, founding-Secretary of SCF, for taking forward the concept of promoting sports in the interiors and among the economically-backward sections as a social service free of any monetary returns.

In his speech, Saibaba hoped that (Corporate Social Responsibility, CSR) would help to reach out to the poorer strata of the society where a rich sports talents are waiting to get tapped and promoted.



Government Of India

Govt. conferred by schedule – 7 sub section 467 of the Companies Act, 2013 promotion of sports has been included in the list of acceptable CSR spends.



**Most Awarded Ranji
Trophy Cricketer in
India for his
outstanding voluntary
contribution to Sports.**

Mr. Saibaba is a visionary who Founded Sports Coaching Foundation with a mission to have sports as a medium to educate and train the underprivileged. His consistency and perseverance has enabled him to go on this journey for 32 years now. The goal is to spread the culture of sports to everyone especially to the people to whom indulging in sports is a privilege. His contribution to this field is a inspiration to many and is nothing less than extraordinary for the sacrifices made to achieve his dream and follow his passion is exemplary.



**Rashtriya Khel Protsahan Puraskar from
President of India in Social Change – 2015.**



Jindal Award (New Delhi) - 2016



FICCI Best Sports NGO Award (New Delhi) - 2016



India NGO Award finalist (New Delhi) - 2015



KAMMELA SAIBABA

honoured with the prestigious

GO THE DISTANCE HERO AWARD 2022

By Apollo Tyres

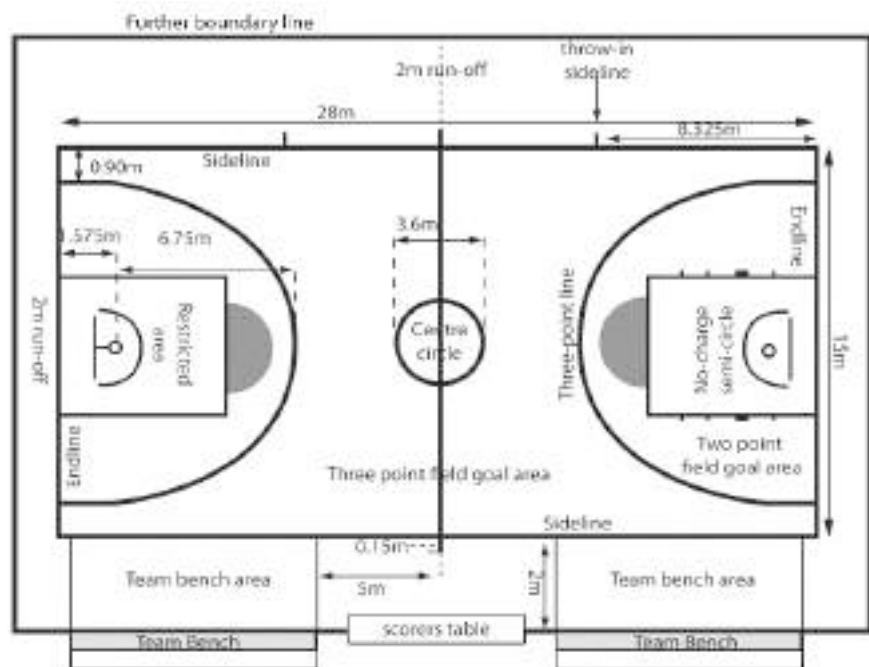
Another feather in the cap for Mr. Kammela Saibaba a Fomer Ranji Trophy Cricketer and Founding Secretary of Sports Coaching Foundation an NGO in Hyderabad is honoured with the prestigious "**GO THE DISTANCE HERO AWARD**" by Apollo Tyres for his continued service in Sports Empowering the underprivileged on 17-1-2022.



BASKETBALL COACHING



Standard Basketball Court



SHOOTING

Anyone in a team can score a goal, so perfecting your shooting techniques is vital for scoring points.

The Set Shot

The set shot is used when you are standing still, relatively close to the basket. It is also the kind of shot you would use for a free throw.



STEP-1

From a standing position with your knees slightly apart, crouch down facing the basket. If you are shooting with your right hand, your right leg should be further forward than your left.



STEP-2

With your non-shooting hand gripping the side of the ball and your shooting hand facing the basket, begin to straighten your legs and spring up towards the basket.



STEP-3

Lift yourself on to your toe in one movement. Use your non-shooting hand to steady the ball, then shoot with a strong flick of the wrist.



STEP-1

With your feet flat on the floor facing the basket, crouch down low to give you enough force to jump off the ground.



STEP-2

Straighten up, bringing the ball into the shooting position as you rise with the elbow of your shooting arm direction beneath the ball.



STEP-3

Spring off the ground to shoot above the reach of any defender. Focus on the basket as you release the ball.

SHOOTING

Basketball Travels very swiftly. It is crucial that you get ball as soon as possible.

Pivoting

When you stop with the ball, you are allowed to change direction as long as you do not move the foot on which you stopped. This is called pivoting, and you may want to use it to turn and 'square up' to the basket.



Triple Threat Position

The triple threat position is a basic body position that you should adopt on receiving the ball. Standing with your legs apart, hold the ball firmly into your chest.



STEP-1

Once you have decided to turn, lift the heel of your pivot foot up and shift your body weight over it.



STEP-2

Lift your non-pivot foot up and begin to turn your body round, using short steps for balance.



STEP-3

Keep your knees bent, your back straight and your head up. When you complete the pivot, you should end up in the triple.

DRIBBLING

Practice your dribbling with these simple drills, designed to improve your ball control.

Dribbling Reaction (2-3 Players)

This drill is great for helping you to learn the most important rule of Dribbling - Look forward and not at the ball.



STEP-1

Players dribble the ball in a standing position, looking forward at a coach or another player standing a few meters ahead.



STEP-2

When the coach or other player raises his arm, the players stop dribbling that way. The players must look at him to know when to stop.

Dribbling Cones (1-10 Players)

Very often, in a match situation you will not be dribbling in a straight line! Set up a line of cones, placing them about 0.5 meters (about 2ft) apart. Then, simply dribble in and out of them using one hand. Start off slowly, then speed up. As you improve, try switching hands. You will find that this makes Dribbling through the cones easier.

Dribbling Tag (2-10 Players)

This drill teaches you to protect the ball while you dribble. Simply mark out an area just big enough to contain the number of players. Each player should have a basketball which they must dribble continuously. While dribbling and protecting their own ball, they must also try to knock the opponents' balls out of their hands.

ADVANCED DRIBBLING

Now that you have mastered the basics, it is time to take your game to the next level! You should now feel comfortable enough with the basketball in your hands to try the techniques of professional players.

If you run in a straight line, dribbling the ball with the same hand, it is easier for a defending opponent to block your path or steal the ball. If you switch hands or bounce the ball between your legs and behind your back, it gives the opposition little chance to gain possession.

Crossover Dribbling



STEP-1

As you dribble forwards, keep your legs apart and your body low. Bring the ball to your side.



STEP-2

Still moving forward, bounce the ball across the front of your body and into your other hand.



STEP-3

Immediately bounce the ball back to the other hand, continuing your motion forward.

MARKING A PASSER

when your opponent has the ball, you should make it as hard as possible for him to pass it on to a team-mate.

Watch your opponent's chest, not the ball. That way you are less likely to fall for a fake or dummy shot.



STEP-1

Adopt the defensive stance and keep on your toes, so that you can react to your opponent's moves and fakes.



STEP-2

Use your arms and hands, to block any attempt at passing or shooting.

Chest Pass

The chest pass is the safest and most accurate pass in basketball, but it can only be made when you have a clear path between yourself and the pass receiver.



STEP-1

Hold the ball to your chest with both hands. Your thumbs should be behind it and your fingers should hold on to the ball.



STEP-2

Grip the ball firmly and flex your wrists, backwards. Step forward and extend your arms sharply in the direction of the receiver.



STEP-3

As your arms straighten, release the ball firmly with a flick of the wrists. Your fingers should be pointing in the direction you want the ball to go, with your thumbs downwards.

MARKING A PASSER

Bounce the ball through your legs



STEP-1

As you dribble, step forward bringing the ball to your side.



STEP-2

Allow the ball to bounce out to your side, giving yourself room to take another step forward.



STEP-3

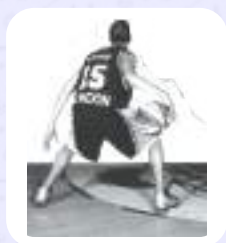
Bounce the ball back through your legs, making the gap as wide as you can and guiding the ball cleanly through it to your other hand again.



STEP-4

Bounce the ball side ways between the gap in your legs, bringing your receiver hand down to collect it.

Bounce the ball from behind



STEP-1

With your legs wide apart and body position low, bring the ball out to your side.



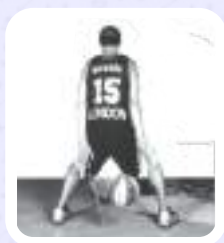
STEP-2

Looking straight ahead, bounce the ball gently behind you. Bring your other hand behind your back to receive it.



STEP-3

As the ball touches your receiving hand, bring your arm up with the bounce and out to the side of your body.



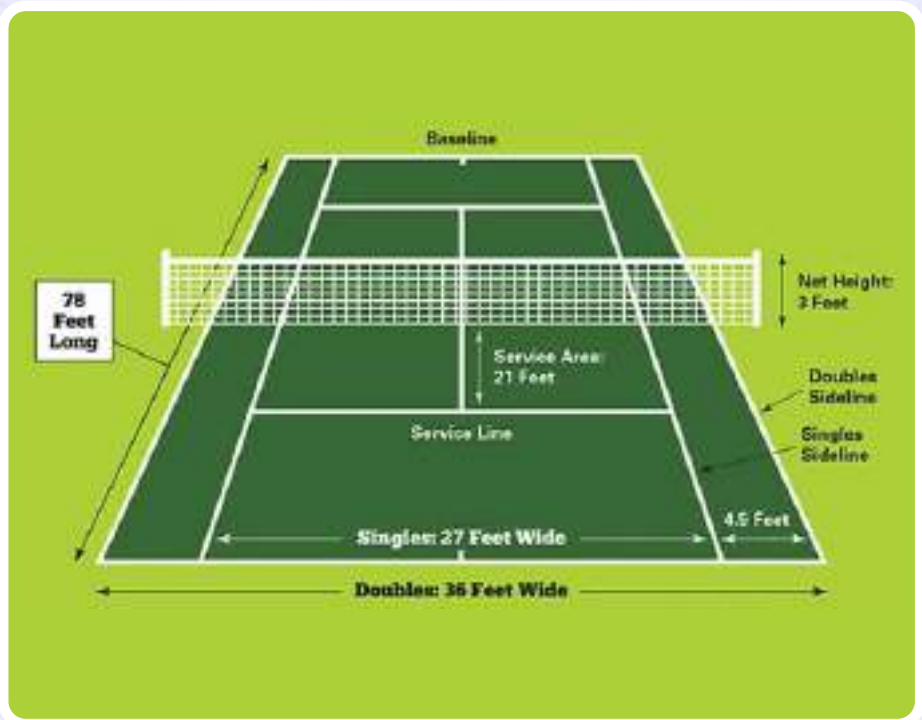
STEP-4

Using the palm of your hand on the top of the ball, ease it back the other way as before.

LAWN TENNIS COACHING



Lawn Tennis Court



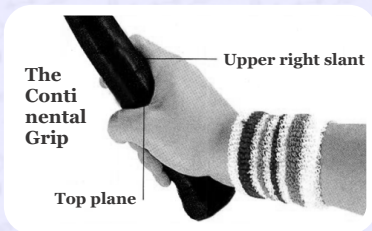
GRIPPING

Gripping the Ball

To hold one ball, grasp it with the thumb and four fingers of your non-playing hand. To hold two, grip the first ball with your thumb and first two fingers, and the second with your third and fourth fingers.



The Best Grip



When you first serve, try the Eastern or Modified Eastern forehand grip. Graduate to the Continental grip, where the V between thumb and first finger is to the left of the top plane's centre, with the first finger knuckle on the upper right slant.

Changing Grip

As your double-hander improves, position your playing hand with an Eastern Backhand or Continental grip. Support the racket with your spare hand and turn your playing hand inwards. Slide your support hand down to form a left-handed Eastern Forehand grip above your right hand.



Grip Change

Turn playing hand until V between thumb and first finger is on inner edge of handle.



Grip Ready

Slide supporting hand down the handle until it nestles in the V of playing hand.

SERVING PRACTICE

The service action is simply an overarm throw. If you can throw a ball overarm, you can serve. With a partner at the far baseline, take turns at throwing a ball over the net to each other.

Make ball bounce in diagonally opposite service court.

Having bent elbow, extend arm & release ball.

Look up and follow ball's flight.

Use left arm for balance.

Stand behind baseline on either side of centre mark.

Finish high for good topspin effect.

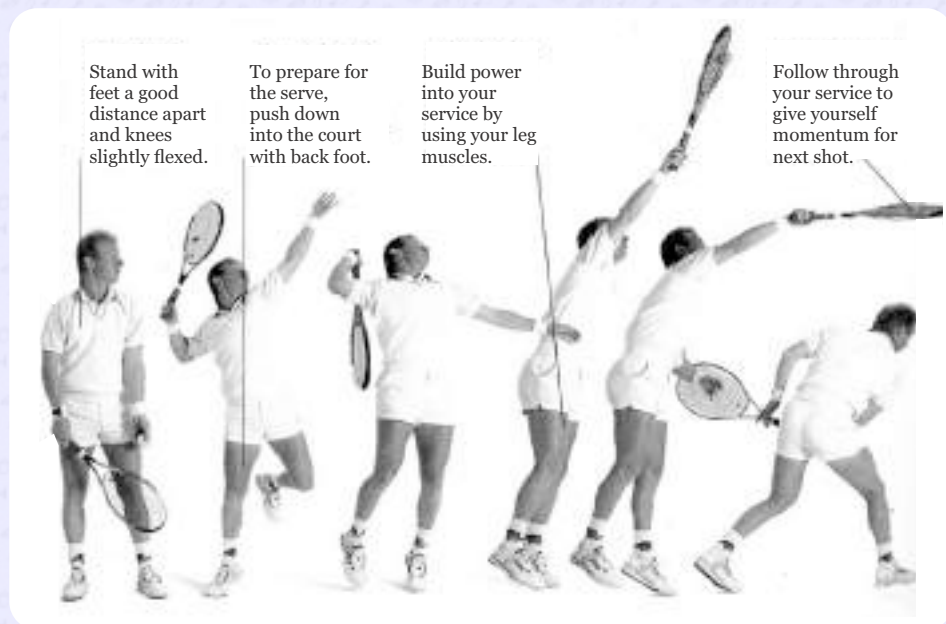
Whip racket head up with pronounced wrist action to get more topspin on ball.

Weight fully transferred as legs and body straighten.

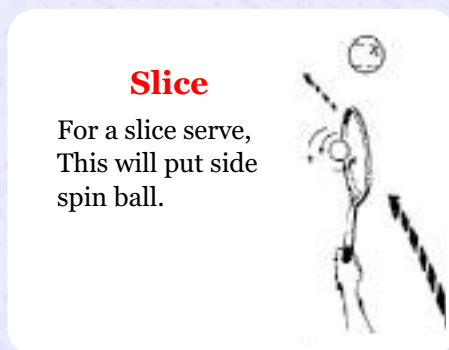
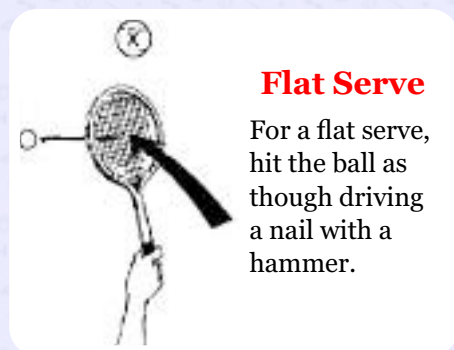
Allow your body to uncoil fully as you drive through the ball. A firm-wristed drive with a flatter follow-through may provide more pace but less margin for error.

THE PERFECT SERVICE

The service is the most devastating stroke in tennis. From a static position, a well-timed service will fire a ball into your opponent's court with deadly precision. For a perfect service, you should feel momentum rising up through your body as your legs, hips, back, shoulders, playing arm, and wrist create a powerful chain reaction.



The flight of the ball the ball travels in an arc from the baseline into the service court diagonally opposite. It reaches the far baseline after the bounce.



THE PERFECT SERVICE

The Follow-Through

Once you have hit the ball, don't stop! You need to carry on to keep up the momentum so you naturally regain the ready position in time for the next shot. So, after hitting the ball, continue swinging your racket head through the hitting zone - the general area of the court where you strike the ball - to above head height with a powerful, lifting action. Keep the racket face steady as it follows the flight of the ball.



Practising

To improve your forehand, get your partner to drop balls for you to hit over the net. Next, get him to throw balls underarm to you over the net, simulating an opponent's shot, for you to hit back.

- Then rally from mid-court, hitting cross-court drives to each other in the diagonally opposite service area.
- When you can keep a 10-shot rally going, move back until you can rally with each other from behind the baselines. Try a 10-shot rally to begin with, then aim for a 20-shot rally, hitting drives deep into each other's forehand corners and making each ball bounce between the service line and the baseline.
- Be sure to recover to a central position behind the center mark after each shot, to practice the movements that match play requires.

BALL CONTROL

Improving your ball control

Practice altering the angle of the racket face for different shots when hitting the ball by bouncing the ball up off the strings, then flipping the racket head over so that the next bounce comes off the other surface. A more difficult exercise is to bounce the ball off the edge or beam of the racket. Both drills develop control and strengthen your wrist.

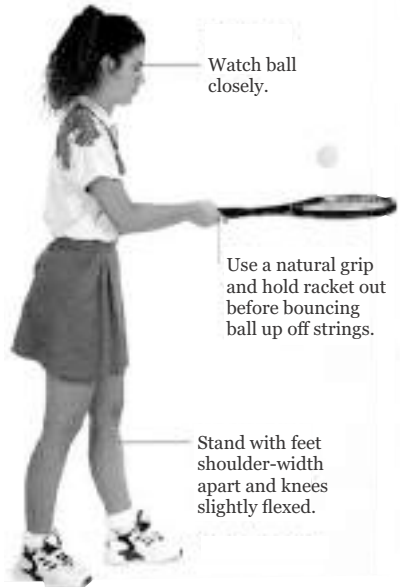
Beam Bounce



Keep your eye on the ball at all times.

Keep grip very steady and make slight upward movements of racket head to keep control of ball.

String Bounce



Watch ball closely.

Use a natural grip and hold racket out before bouncing ball up off strings.

Stand with feet shoulder-width apart and knees slightly flexed.

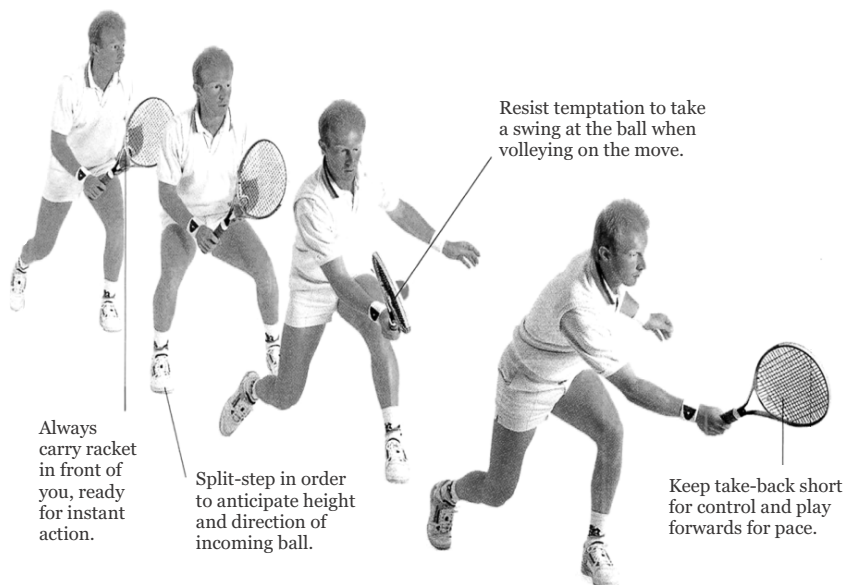
Basic Ball Sense

Judging the flight of the ball as it comes towards you is an essential skill, and one that you can improve with a series of simple exercises.

- Throw a ball back and forth with a partner; catch it before it bounces. To develop your ball sense, bounce the ball to each other and catch it.
- Stretch your abilities by throwing two balls between yourself and your partner simultaneously.
- Use the palm of your hand to hit a ball thrown by your partner. This will develop your basic ground-stroke timing of hitting the falling ball between knee and waist height.

THE FOREHAND VOLLEY

The forehand volley is one of the most decisive shots in tennis, and can be the match-winning shot in your game. Play the volley like a boxer's jabbing punch. Advance towards the net and jab your racket head forwards to hit the ball before it bounces. The volley is a short, punched stroke that travels from high to low, compared to the low-to-high swing of the equivalent groundstroke.

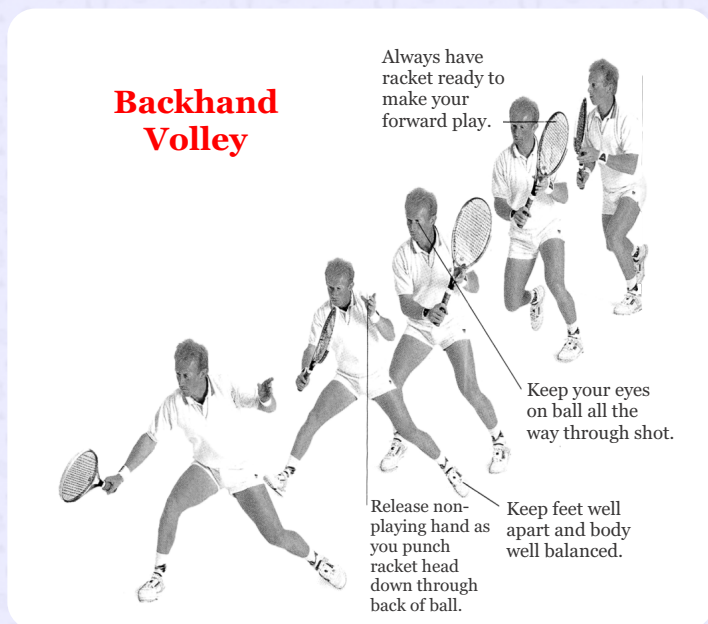


The flight of the ball in a volley, the ball has only one flight. Try to meet it above net height and aim straight into your opponent's court.

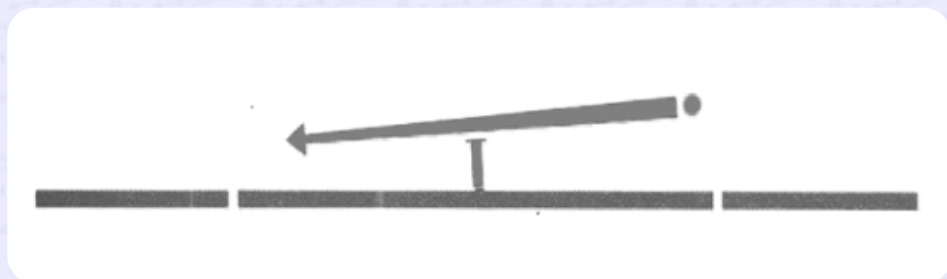


THE BACKHAND VOLLEY

You may find that the backhand volley is easier to play than its forehand counterpart, because when you take up the sideways-on position, your playing arm leads the way and encourages positive action. Develop both your backhand and forehand volley sequences by starting from further back and then moving in quickly to volley.



The flight of the ball as in the forehand volley, the ball has only one flight. Meet it above net height and aim into opponent's court.



REASONS WHY YOU SHOULD SMILE MORE

A smile is one of the most simple, inexpensive and wonderful things in the world!



A smile can change the state of other people walking into a room or up to the counter in a store with a smile on your face can make a difference. People will smile back at you and any social tension or awkwardness will melt away. Your interactions will be more open, relaxed and filled with fun and possibilities.

Smiling is a great way to make yourself stand out while helping your body to function better. Smiling helps the immune system to work better. When you smile immune function improves because you are more relaxed. Smile will improve your health, your stress level and your attractiveness, Smiling is just one fun way to live longer.

Smiling helps to prevent us from looking tired, worn down, and over whelmed. When you are stressed, take time to put on a smile. The stress factor will be reduced and you will be able to take better action.

WHAT IS SPORTS MEDICINE?



It is a branch of Medicine that deals with Medical problems of Sports persons. It involves the methods of selection for sports persons, their nourishment, fitness, improvement, enhancement of their performance, prevention of injuries, early diagnosis & treatment of all Medical problems. This definition relates to the athlete, the sport, sporting equipment and diagnostic instrumentation. Real object of Sports Medicine is to find talent which is most suitable for any given sports. A sportsman should be physically fit.

Psychological aspect of the Training Schedule:

When we think of the qualities such as strength, speed stamina, flexibility and coordination, we try to find out ways and means to improve them. This is achieved with the help of a training schedule. Before understanding what a training schedule is, we will elaborate certain principles and basic facts in Sports Medicine. The human body is many a time linked to a machine. A machine burns petrol as fuel and produces heat and movement. The most important difference lies in the fact that the body adapts to a given stress if the stress is not too high or too sudden. A machine does not adapt to abnormal stress. If a body is exposed to certain stress in a controlled way, it becomes more efficient. Poor people adapt themselves to a diet low in the requisite calories content, but still do remarkably heavy work. An executive who moves about in cars and endorses only table work with a diet - high in Caloric content, gets adapted to his own life and cannot climb a staircase without getting breath less, often falling prey to various cardio-respiratory disorders. If a normal person just lies in bed doing nothing, his body starts adapting to this situation in 24 hours. His appetite decreases and he becomes constipated.

WELCOME TO SUNRISERS CRICKET STARS TO SCF HYDERABAD

**IPL Hyderabad Sunrisers Cricket Stars visited
Col. C.k. Nayudu Stadium Masab Tank, Hyderabad
in the year 2019**



Jonny Bairstow



Kane Williamson

Billy J Stanlake



16th April 2019



David Warner



Kane Williamson in action



David Warner in action





LIFE IS A GAME. PLAY IT.

"Hands that serve are holier
than the lips that pray"

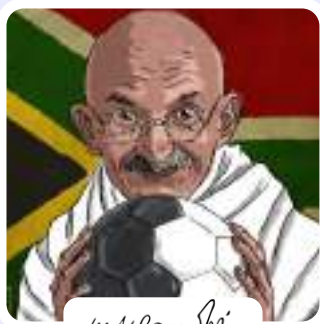
- Sri Sathya Sai Baba



"Purpose of education is to
moralize and socialize people"

- Dr.B.R.Ambedkar (Bharat Ratna)

Mahatma Gandhi A Greatest Volunteer



mk Gandhi

During his stint as a barrister in South Africa, Mahatma Gandhi discovered the power of football in uniting the masses. He set up clubs in Durban, Pretoria and Johannesburg and helped bring people together in a counter shrouded in deep racial oppression.

Volunteering Strengthens your community

- Volunteering is more than spending one's time, actively participating in selfless acts or activities that benefit other people, it has a greater impact on society as a whole.
- Volunteering provides an opportunity for students to learn and grow into valuable members of the society.
- Community service and volunteering is an investment in our Indian society.

Ownership at the Workplace

- Ownership is taking the initiative to bring about positive results, it means not waiting for others to act, and caring about the meaningful outcome.

THE HINDU, THURSDAY, APRIL 23, 2009

DOWNTOWN SPORTS

Great honour to an exemplary cricketer

International Association of Lions Club confers Fellow of Excellence award on Sai Baba for promoting sports amongst the under-privileged

It was a pleasant surprise for K. Sai Baba, a former Ranji player and founder secretary of the Sports Coaching Foundation Trust (SCFT) who was presented with the Life Award by the International Association of Lions Club (District 324 C2) at an impressive function in the city last week.

Honorary President Lion Suresh Kumar said that the award - Fellow of Excellence - was conferred on Sai Baba for his million service in promoting sports amongst the under-privileged by continuous taking up of numerous schemes with plenty of resources to ensure that cricket is the sole sport in their interest in sports. For someone who is running the Foundation, which is an acknowledged NGO run in coordination with Greater Hyderabad Municipal Corporation, for the last 36 years, Sai Baba stated that it remained one of the best well-maintained stadium, cricket with latest facilities including a bowling machine, floodlights and synthetic wickets, he commented.

"The award actually reflects our recognition of his faith's commitment and the fact that he made over the years to keep in place a truly world-class centre," he said. "It also remained passion to be associated with truly distinguished personalities and our gratitude and admiration for the quality of contribution that has been consistently made to the cause of the poor," the citation observed.

Responding to the tributes,



FELICITATION: K. Sai Baba, a former Ranji player, being presented with the Life Award by International Association of Lions Club (District 324 C2).

Sai Baba felt he was honoured by the "huge and run" of the "good work we have been doing at the Foundation," he remarked. "A visit to the Foundation would portray the actual picture of all the good work" has by and by the under-privileged in this regard, we will surely try to improve up as an institution to the whole concept," he concluded.

S V SUBRAMANIAM



UNESCO described Sport and Physical Education as a "Fundamental Right For All." Sport is a Powerful Tool to Strengthen Social Ties and Networks, and to Promote Ideals of Peace, Fraternity, Solidarity, Non-Violence, Tolerance and Justice.

SWACHH BHARAT ABHIYAN

Clean India Mission - The need of the hour today



If India manages to stay clean and maintains its tourist destinations well, it will bring more tourists to India and profitable foreign exchange projects will increase in the country. This in-turn will increase our revenue.

Without proper hygiene and sanitation, India is sitting on a volcano, which can erupt anytime into a plethora of vulnerable diseases, which can uncontrollably and adversely affect several thousands of people in India. In such circumstances, it will be impossible to reverse the volatile situation and no one will be able to save the country from the health hazards and losses that will loom over us. So, let each of us realize the criticality of the situation and proactively join the Swachh Bharat (Clean India) campaign to save our country from all the impending dangers of poor hygiene and sanitation.

Mr. T.R. Prasad, IAS, Special Officer of than Municipal Corporation of Hyderabad inaugurated SCF First Summer Sports Camp in the year 1991.

He has retired as a Cabinet Secretary Govt. of India.



SCF THANKFUL TO DONORS 2021-22

Sports Coaching Foundation is very much grateful to recent donors who have understood the outstanding work of our NGO.



Bhaskar Chakravarthy (second from right), DGM (Region II) of Canara Bank poses after the Bank's Ahmed Nagar branch donated a Hydraulic walk behind roller to the Sports Coaching Foundation that provides a sporting platform to young talents from under-privileged families at Masab Tank in Hyderabad on Tuesday.

DECCAN Chronicle GAMES

Wednesday | 3 August 2022 | Hyderabad | Page.11



Sports Coaching Foundation Secretary K. Saibaba is all smiles as he poses with the Mini Tractor donated by Jocata Financial Advisory & Technology Company to the Hyderabad-based Sports NGO which has been promoting Games at Government Schools for over three decades. "This multi-use Mini Tractor will be highly useful to update and maintain Sports Arenas at Govt. School/Orphanage Homes where children will get a platform to play," Saibaba said. Also seen in the pic is Latha Alla, Associate Director HR of Jocata Company.



Sports Coaching Foundation is very much thankful to M/S. Olectra Greentech Ltd. for the kind Donation.



M/s. Olectra Greentech Ltd. is India's largest Electric Bus manufacturers. Sri. B. Sharat Chandra Garu, CFO (Right), Olectra Greentech Ltd. is handing over a donation cheque to Mr. Kammela Saibaba, Founding Secretary, SCF on 30th march 2022.

HANS INDIA

April 2, 2018, Hyderabad.

SCF trains AP police personnel

OUR BUREAU

Hyderabad: The city-headquartered Sports Coaching Foundation (SCF) has been going places, quite literally.

Having developed infrastructure and bringing to life barren lands by making them vibrant sports grounds in Telangana State, Andhra Pradesh, Karnataka and Maharashtra, the Foundation has just accomplished significant milestone.

The Foundation was invited by the Andhra Pradesh police department to organise sports events, workshops and seminars, deliver lectures to coaches, and conduct competitions for police personnel, particularly those attached to Police Training Colleges (PTC) in the State. This was

EYE TIE-UP WITH TS GOVT



apart from Student government schools, which included 21 rural and semi-urban government schools and several orphanages.

According to SCF founder Secretary, K Sai Baba, they had covered around 3,000 kilometres from Srikakulam to Chittoor as part of the two-month police personnel

attached to 19 centres. Around 8,000 students from the under privileged families were also introduced to a new sports culture.

Some of the events conducted by SCF included DPTC Kurnool Games and Sports meet, sports festivals Nagole, Nellore, Eluru, Kadapa orphanage

home, Anantapur SCTR SICs, PTC Armed reserved headquarters Anantapur, kasturba Girls High School Venkatagiri, PCR Govt School at Chittoor, Sathya Sai Vidya Vahini free educational school, Ongole, Rural Govt High School Rangampeta, boys and girls orphanage homes at Khakinada, Govt

Girls high school Nidjir village, workshop at Tirupati, Police home Nellore, DMC High School Rajahmundry, APS Telugu and English medium High school in Vizianagaram.

Sai Baba stated that these were projects undertaken by the Foundation as part of its Build India campaign, which aims at ushering in a sports culture that is vibrant, result-oriented and one where there is no class discrimination.

He hoped that the Telangana State government would provide them opportunities to replicate such success stories as they could help in realising Bangaru Telangana on the sports front, sooner than later.

HANS INDIA

Wed, 06 September 2017.

Good response to SCF's Machilipatnam Sports Festival

Machilipatnam: The Hyderabad based Sports Coaching Foundation (SCF) has successfully forayed into this part of the State with its uniquely conceptualised Build India Initiative as a means to simultaneously promote the Union Government's 'Khelo India' scheme.

As part of this endeavour, the Foundation conducted 'Machilipatnam Sports Festival-2017'

that featured children from BPL families pursuing studies in 15 select local Municipal Schools. The festival, held at Chilikalapudi Panduranga Municipal High School, was in collaboration with the State Government.

Foundation Secretary, K Sai Baba said that the response has been overwhelming. Thanking the assistance from the government agencies, he explained that they



Sports Coaching Foundation's founder-Secretary K Sai Baba poses with the PETs, who were felicitated on the occasion.



had created basic sports infrastructure and had conducted clinics in order to motivate children from the poorer sections, who are, otherwise, denied such facilities. He said it was a matter of pride that they will transform the lives of at least 6,000 youngsters, who can work out their future more meaningfully. Plans are underway to start the second phase of the Sports Development Project for Municipal Schools, he said. Meanwhile, as a further inspiration so that the youngsters would

continue their passion for sports activities, they have instituted excellence awards in memory of NT Rama Rao, Pattabhi Sitaramayya and Col CK Nayudu.

The culmination came with the conduct of a cultural programme, Municipal Chairman M Baba Prasad and Commissioner Jaswantha Rao, along with other bigwigs, gave away prizes and felicitated the achievers, head masters and PETs.

SCF DEVELOPED WONDERFUL SPORTS ARENA AT CYBERABAD POLICE COMMISSIONERATE IN THE YEAR 2009



THE HINDU METROPLUS

Thursday, November 6, 2014 | Hyderabad

In altruistic, sporting spirit

Sports Coaching Foundation is reaching out to promote sporting activity in Government schools

V. V. SUBRAHMANYAM

Sports Coaching Foundation at Masab Tank Hyderabad has embarked on an innovative project 'Build India Through Sports' which aims at not only spreading awareness about sports in select Government Schools but also ensure that a sports-friendly ambience is created on the premises with the hope of a continuity for sports activity.

"We initially hold discussions with the School management involving the Physical Education Teacher which is almost like a seminar and try to explain the importance of having sporting activity on their premises which should also result in better academic results. Recreation should be part of any curriculum," feels K. Sai Baba, general secretary of the SCF which has already reached out to 50 such schools where some of the students who have never seen any sports equipment of quality are already getting a feel of what it is.

The second step, depending on the response of the schools, involves a visit by the coaching faculty armed with the basic sports equipment to give some sort of demo out on the sports arenas to lure students into sporting activity. "Mind you, this is not a commercial venture but purely funded by the NGO which is a non-profit organisation supported by crucial wings of the State government including the Greater Hyderabad Municipal Corporation since 1991," reminds Sai, a former Andhra Ranji cricketer and also Executive Committee member of the Hyderabad Cricket Association.

The project involves educating the children about the stupendous sporting achievements like five-time World women's boxing champion Mary Kom, especially among the exclusive girls schools to provide the right dose of



**School children being encouraged to take up sports
by K. Sai Baba**

inspiration. "Yes, it is a fact that some of them don't even have a level playing field, leave alone play facilities. That is exactly why we are trying to reach out by installing make-shift basketball rings, levelling whatever play area is available. We have provided dozens of footballs and basketballs to many schools already to see that there is some activity," explains the SCF general secretary.

What is the reason for this project to take off? "From my own experience, it is the Government schools which lack the desired impetus and support. So, I thought let us start from there to cater to the lower strata of the society," he replies.

The whole project is being pursued with sheer passion within the SCF's limited financial resources and without any corpus fund for the same, he insists, adding, "We will be more than 'happy if there is sporting activity throughout the year; the SCF is always there to help any school in this regard.'"

In a way it is a concept which uses sports as a tool to facilitate personality development and

develop human values, with the help of the success stories of champions like Sania Mirza, Saina Nehwal are explained to the children. Also, school students have a platform by way of free entry to events which the SCF conducts to showcase their skills and dream big.

Sai Baba points out that the response was really good in some schools like Sabdaria Girls High School (Mehdipatnam) which has 1200 students and the Errum Manzil Government High School. "It gives us immense pleasure that now many Government Schools are making use of the equipment we donated and also the basic infrastructure like creating volleyball, basketball, kho kho and kabaddi courts too," he says.

Interestingly, many of the Government School students too get a feel of the bowling machine of the SCF, incidentally the first organization in India to get this way back in early 90s, digital speed gun. "We hope to contribute in our own small way for the promotion of sports. This is an ongoing project," signs off the SCF official.

BCCI PRESIDENT VISITS SCF

BCCI President promised funding for Sports Coaching Foundation an NGO, Hyderabad.



THE HINDU Chronicle

WEDNESDAY, SEPTEMBER 20, 1995

Bindra Visits SCF

Hyderabad: Mr IS Bindra, president of Board of Control for Cricket in India (BCCI), visited the Sports Coaching Foundation at Masab Tank.

Mr Bindra congratulated Mr K Saibaba, general secretary of SCF, for maintaining quality equipment like multi gym, bowling machine, astu turf wicket with floodlights and coaching boxes.

The BCCI chief was accompanied by Mr N Venkat Rao, vice-president of BCCI, Mr G P Surana, vice president of HCA, Mr M Ranga Reddy, honorary secretary of HCA.



The president of Board of Cricket Control in India, IS Bindra (third from left) visited the Sports Coaching Foundation. HCA secretary Ranga Reddy is to Bindra's left.



BCCI President observing First Bowling Machine in the Country imported by SCF in the year 1994, donated by State Bank of India.

SUCCESSFUL CSR PROJECT WITH SBI FOUNDATION 2018-19



Before SCF visit the vulnerable Adivasi girls at Maratwada use to play gilli danda. Sports Coaching Foundation, Hyd introduced them to play volleyball, shuttle badminton, tennikoit, etc.



SCF-AN INSPIRING HOME OF SPORTS



Sri. Pradeep Chandra, IAS



Sri. Papa Rao, IAS

Sri. K.V.Rao, IAS



Example of How Sports Coaching Foundation (SCF), Hyderabad has transformed hundreds of Govt. Schools into Sporting Hubs building their infrastructure from raw material (i.e. Iron and other metallic objects) unused by various industrial partners etc.

Contact 9396559440 for Donation of unused raw material such as iron or any other metal which can be used to create such sporting facilities for the underprivileged.

THE HINDU

2ND SEPTEMBER 2019

A perfect place for cops to loosen up

Goshamahal Training Centre inaugurated in the city

V.V. SUBRAHMANYAM
HYDERABAD

Cops who are in desperate need of some recreation need not look further. The Goshamahal Training Centre in the city might well be the right destination for them to un-wind as the new floodlit sports facility featuring two volleyball courts, one basket ball court and a badminton court was formally inaugurated by Hyderabad City Police Commissioner Anjani Kumar.

The Police Commissioner hoped that the police personnel would make the optimum use of the sports facility when ever they have free time on hand.

"It is important for police to engage them selves in a sporting activity to not only stay fit, but be recharged to face the daily challenges while dis charging duty," he said.

The facility would be more useful to the newly-



Hyderabad City Police Commissioner Anjani Kumar playig basketball marking the inauguratin of Goshamahal Training Centre on Sunday

recruited 300 constables allotted to the centre, whose basic induction into training would start soon. The training centre would also be available to the other wings of city police.

"The city, which has about 14,000 police personnel, badly needs a sports facility and this should encourage them to explore the possibility of taking

part in regular competition," the Police commissioner said.

The facility, funded by the Telangana police and executed by Sports coaching Foundation (SCF, Masab Tank), took about four months to be completed. And this is not the first time that K.Sai Baba, general secretary of SCF, has volunteered to build the

facility.

He has earlier done a similar job at Cyberabad Policy commissionerate. T. Murali Krishna IPS; Md. Riaz Baig, Additional DCP, and principal, Goshamahal Training Centre; and K Uday Bhaskar Reddy, RI (retd), were felicitated on the occasion.

SCF FREE SEMINARS & WORKSHOPS

In 32 years of journey Sports Coaching Foundation organized many Seminars / Workshops involving many many sports connected personalities.





COL. C.K. NAYUDU STADIUM

father of indian cricket

The Sports project is in collaboration with GHMC & Govt. started in the year 1991 under PPP model.

SCF is an NGO, developed this mini stadium mostly with scrap material, built with optimum cost, thanks to Govt. and Philanthropists.



Day

SCF-AN INSPIRING HOME OF SPORTS



Night

Extraordinary transformation from dumping yard to Modern Flood-Lit Sports Arena upgraded by Sports Coaching Foundation, Masab Tank, Hyderabad.