



# ROLL BALL FEDERATION OF INDIA

Affiliated to International Roll Ball Federation & Asian Roll Ball Federation  
Recognized by Ministry of Youth Affairs & Sports, Govt. of India

122A, Flat No.11, Tejashree Park Soc., Erandwana Gavthan, Karve Road, Pune - 411004, Maharashtra, INDIA.  
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## Roll Ball Federation of India: International Players Training Schedule

### Introduction

The Roll Ball Federation of India is dedicated to preparing our international players to excel at the highest levels. Our training schedule is designed in accordance with the Sports Code of the Ministry of Youth Affairs and Sports, Government of India.

### Weekly Training Schedule

#### Monday to Friday

- **Morning Session (6:00 AM - 8:00 AM)**
  - **Warm-up & Stretching:** 6:00 AM - 6:30 AM
  - **Skill Drills:** 6:30 AM - 7:30 AM
    - Passing, shooting, and dribbling
    - Defensive and offensive strategies
  - **Cool-down & Flexibility Training:** 7:30 AM - 8:00 AM
- **Afternoon Session (2:00 PM - 4:00 PM)**
  - **Strength & Conditioning:** 2:00 PM - 3:00 PM
    - Core strengthening
    - Agility drills
  - **Tactical Training:** 3:00 PM - 4:00 PM
    - Game simulations
    - Team coordination exercises
- **Evening Session (6:00 PM - 8:00 PM)**
  - **Match Practice:** 6:00 PM - 7:30 PM
    - Full-court games
    - Positional play and strategies
  - **Recovery & Analysis:** 7:30 PM - 8:00 PM
    - Ice baths and massage therapy
    - Video analysis and feedback



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## Saturday

- **Morning Session (7:00 AM - 9:00 AM)**
  - **Endurance Training: 7:00 AM - 8:00 AM**
    - Long-distance running
    - Interval training
  - **Technical Skills Review: 8:00 AM - 9:00 AM**
    - Individual skill improvement
    - Focused coaching sessions
- **Team Building Activities: 4:00 PM - 6:00 PM**
  - **Workshops & Seminars**
  - **Group exercises and recreational activities**

## Sunday

- **Rest and Recovery Day**
  - **Optional light activities:**
    - Yoga and meditation
    - Light swimming or leisure sports

## Additional Information

- **Nutrition & Diet Plans:** Personalized by our nutrition experts.
- **Medical Support:** On-site physiotherapists and medical staff.
- **Mental Conditioning:** Regular sessions with sports psychologists.

## Conclusion

This comprehensive training schedule aims to enhance the skills, fitness, and overall performance of our international players, ensuring they are fully prepared for upcoming competitions.