



The National Coaching Scheme(NCS) and factors influencing the success of the NCS

Dinesh

dinesh.lathwal@gmail.com

Abstract : There has been a worldwide explosion in the popularity of sports, which has led many people to adopt it as a way of life. In addition to their obvious physical benefits, sports also have significant social and cultural implications. The maturation of a person's character. This allows you a great deal of leeway the human mind's need for rest and relaxation, and the need of wholesome outlets for such pursuits and the social structure. The value of maintaining physical health is always acknowledged similar to a sound mind. It makes it possible to meet new people and expand existing relationships promoting harmony and mutual respect among persons of all backgrounds Countries, ethnicities, faiths, etc. In addition to serving as a stage for competition between states and individuals for reaching the highest possible standards of performance in a given field of human endeavour. From yoga, athletics, martial arts, and other practises that date back to the ancient world trait of our nation's past. There is no such thing hence, remarkable that the same custom has persisted and Since then, Indians have paid a lot more attention to sports

Key Words : SAI, Coaches, Sports

Introduction

The National Coaching Scheme, first launched as the Rajkumari Sports Coaching Scheme in September 1985, underwent a name change and extensive revision to better suit the needs of the country's growing sports industry. the evolving character of Indian sports, first seen in 1962 and again in the present day in 1968. Recent analysis of the system's operation has evaluated, and some adjustments were made incorporated.

It's spelled out in the plan that regional Training Centers for Coaches, supporting National Federations with Game Day Planning Camps, clinics, and refresher courses for national team coaches. programmes and the implementation of sports at the Central programmes. The Scheme is a means toward these ends. It allows for the hiring and placement of coaches in Many youth centres, including Nehru Yuvak Kendras, and state sports councils. The There are now 900 coaches authorised to participate in the programme. which will grow much more over the course of the next five years.

National Coaching Scheme :



The NCS plays a crucial role in supplying coaches around the nation with the resources they need. Under the programme, SAI supplies States/UTs with coaches as needed. In addition to providing institutions with coaches, many Organizations such as sports governing bodies. For the regional SAI centres, local community and technical college extension programmes, in-house training facilities, and regional, county, and state agencies that provide vocational education and training; and district and county centres for coaching and state-run coaching academies. Achieving this level of accomplishment is due in large part to Numerous variables affect the NCS.

Coaches As Instructors/Trainees:

There is widespread misunderstanding about what is meant by the word coaching. coaching. Sports educators are required most at the elementary level. Educators may instil a love of athletics, competition, and teamwork in their students by fostering an atmosphere of friendly the quality of being courageous shown by children and adolescents aged 8 to 12. Trainers with intermediate-level expertise are needed to Encourage young people to compete at a high level, and superior competition coaches. The The plan's goal is to help bright young people succeed by fair backing for sporting-goods retailers and a coach to instruct him or her.

Duties And Functions Of The Coaches Of Sai :

Understanding and valuing a coach's role is essential. There's no question that coaches are different from trainers or physical education instructors who focus on sports. When it comes to the trainee's ability level, trainers are on the ground level while coaches are elevated. One receives instruction from a trainer. Whereas the trainer is responsible for getting the most out of their pupil. These days, coaches are expected to do a lot more than just instruct while they're at a camp or travelling with a team to an international tournament.

Incentives To Sai Coaches :

Most of our lower-level coaches are not given the opportunity to succeed because of systemic flaws. These coaches are in high demand during weekday mornings and afternoons, when students and working athletes have spare time. A coach who discovers a promising player and guides him or her to the highest levels of international competition deserves recognition for their efforts. Through the creation of the DRONACHARYA award for exemplary coaching, the government has made an effort in this direction.



Distribution Of Coaches :

Each major sport has a coach from the national level stationed in the state capital. When it comes to coaching staffing, regional/zonal centres rely only on super level coaches because of their dual roles in providing technical input to lower-tier state coaches and preparing national teams.

Administrative Control Of Coaches :

A state-level body dedicated to the management, distribution, and supervision of coaches is essential to the program's smooth functioning. This decentralised procedure ensures high standards and valuable feedback. The State Sports Council would thereafter be responsible for overseeing this decentralised system. To better understand the current administrative control structure for SAI coaches in the Eastern area, we polled a representative sample of those coaches.

Feed Back System :

The trainees' feedback and follow-up are improved by the decentralised method as well. There will be regular updates on development. The current approach of providing feedback to coaches from trainees during coaching sessions is a great step toward enhancing the coaches' technical competence.

Involvement Of Coaches In Selection Of Team/Players:

Players chosen for international events are subject to extensive criteria. This trickles down to the state level, where it affects how states choose their representatives in national championships. The National Selection Committee teams together successful former international coaches. A coach's performance is directly tied to the success of his or her squad. As a result, coach participation in the team/player selection process is enhanced.

Coach - Trainee Relationship :

When it comes to excelling in national and international tournaments as an individual athlete, the Guru-Shishya (Coach-Trainee) connection is crucial. Long-term continuity between a coach and sportspeople may be challenging, but SAI-controlled sports complexes with free



board and housing might help facilitate short-term meetings. For the best possible setup, go no farther than a SAI-run sports dorm.

Conclusion

Many people have been educated under the National Coaching Scheme, which aims to raise the quality of sports throughout the country. However, there is a lack of dependable data on the results of the Sports Authority of India's National Coaching Scheme for Promoting India's Sports Culture, making it difficult to investigate the program's effectiveness.

In 1955, the National Coaching Scheme (then known as the Rajkumari Amrit Kaur Sports Coaching Scheme) was established to facilitate coaching and inspire individuals to pursue sports professionally. The SAI Academic Wing, the SAI Field Stations, the SAI States/UTs (RCCs & DCCs), the SAI National Sports Federations/Associations, and the SAI schemes all have access to SAI coaches.

At this time, Nehru Yuvak Kendras are exempt from SAI's NCS. Current estimates put the number of coaches at 1600, however the Staff Inspection Unit (SIU) found that only 831 were necessary for SAI. The SIU investigation advised doing away with the practise of posting coaches who have DCCs. Chandigarh (Northern Region), Kolkata (Eastern Region), Gandhinagar (Western Region), Bangalore (Southern Region), Bhopal (Central Region), Imphal (North Eastern Region), and Guwahati (Subcentre of North Eastern Region) are the six Regional Centres under SAI, with academic wings at NIS (New India School), Patiala (Central Region), Bangalore (Southern Region), and Kolkata (Eastern Region).

References :

1. Malla HB, Dhingra M and Lal PR. Nutritional status of athletes: A review. IJPNPE 2017; 2(2): 895-904 .
2. Sobana1 RM and Nirmala J. Many Effect of Hydration Education on College Athlete's Hydration Status and KAP. International Journal of Science and Research (IJSR). 2012; 3:358.
3. Khanna GL, Manna I. Supplementary effect of Carbohydrate-electrolyte drink on Sports performance, lactate removal and cardiovascular response of athletes. Indian J Med Res. 2005; 121:665-669



4. Peivand B and Ali A . Knowledge, Attitude and Practice of Iranian Pharmacists, Body Builders, and Their Coaches Regarding Sports Supplements. *J Res Pharm Pract.* 2017 Jul-Sep; 6(3): 166–172.
5. Gradidge P, Coopoo Y and Constantinou D. Attitudes and perceptions towards performance enhancing substance use in Johannesburg boys high school sport. *S Afr J Sports Med.* 2010; 22: 32–6.
6. Siti S. Effects of sports nutrition education on Knowledge, attitude and Practice of sports nutrition and nutritional status among elite male athletes in Malaysia. School of Graduate Studies, Universiti Putra Malaysia,
7. Mitchell C. Nutritional knowledge of high school athletes. West Virginia University school of Physical Education, Thesis. 2004; pp. 3–14. Retrieved from <http://www.iosrjournals.org/iosr-jspe/papers/Vol3-Issue6/Version-2/G0306024145.pdf>