



TOKYO 2020



**LOCKDOWN  
PREPAREDNESS AND  
WAY FORWARD**



# Overall Strategy

In light of the current situation our immediate mission is to provide the best facilities and training to our boxers whilst keeping in mind the mandatory constraints. We aim to ensure the highest quality of health for our boxers, both mental and physical along with constant online training, till the lockdown is over and training can be resumed.

Further, once the situation improves we aim to provide our boxers with comprehensive training at respective training centres along with the requisite support and competitions (domestic and international) as preparation for the Olympics.

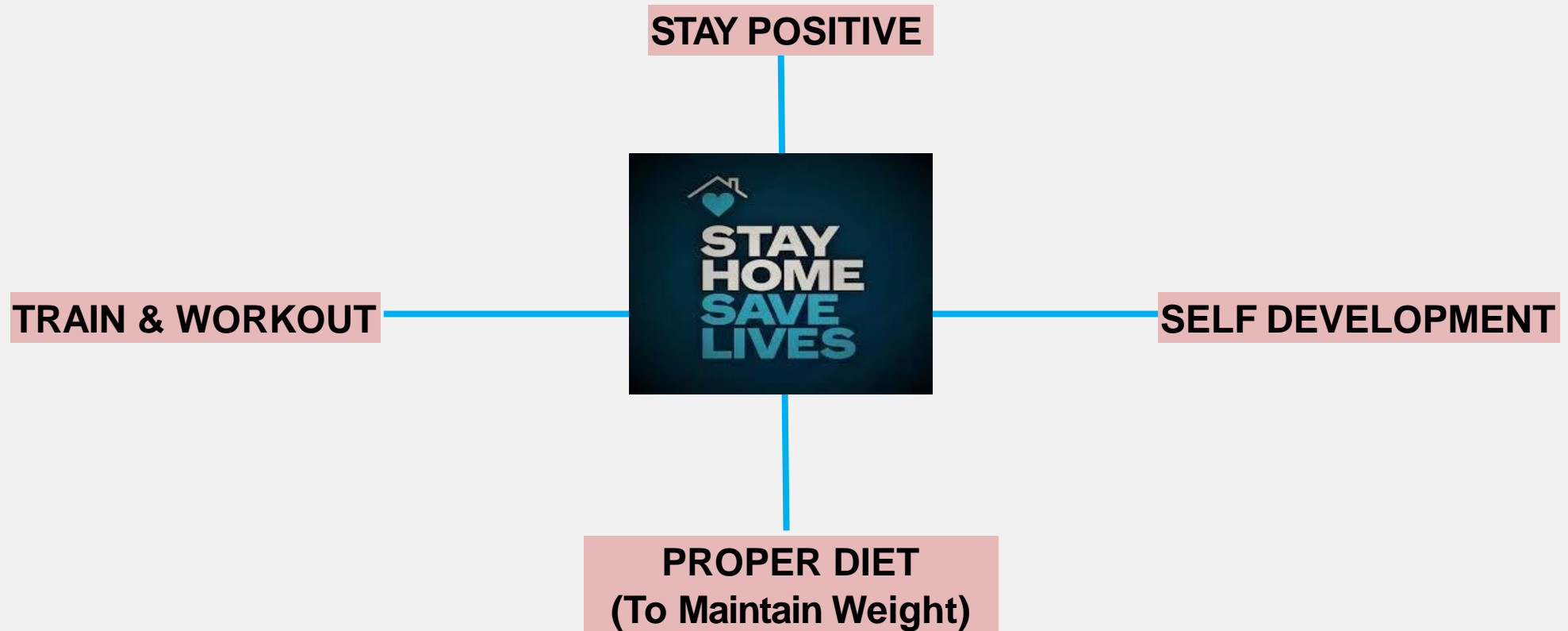


# Game Plan

- 01 'Zero Contact For a Contact Sport':** During the lockdown BFI has been ensuring that the Boxers, both 'Olympics Qualified' and contenders for 'World Qualifiers' are in prime shape physically and full steam. Online training sessions and educative classes are being held by coaches to ensure the boxers are battle ready when physical training is resumed.
- 02 'E – Pathshala':** Online classes are being held daily for boxers, coaches and support staff since the lockdown. Various facets related to Sports Education and awareness along with bursting popular myths related to workouts, sleep cycle, common injuries, diet, doping and other topics have been covered in such classes
- 03 'Next Stride':** BFI is in process of finalising a long term plan for post lockdown period. Immediate training plans after the lockdown, organising the National Championship, inviting foreign teams for dual championships in India will be the key elements. These will be followed by organising international championships and foreign training based on global situation.

# Training Mantra

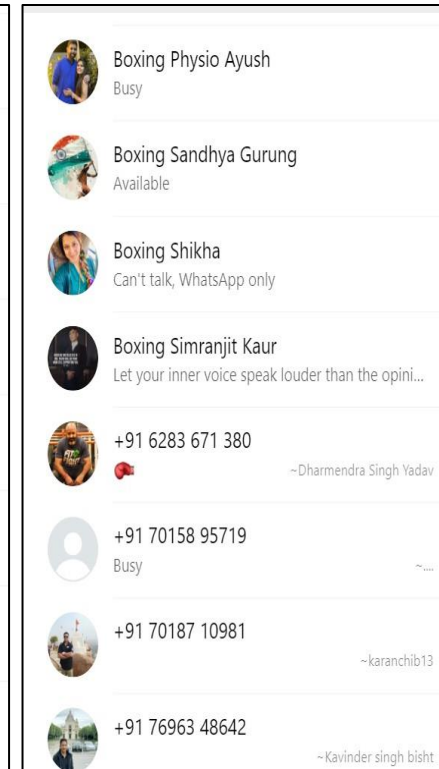
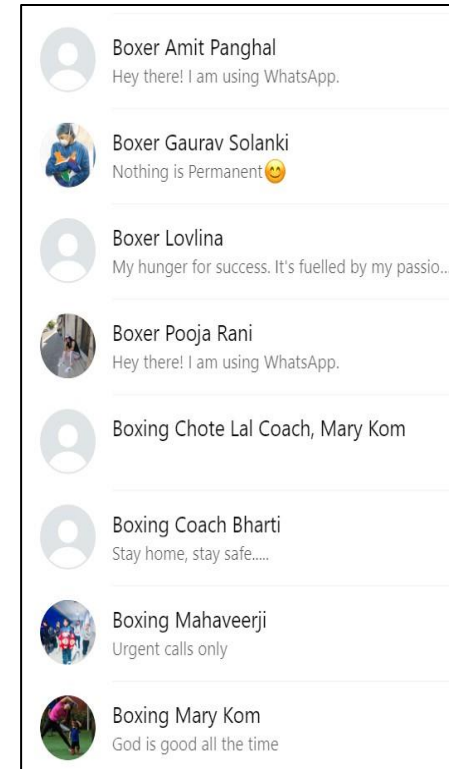
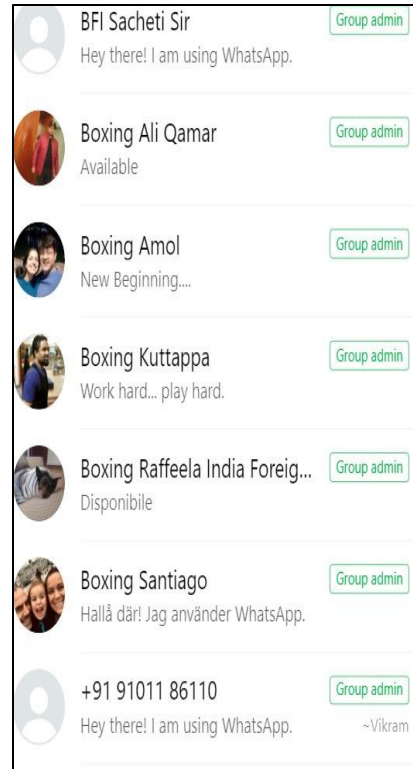
## LOCKDOWN TRAINING KEY MANTRA



# One Stop Connect

To serve as a 'one stop connect' and to establish open and easy communication a WhatsApp group has been created

- ▶ Olympic qualifiers & boxers who will be participating in the World Qualifiers are participants
- ▶ Coaches and support staff keep a close watch on the players and their training
- ▶ Boxer self training videos are uploaded, reviewed and feedback is given by coaches along with live sessions with players
- ▶ Video clips of competitors that need to be studied by our boxers are also shared here.



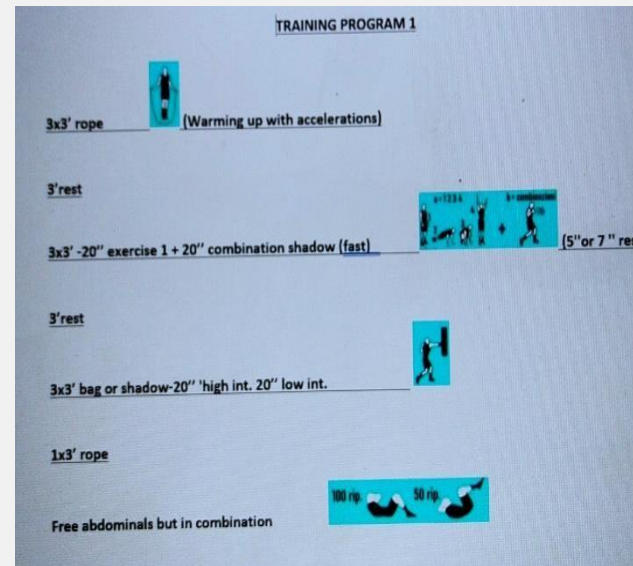
# Zero Contact For a Contact Sport

The coaches have formulated a workout manual that is interactive and explanatory with aid of pictures and videos for boxers to understand and implement the exercises making the trainings virtual yet interactive

## Sample work out videos



## Explanatory workout charts



### 10 Rounds Work on Bag (5 bag – 1 Shadow – 4 Bag)

1. Free
2. Power punches – 1-2 shots
3. Long combinations - 4-6 punches
4. Two (2) Free combinations (your choice)
5. Start combination with double jab
6. Shadow boxing – Long distance
7. Double attacks
8. Short-Medium distance – body punches
9. Hard last punch in all combinations
10. Own interval 3-5 seconds

# E - Pathshala

## Educational Classes

Daily Classes for Coaches and Boxers on aspects related to Sports Education are being conducted by BFI Medical Team and Sports Experts

Boxing Federation @BFI\_official · Apr 24  
SLEEP! 🇮🇳

Who doesn't love sleeping 😊!  
But how much of it is enough!?

Well, today's session was all about that, find out the key points on the benefits of good sleeping habits and the impact of lack of sleep.

@AjaySingh\_SG | @KirenRijju

**SLEEP ISSUES AND RECOVERY**

**SLEEP FOR SPORTS**

STUDIES HAVE SHOWN:

**ENOUGH SLEEP:**

- Tennis players get a 42% boost in hitting accuracy during depth drills.
- Swimmers record a 17% improvement in reaction time off the starting block.
- Even a 20-30 minutes power nap can improve alertness by 100%.

**EXHAUSTION:**

- 30-40% reduction in glucose metabolism.
- 11% reduction in time to exhaustion.
- 2 days of sleep restriction can lead to a 5x increase in lapses of attention and reactivity.

Boxing Federation  
7,069 Tweets

Boxing Federation @BFI\_official · Apr 27  
Avoiding injuries is one of the best ways to have a lengthy & successful sports career.

Today's enriching class by #ShikhaKedia (BFI-Elite Women Team Physiotherapist) enlightened boxers on how to prevent injuries in training & in a bout.

Take a look 📌

@AjaySingh\_SG @KirenRijju

**Prevention of Common Injuries !!**

**Preventing common boxing injuries**

- Hand and wrist:
  - Wrist sprain
  - Boxer's fracture
  - Boxer's thumb
  - Boxer's hand
- Abdominal:
  - Contusion, vital organs
  - Body punches
  - Abdominal strengthening exercises
  - Entire care
  - Protects internal organs, prevents muscle strain and contusions
  - Reduce chances of knock outs through Reduce impact

**LIVER BUSTER !!**

Boxing Federation  
7,069 Tweets

Boxing Federation @BFI\_official · Apr 29  
In a highly enriching class, Sports Nutritionist & Psychology Coach, #YashKaushik enlightened boxers, coaches & officials about the benefits of nutrients & fluids and their effects on sports performance 🙌

Find snippets from the session here 📌

@AjaySingh\_SG | @KirenRijju

**Sports Drinks and Sports Performance**

**Effects on Sports Performance**

- Energy supply
- Provide Carbs to help keep blood glucose levels high
- Electrolyte replacement
- Prevention from dehydration
- Pre and post exercise dehydration

**Carbohydrates and Sports Performance**

**Effects on Sports Performance**

- Primary Source of Energy
  - provides 90% or more of total energy required for athletic performance
  - Stores as muscle and liver glycogen
  - Recovery post exercise/training sessions
  - Supplements anaerobic energy metabolism

Sources - Bread, Rice, Potato, Jales, Sports drinks, Glucon D etc.

**Protein and Sports Performance**

**Effects on Sports Performance**

- Recovery and Growth of damaged cells
- Quality of protein
- Protein Timing

How much protein should you take?  
RDA (recommended daily allowance)  
0.8 grams per kg BW  
Strength and Endurance Athletes  
1.5 to 2.0 grams per kg BW

**Water and Sports Performance**

**Effects on Sports Performance**

- How much to drink?
  - Loss of Sodium and Hyponatremia

**Water or Sports Drinks?**

**Weight Class and Water Intake Protocols**

Dehydration and Hyponatremia  
Increased Fatigue and Decreased Performance

**Special emphasis was given to bust myths and give solution oriented classes**

# E - Pathshala

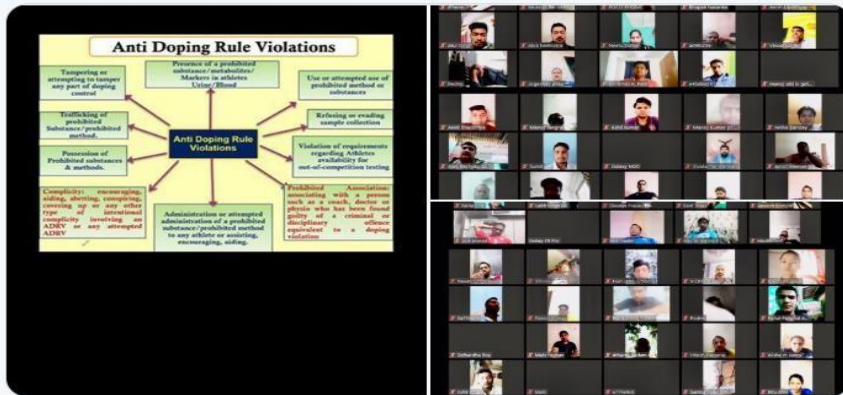
## Busting myths and doping education

A special Doping Session was conducted for the players specific to the sport, addressing various issues and making the sessions interactive and productive for the boxers

**Boxing Federation @BFI\_official** · Apr 22  
Playing Fair!

Utilising the lockdown period in a constructive manner a special on 'Anti-Doping Awareness' class was conducted by #BFI & Dr.Ankush Gupta of @NADAIndiaOffice, with 450 participants this interactive session was a **100** hit.

@AjaySingh\_SG | @KirenRijju



**NADA India @NADAIndiaOffice** · Apr 22

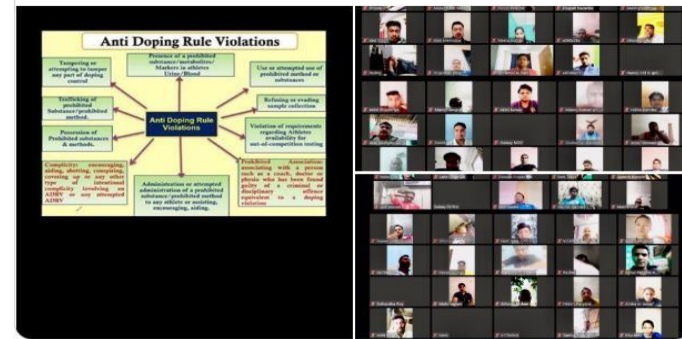
Dr. Ankush Gupta of NADA India with @BFI\_official conducted an Anti-Doping Awareness session with over 450 participants. It was a great session indeed!

**Boxing Federation @BFI\_official** · Apr 22

Playing Fair!

Utilising the lockdown period in a constructive manner a special on 'Anti-Doping Awareness' class was conducted by #BFI & Dr.Ankush Gupta of @NADAIndiaOffice, with 450 participants this interactive session was a **100** hit.

@AjaySingh\_SG | @KirenRijju





# 'Next Stride': Domestic Exposure

**Long term Plan:** Keeping in view the current situation, our existing long term plan is being revised. Proposed changes under discussion are as follows:

## **Resume Elite Boxing Training:**

BFI will maintain Patiala (for Men) and New Delhi (for Women) as our main camp and anticipates to immediately resume training after Government Approval.

Considering the weather conditions in Patiala, Bellary is our secondary camp for the summer season between July to August and winter sessions from December to February for the Men's Team.

## **National Championships**

We are planning to hold National Championships in Late September/ Early October.

National Championships for all age categories will be conducted as per the domestic calendar.

The Venue for the Championships is under discussion and BFI is trying to work out the best possible alternative and is closely monitoring the situation and Government guidelines before taking the final decision.

***We are constantly monitoring the developments across the world and long term plan will be finalised by mid June 2020 considering the global situation.***

# 'Next Stride': International Exposure

**Long term Plan:** Keeping in view the current situation, our existing long term plan is being revised. Proposed changes under discussion are as follows:

## **International Championships and Trainings**

BFI is pleased to inform that India will be hosting the Asian Championships in November/ December 2020.

BFI aims to host smaller competitions like Dual matches or Round Robin tournaments (4 teams) combined with an international camp in December/ January if situation betters.

Foreign training needs to be looked in after considering various factors, we are in touch with all stakeholders.

***We are constantly monitoring the developments across the world and long term plan will be finalised by mid June 2020 considering the global situation.***

# Key Updates

**Qualification Scenarios:** Our boxers have already attained a historic milestone with the highest ever qualification for the Olympics in the Continental Qualifiers (9 Boxers). In addition to this, another Qualifier, the 'World Qualifier' is expected to be held in April 2021, where we will be participating in 4 weight categories. (1 for Women and 3 for Men).

In addition to the above, a separate training programme is being developed for the boxers participating in the 'World Qualifiers'.

***We are constantly monitoring the developments across the world and long term plan will be finalised by end of June 2020 considering the global situation.***



**BOXING**  
FEDERATION OF  
**INDIA**

sports  
authority of  
india

**TOP**  
Target Olympic Podium

---

# Thank You