



SAI/NIS/Acad./2024-25/1459

Date: 03.02.2025

**Workshop - Speed Development in Team and Individual Sports:
Biomechanics and Programming - 07 March, 2025**

Website for registration: <https://www.ssc24.nsnis.in>

Online registration open: 04 February, 2025

Last date of application: 23 February, 2025 05:00 p.m.

Course Fee: Rs. 1,500/-

Sports Authority of India (SAI), Netaji Subhas National Institute of Sports (NSNIS), Patiala, through its Academics Wing, is organizing a Workshop on Speed Development in Team and Individual Sports: Biomechanics and Programming on March 7, 2025. This workshop will provide in-depth theoretical and practical knowledge on speed development, covering biomechanics, training methodologies, periodization, sport-specific strategies, injury prevention, and recovery techniques. Participants will engage in practical drills to refine speed mechanics and structured programming. Strength & Conditioning Coaches, Technical Coaches, Sport Scientists, Athletes and Sports enthusiasts can take part in the workshop. The workshop will be conducted by a renowned international faculty member, ensuring high-quality learning and application.

Workshop Highlights

- **Biomechanics of Speed** – Understanding the science behind speed in team and individual sports.
- **Speed Training Methodologies** – Designing effective training programs using advanced techniques and periodization principles.
- **Sport-Specific Speed Strategies** – Applying tailored approaches for optimal speed performance in different sports.
- **Injury Prevention & Recovery** – Learning essential techniques to minimize injuries and enhance recovery.
- **Practical Drills & Exercises** – Engaging in hands-on sessions to refine speed mechanics and structured programming.
- **Expert Guidance** – Led by a renowned international faculty member with extensive experience in speed development.

Key Takeaways

- **In-depth Understanding of Speed Biomechanics** – Gain insights into the mechanics of speed in both team and individual sports.
- **Effective Speed Training Design** – Learn to develop structured speed training programs using advanced methodologies and periodization.
- **Sport-Specific Application** – Understand how to tailor speed training strategies for different sports to enhance performance.
- **Injury Prevention & Recovery** – Acquire knowledge on minimizing injuries and implementing effective recovery techniques.
- **Hands-on Experience** – Engage in practical drills and exercises to refine speed mechanics and programming.
- **Certification** – Receive a certificate of participation from the Sports Authority of India, NSNIS Patiala, upon successful completion of the workshop.

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Online registration open: 04 February, 2025

Last date of application: 23 February, 2025 05:00 p.m.

Course Fee: Rs. 1,500/- per participant

Date of Workshop: 07 March, 2025 (09:00 am – 06:30 pm)

Location: SAI NS NIS, Patiala

General Instructions:

- i. The list of selected candidates will be uploaded on NIS website www.nsnis.org
- ii. Candidate's email id should be working as all official communication will be sent to candidate email id.
- iii. Lodging and boarding facility will be provided at a time of workshop at SAI NS NIS, Patiala on SAI rates as per the availability.
- iv. For queries: email- nis.sportscience@gmail.com
- v. Personal cars/four wheelers are not permitted in the campus.
- vi. Use of banned drugs and consumption of alcoholic drinks and smoking and chewing of tobacco is strictly prohibited in the campus, any candidate found guilty strict action will be taken against him/her.

Note: Sports Authority of India Netaji Subhas National Institute of Sports, Patiala reserves the right to cancel the course without assigning any reason.



Sibananda Mishra
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SAI NS NIS Patiala