



**The Abhinav Bindra & GoSports
Foundation Shooting Development
Programme**

The Abhinav Bindra Shooting Development Workshop II



- The workshop was conducted between March 31st – April 2nd at the Sports Authority of India Netaji Subash South Campus, Bangalore.
- Workshop attended by 21 shooters.
- Focus was on building technical expertise as well as improving physical and mental strength of the shooters.
- 3-day Workshop consisted of shooting training sessions at the Range, as well as classroom and gym sessions.

The Abhinav Bindra Shooting Development Workshop II





Suma Shirur is a former women's Indian shooter in the 10 metre air rifle event. She holds the world record for most points scored in the qualification round (400/400) in 10m Air Rifle.

Sujith Somasundar is a former Indian cricketer. Currently, he is a certified Mental Games Skills Coaching Professional (MGCP). He merges his experience from being a competitive sportsman along with training in behavioral skills to offer uniquely enriching training programs.



Samir and Namrata Purohit are certified Scott Pilates experts, and run The Pilates Studio in Mumbai. They are official fitness experts for various sports teams and also the Miss India organisation.

PN Prakash is an Indian shooter who competes in the 10 metre air pistol and 50 metre pistol events. He was the only Indian to win a medal in the 2013 ISSF World Cup, when he won bronze in 10 metre air pistol event in Changwon, South Korea.



Shooting Workshops with Suma Shirur and PN Prakash



- Technical training conducted at the shooting range.
- PN Prakash and Suma Shirur focused on the technical aspects of shooting for Pistol and Rifle shooters respectively .
- Technical nuances were discussed, and each shooter was observed, assessed and offered technical guidance and support.
- Corrective measures were suggested (stance, technique, etc.) wherever required.

Pilates sessions with Samir and Namrata Purohit



- The Pilates sessions were conducted on all 3 days by certified Pilates experts Samir and Namrata Purohit from The Pilates Studio, Mumbai
- Pilates combines Yoga and Cross training, and offers simple body weight exercises to improve flexibility, build strength, develop control and endurance in the whole body.
- Advanced Pilates concepts introduced and a customised routine was offered for shooters to follow on a daily basis.

Mental Conditioning sessions by Sujith Somasundar



Session 1 Six Pillars of Confidence

The session's primary objective was to give a systematic approach/methodology to prepare oneself mentally before a game.

The session also covered about confidence and how fear/doubts could be eliminated to build confidence.

The six pillars of confidence according to Sujith:

- Do you see yourself as a winner?
- Confident players focus on success and the reasons to succeed.
- Watch what you say to yourself and fight the Dzdoubterdz inside.
- You must first see it before you can achieve it.
- Prepare to feel confident.
- Confident players act, feel and look confident.

Mental Conditioning sessions by Sujith Somasundar

Session 2 The DzZonedz

The session defined the DzZonedz, and how an athlete can prepare himself/herself to get into the zone on a regular basis.

Zone - The state of mind and body where the athlete performs at a high level effortlessly.

Objective of the session - How to maximize chances of getting into the Zone.



Goal setting session with Suma Shirur



- The athletes had a one-on-one goal setting session with Suma Shirur.
- The objective of the session was to help the athletes attain a focussed mindset, and to decide on clear short term and long term goals.
- Goal competitions were decided for each shooter, and clear technical, physical and mental goals were assigned.

One-on-One sessions with Sujith Somasundar

- The shooters also had one-on-one sessions with Sujith Somasundar for mental conditioning.
- Athletes were asked to complete a comprehensive questionnaire for mental aptitude profiling.
- Based on each athlete's Mental Aptitude Profile (AMAP) Sujith identified key mental conditioning areas to work on, and suggested exercises/follow up.





- Shooters to receive constant mentoring from the experts.
- Multiple Development Workshops planned over the course of the year.
- Customised support to be offered to all shooters based on their need, and level of performance.



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