



## Press Release

# **Sixth day of Sports Board Punjab's coaches training camp**

## **Coach must eradicate the flaws in the technique of a player: Experts**

LAHORE (Sept 22, 2017): The practical coaching remained continue on the sixth day in the Sports Board Punjab's coaches training camp at Nishtar Park Sports Complex Gymnasium Hall and Punjab Stadium here on Friday.

It's worth mentioning that the Chief Minister Talent Hunt Programme coaches training camp is being organised under the supervision of Director General Sports Punjab Zulfiqar Ahmed Ghumman. Renowned experts imparted practical coaching to athletics, kabaddi, wrestling and volleyball coaches.

Ch Muhammad Siddique gave practical coaching to athletics coaches and also conducted an exercise session to evaluate coaching knowledge of the participants. He also gave valuable tips to coaches about the fitness of the players.

Kabaddi expert Ch Muhammad Ijaz conducted his practical coaching session at Punjab Stadium and told the coaches about various modern techniques of kabaddi. Secretary Punjab Wrestling Association Muhammad Riaz taught practical coaching to his class at Nishtar Park Sports Complex Gymnasium Hall. The experts also supervised several competitions on this occasion to assess the know-how of the local coaches.

Elaborating the coaching skills and techniques, the expert trainers said: "Usually it's prime objective of a coach to identify and then eradicate the flaws in the playing technique of the players. A player can't become a world star without proper coaching and grooming".