



Podar Enrichment Academy

2010 – 11

GUIDELINES FOR COACH/TRAINER OF SYLLABUS

Selection of the topics from the syllabus depends on the coach or the trainer.

It should be divided properly in number of lesson to be entertained according to the estimated total time.

Duration: 01 hour

10 minutes → warming up and jogging

15 minutes → old activity (Repetition of Activity)

15 minutes → new topic

20 minutes → playing game
