

Cover Story

Sports activities
resumption across India



HOCKEY INDIA

SEPTEMBER 8 OCTOBER 2020

FIT INDIA
FREEDOM RUN

Pg 41



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MESSAGE

Namaste,

The months of September and October have been very productive here at Hockey India. We are immensely happy that ten State Member Units have been able to resume sports activities after receiving the guidelines from the Ministry of Home Affairs in September. Hockey India had worked on detailed SOPs and guidelines for our Member Units in April 2020 so that we could encourage them to restart sports activities as soon as we received the directives from the Ministry of Home Affairs. It was wonderful to see our Chief Coaches of the national teams and Goalkeepers PR Sreejesh and Savita speak during an interactive session in the last week of September to help our Member Units understand the precautions and safety measures that need to be taken by one and all to resume sports activities.

We are delighted to note that the Asian Hockey Federation has been continuing to organize Online Education Workshops exclusively for Hockey India Coaches and Technical Officials in the months of September and October as well. It's been absolutely fantastic to see the way the AHF has helped our Coaches and Technical Officials attain important knowledge about their respective fields.

It was brilliant to conduct the Hockey India Level 'Basic' Coaching Course (Online) for Hockey India State Member Units which saw participation of over 130 candidates held from 23 September 2020 to 10 October 2020. Further, as a part of our continuous efforts to improve the standard of coaching across the country Hockey India also conducted the Hockey India Level 'Basic' Coaching Course (Online) through an open application system. With over 700 coaches from across India already having benefited from the programme, this is the first-time Hockey India has called for applications of interested and aspiring Coaches to apply through an open forum with only 60 slots available for the online course. I am sure that the learnings from the coaching course will help the candidates in their careers immensely.

Between the months of September and October, Hockey India also conducted a set of online workshops for Umpire and Technical Officials as part of the induction program for the shortlisted candidates from open application submission system for registration of Hockey Coaches and Technical Officials on the Hockey India Member Unit Portal. Hockey India shortlisted 136 candidates from the open application system as per its eligibility criteria after they were nominated by their respective registered state member units.

All in all, I am very proud of the way Hockey India has consistently put in hard yards to ensure that every aspect of hockey is moving forward. We will continue to keep striving for excellence and develop the game of hockey even further in the upcoming months.



Mr. Gyanendro Ningombam

Officiating President,
Hockey India

TOP HIGHLIGHTS



Asian Hockey Federation (AHF) conducts Event Planning and Management online workshop exclusively for Hockey India

After the successful completion of the AHF Online Education Workshops exclusively for the Hockey India Coaches and Technical Officials in July and August 2020, the Asian Hockey Federation (AHF) and Hockey India organized an AHF Online Education Workshop exclusively for the 31 State Member Units of Hockey India. The Asian Hockey Federation (AHF) conducted a workshop on Event Planning and Management on 01 September 2020, which helped the various candidates from the State Member Units to attain a much better understanding of the processes involved in hosting & management of hockey tournaments at the highest level.



Asian Hockey Federation (AHF) organized another set of Online Education Workshops exclusively for Hockey India Coaches and Technical Officials

Post the successful completion of the AHF Online Education Workshops exclusively for the Hockey India Coaches and Technical Officials in July and August 2020 and the AHF Online Workshop – Event Planning and Management on 01 September 2020, the Asian Hockey Federation (AHF) organized another set of workshops during the course of this month. A group of 15-30 Coaches and Technical Officials attended four more AHF Online Education Workshops in September. Aimed at providing technical expertise and knowledge on various aspects of officiating, rules and regulations and goal-scoring, these online education workshops were conducted free of cost for participating candidates online through Microsoft Teams application. Each workshop consisted of a three to four hours' session including a break.



Asian Hockey Federation (AHF) continue to organize Online Education Workshops exclusively for Hockey India Coaches and Technical Officials

The Asian Hockey Federation (AHF) continued to conduct the Online Education Workshops during the course of October. A group of 15-30 Coaches and Umpires attended three AHF Online Education Workshops this month. The following Education Workshops were conducted exclusively for Hockey India:

1. AHF-HI Online Coaching Workshop – Set Plays, Free Hits: Attacking and Defending Dynamics or Shootouts
2. AHF-HI Online Coaching Workshop: Indoor Hockey Coaching
3. AHF-HI Online Umpiring Workshop: Indoor Umpiring

These online education workshops were conducted free of cost for participating candidates online through Microsoft Teams application. Each workshop consisted of three to four hours' sessions.



Hockey India conducts Hockey India Level 'Basic' Coaching Course (Online) for 31 Hockey India State Member Units

In a bid to continuously improve the standard of coaching across the country, Hockey India conducted the Hockey India Level 'Basic' Coaching Course (Online) for over 130 candidates from all 31 State Member Units. The Hockey India Level 'Basic' Coaching Course (Online) saw the high number of participants from the North-Eastern State Member Units which included Hockey Arunachal, Hockey Nagaland, Hockey Mizoram and Assam Hockey.

The Hockey India Level 'Basic' Coaching Course (Online) delves into the objectives of the Hockey India Coaching Education Pathway, introduction to the origins and history of hockey, rules of the game, various playing formats, field specifications, coaching equipment, training equipment, playing equipment, qualities of a coach, preparation for a training session and the conduction of a training session.



A candidate from Hockey Arunachal Dyu Modi thanked Hockey India for the opportunity to attend the Hockey India Level 'Basic' Coaching course (Online). "The Hockey India Level 'Basic' Coaching course was really good. I learned a lot. I would like to thank Hockey India for giving me this opportunity," said Modi.

Ramthrnghaka Israela from Hockey Mizoram said that the Hockey India Level 'Basic' Coaching course (Online) has encouraged him to go further. "I have learned so many things through the Hockey India Level 'Basic' Coaching course (Online) such as the qualities required to become a good coach, how to communicate with team members and the kind of relationship needed between the players and coach. This course has given me ideas, knowledge and confidence. It has encouraged me to go further. I am very grateful to Hockey India for giving me this opportunity to take part in this course," said Israela.

Michael Kirha (Hockey Nagaland) expressed that the Hockey India Level 'Basic' Coaching course (Online) gave the candidates an opportunity to learn from different coaches. "I gained a lot of knowledge regarding the grassroots level of hockey in India through the Hockey India Level 'Basic' Coaching course (Online). This course gave us an opportunity to share and learn from different coaches," said Kirha.

Sanjeev Ray (Assam Hockey) said that after attending the course he is inspired to develop hockey at the grassroots level in Assam. "After having the opportunity to attend the Hockey India Level 'Basic' Coaching course (Online), I will try my best to develop hockey at the grassroots level in Assam for the betterment of our state and country," said Ray.

Hockey India conducts online workshops as part of the induction program for the new Technical Officials in Hockey India officiating system



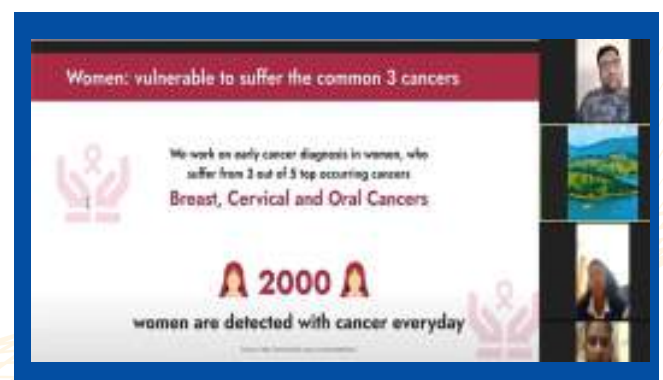
After the launch of the open application submission system for registration of Hockey Coaches and Technical Officials on the Hockey India Member Unit Portal in July 2020, a number of candidates submitted their application to register as an Umpire/ Technical Official. Among the applications, Hockey India shortlisted 136 candidates as per its eligibility criteria after they were nominated by their respective registered state member units.

Hockey India organised a set of online workshops 12 September 2020 - 10 October 2020 as part of the induction program for the shortlisted candidates. After the completion of the workshops, further shortlisted candidates would become part of Hockey India potential

list who will then be eligible to be appointed for the upcoming Hockey India sanctioned Sub-Junior and Junior category tournaments.

Hockey India and Aarogyaa conducted an online session with Indian Women's players to raise awareness about preventive measures for cancer

With October being the breast cancer awareness month globally, Hockey India and the non-profit organization Aarogyaa for women cancer Research and Prevention conducted a session via Zoom with the members of the Indian Women's Hockey Team about the early detection and prevention of breast, cervical and oral cancer on 30th September 2020. The Co-Founders of Aarogyaa - Dr. Priyanjali Datta & Dr. Dhruv Kacker spoke about how to conduct self-examination early for the detection of cancer, the common symptoms of cancer and the advantages of early detection of cancer. Dr. Datta emphasized the fact that women should not expose themselves to mammogram before the age of 45 in case they show symptoms of cancer. They should opt for an ultrasound scan instead. They also made the Indian Women's Hockey Team aware of the causes of cancer such as poor lifestyle, consumption of junk food, tobacco, alcohol and most importantly stress, being one of the major causes of cancer.



Hockey India organizes a virtual walk-through of Hockey India Member Unit Portal for Journalists

Hockey India exclusively organized a virtual walk-through of the Hockey India Member Unit Portal for a group of journalists through Google Meet on 16th September 2020. A total of six journalists attended the event to understand how the Portal helps Hockey India and its Member Units to manage all their important documentation, registration of players, player transfers, national championships, Hockey India Coaching Education Pathway, registration of coaches and technical officials. The Hockey India Member Unit Portal is a major step towards going paperless and making data easily accessible.



Hockey India conducts Hockey India Coaching Education Pathway Level 'Basic' Coaching Course (Online) through open application system

Hockey India conducts the Hockey India Coaching Education Pathway Level 'Basic' Coaching Course (Online) through open application submission system

This is the first-time Hockey India called for applications of interested and aspiring Coaches to apply through an open forum and only 60 slots made available for the online course. Candidates chosen through a first-cum-first-serve basis and minimum criteria to apply required an interested applicant to have Coached either a district, school or university hockey team for at least 3 years or he or she should have played National level / All India University level for at least 3 years.

Since the launch of Hockey India Coaching Education Pathway in 2019, over 700 coaches from across India have benefitted from the programme and are conducting this program again in 2020 to continue to provide a well-designed platform to young Coaches from across the country and help them in being well-versed with the modern hockey environment. The courses are targeted at Coaches/ Potential Coaches who have not attended any Hockey India Level 'Basic' & Level '1' Coaching Course in the past. The candidates who successfully pass the Hockey India Level 'Basic' Coaching Course would become eligible to attend the Hockey India Level '1' Coaching Course in the future. There is no participation fee to attend the Hockey India Level 'Basic' Coaching Course (Online). Only those candidates who successfully complete the Hockey India Level '1' Coaching Course will be provided the necessary certification.



**COACHING
EDUCATION
PATHWAY**

Kalinga Stadium completes two-year milestone since being refurbished for the Odisha Hockey Men's World Cup Bhubaneswar 2018



The Kalinga Stadium completes a two-year milestone since being refurbished for the Odisha Hockey Men's World Cup Bhubaneswar 2018. Through the efforts of the Odisha government and Hockey India, many additions were made to the stadium to create an enthralling experience for fans and players. Both Practice and main turfs were re-laid with new blue turf as per the FIH specifications. The capacity of the main stadium was increased to 15,000. Two new galleries, one on North and other on the South side, was added to the iconic venue, making it a total of four grand Stands.

Besides four Player's Changing Rooms, designed and implemented by Competitions Department of Hockey India after thorough research done across player's changing rooms utilised for various High-Performance International/ club sports and setup for the first time ever across any hockey stadium in the world, three dedicated Goalkeeper Equipment Rooms were also designed keeping in mind the elaborate kitting that a Goalkeeper has and dedicated Umpire's Changing Room. There is also an exclusive Lounge for the Players and Officials, while a dedicated Media Centre, special boxes for VIPs and Officials have also been created at the venue.

The opening of the refurbished Kalinga Stadium was marked with an exhibition match between hockey legends Dhanraj Pillay and Dilip Tirkey's teams on 10 October 2018.



MANPREET

SINGH

Captain
Indian Men's Hockey Team

“Manpreet thanks Hockey India for helping players overcome Covid-19”

The Indian Men's Hockey Team Skipper Manpreet Singh was among the six players who tested positive for Covid-19. While his symptoms were mild, there were anxious times that demanded him to remain upbeat. "It was not easy, especially mentally," he said.

Manpreet and five others players who tested positive for the Covid-19 virus feel fortunate to have a fantastic support system that constantly monitored their well-being. "To be honest, initially when the results came out, we were slightly stressed. But Hockey India officials, particularly the CEO (Elena Norman), was quick to assure us of all the support and told us not to worry about hockey or how this will impact our future in the sport. She emphasized that we need to get better first and that Hockey India along with SAI would ensure best treatment and rehab. This was reassuring and true to their words, we received the best facilities in the hospital with SAI sending us healthy food every day for the five days that we were in the hospital and constantly checked with the medical team there of our well-being," explained Manpreet Singh.

He emphasized that during the isolation in SAI for two weeks, they were checked on every day by Hockey India officials to know if there were any shortfalls.

He said, "Hockey India officials would check on us almost every day if the food being provided is good, if our tele-treatment was done regularly, if we are monitoring our oxygen levels regularly and so on.



Coaching Staff and teammates too would check on us through video calls. These things really helped us remain upbeat.

Though it did sting a little to know all our teammates were back on the pitch while we were still in isolation, I feel this experience has made me mentally tougher to face any situation," he admitted.

Manpreet and five other teammates on completing the isolation were put through general tests after which the doctors expressed, they were fit to resume activities. "We underwent a general check-up after two weeks of isolation. We got ECG, blood test and chest X-ray done and only after the doctor gave us a go ahead, we have begun very basic activities. Our Scientific Advisor Robin Arkel has been a great support too since the Covid-19 pandemic began," Manpreet said.

Looking back at the past five months which involved over 2 months of staying indoors in SAI, Bengaluru and the subsequent 6-week break before returning to Bengaluru again, Manpreet said as players they are fortunate to receive best care.

"From my personal experience, I can say we were very fortunate to get the best care. All through the lockdown, good coordination between Hockey India and SAI ensured players' best interest was given top priority. Our fitness was maintained throughout with a good indoor workout regime planned by the Support Staff. We were given a break just when we were starting to feel mentally fatigued and had begun missing our families.

"When we came back, the authorities ensured we were all tested, provided best care and a secure bio bubble was formed in campus to keep us from getting exposed to the virus.



The SOPs to return to sports activities was made well in advance by Hockey India and approved in time by SAI so that our Olympic preparation is not hampered and we would have enough time to return to old form before competitions begin. It is overwhelming to receive this kind of support and we are determined to make all their efforts worthwhile by performing well," stated the confident Skipper.



FEATURE STORY

GURJIT

KAUR

Defender

Indian Women's Hockey Team



The Indian Women's Hockey Team Defender Gurjit Kaur has been a key member of the national side for the last few years especially because of her brilliant drag-flicking skills. She was part of the Silver Medal-winning team at the Asian Games 2018 and was the leading Goalscorer in India's triumphant campaign at the FIH Women's Series Finals last year. Gurjit expressed that learning the art of drag-flicking properly has been the biggest plus point of her career. "I think learning the drag-flicking technique properly has been the turning point of my career. Everyone has a role to play in a hockey team and I am very happy about putting in a lot of effort to be a good drag-flicker for our side. I have received a lot of support from my teammates and coaches to learn and fine-tune the art of drag-flicking as my career has progressed," said the 24-year-old.

Gurjit, who has gone on to become a crucial drag-flicker for the Indian side, said that she didn't have much knowledge about the art prior to joining the Junior National Camp in 2012. "I didn't have a lot of knowledge about drag-flicking before I joined the Junior National Camp in 2012. I used to practice drag-flicking before I joined the camp, but I hadn't learned the basics of the technique properly. When I joined the camp then only, I understood the basics of drag-flicking and I kept getting better at it during the course of my career," said the Defender.

The Defender had no hesitation in saying she has completely relished the role of being the drag-flicker of the national team, "I have really enjoyed being the drag-flicker in the Indian team. It's a big responsibility and I have relished it completely.

It's important for us to cash in on penalty corners as much as we can, especially against the top teams. I have always tried to better my technique and hone my skill further. Hopefully, I will be able to contribute to the best of my abilities at the Olympics," said Gurjit.

The Indian Women's Hockey Team has been steadily getting back to its full form by carrying out sessions of sports activities since 19 August 2020. Gurjit, who has played over 80 international matches for the national team, expressed that the players are gaining in confidence with every session.

"It has certainly been great to be back on the pitch, however, we still have to be careful about not pushing too much. All the players are gaining confidence with every session of sports activities which is a great sign for us. It's been a difficult time for all of us and therefore we are very grateful to Hockey India for providing everything we require during this time. From the top-class safety measures to fantastic facilities, Hockey India and SAI has tremendously helped us," said Gurjit.

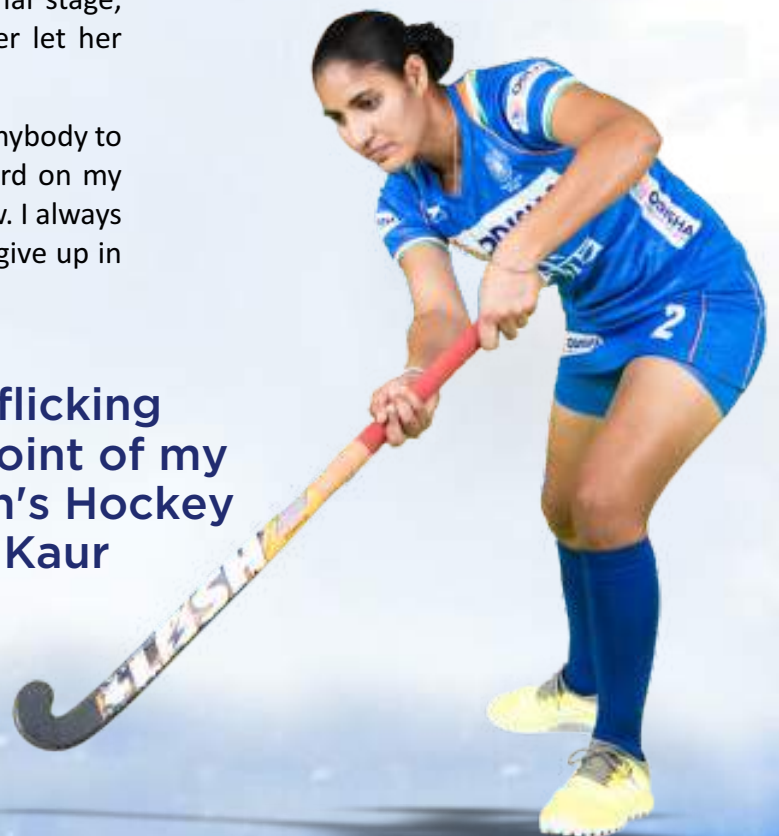
When asked about the one thing that has helped her become a successful athlete at the international stage, Gurjit said that consistent hard work has never let her down.

"Working hard is the most important thing for anybody to be a successful athlete. I have worked very hard on my game and therefore I am enjoying the fruits now. I always train hard during practice sessions and I never give up in any situation.

“Learning the art of drag-flicking has been the biggest plus point of my career,” says Indian Women’s Hockey Team Defender Gurjit Kaur



I will continue to put in my efforts and I am sure it will hold me in good stead throughout my career," said the 25-year-old.



FEATURE STORY

MANDEEP SINGH

Forward
Indian Men's Hockey Team



Indian Men's Hockey Team striker Mandeep Singh is excited to be back on the pitch and go about basic activities to improve fitness after recovering from Covid-19. He was the first player to be admitted in the hospital in Bengaluru after his oxygen levels had dropped to 94 per cent. Mandeep recalled the experience as being one of the toughest times of his life. "I panicked when my oximeter showed 94 per cent. All through that day oxygen levels kept fluctuating and when I had a tele-consultation with the doctor in the evening, it dropped to 94. That's when they told me it's better to shift to the hospital," recalled the young striker.

According to Mandeep, what helped was constant team-support and reassurances from Hockey India during this entire phase. "I think we had read and heard so much about the pandemic being a deadly disease, the first few days was stressful and anxious after testing positive for the virus. Although I have been in some of the most difficult match-situations as a professional hockey player, I had never felt this stressed. I was never taken away in an ambulance, never been seriously injured either. So, this phase was a new experience for me but I am really grateful to the constant team-support and Hockey India officials speaking with us individual to assure everything will be taken care of.

After recovering, they (Hockey India) even gave us an option to return home to take a break if we felt like it but we wanted to stay back and rejoin the rest of the group," explained the young forward who scored maximum goals for Team India in 2019 season.

He further emphasized that they have a good support system around them which is why returning to activities has been a smooth transition. "We have a very good trainer in Robin Arkel and he knows exactly how much to push us. We are taking only 60-70 per cent of the regular work load at the moment. Chief Coach Graham Reid is also constantly monitoring how we feel during a session. It feels good to be back with the rest of the group and I feel relieved to be fine and recovered fully," he said.

With FIH Hockey Pro League matches next week, Mandeep feels it's good that sporting activities have begun around the world. "I am glad international sporting activities have begun.



I think watching live sports on TV will also give people who have endured a lot over the past six months, a reason to take their minds off their troubles for some time and enjoy the action. As a team we have been closely following the FIH Hockey Pro League matches," he added.

“Support from Hockey India and teammates helped me recover from Covid-19”



FEATURE STORY

LILIMA

MINZ

Midfielder

Indian Women's Hockey Team



“Going for the Rourkela Panposh Sports Hostel trials changed my life,” says Indian Women’s Hockey Team Midfielder Lilima Minz

With over 150 international caps under her belt, Lilima Minz's rich streak of experience will be a huge advantage for the Indian team at the Olympics next year. Minz, who has played a crucial role in many victories in the last few years, expressed that going for the Rourkela Panposh Sports Hostel trials changed her life, "When I was in school, the Rourkela Panposh Sports Hostel had held trials for hockey players. Those who knew about the trials, they went for it, but since I didn't know about the trials, I was on my way out of my school. When I was leaving, the Coach who had come to conduct the trials called me and asked me to join the selection process. I took part in the trials and got selected to practice at the Rourkela Panposh Sports Hostel. After learning the techniques at the hostel and practicing there for five-six years, I eventually made to the Junior National Camp in 2011. Therefore, going for the Rourkela Panposh Sports Hostel trials changed my life," said Minz.



The national side has competed terrifically against the top sides in the world in the last few years and the Indian team players have developed a belief that they can go on to make history in Tokyo.

"We certainly have the talent to win a Medal in Tokyo. Our team has seen a steady rise since I first joined the team. I think earlier, we lacked belief in ourselves, but now, we are ready to compete against any top side in the world. We have certainly worked hard for the success we have seen in the last couple of years, but a lot of credit for the good results should go to Hockey India. They have provided all the necessary equipment, brought in the best Coaches and trainers and ensured that we have all the facilities at the Sports Authority of India campus in Bengaluru, where we spend most of our time. In the end, it's us players who have to go out and do the job, but the support from Hockey India has been fantastic," said the Midfielder.

The 26-year-old first started off as a Forward and then later moved to become a Midfielder. Minz explained the reason behind the move from being in the forward line to the Midfield region, "When I had first started playing hockey, we played in a system where we had five Forwards in a team and I played as one of the wingers. Later our Coach decided to move me to the Midfield region because I had the stamina and endurance to go up and down constantly. It has been very interesting to be a Midfielder because we support the Forwards and Defenders during matches. If we are attacking then we try to push the ball forward as much as possible and if our opponents have the momentum then we lend our support to the Defenders accordingly," said the hockey player from Odisha.



FEATURE STORY



HOCKEY INDIA

COVER STORY

Indian Hockey Teams resume activities, emphasize on following SOPs

On 19 August 2020, the Indian Men's and Women's Hockey Teams returned to the pitch for activities that resumed in a phased manner. The Core Probable Groups had completed their mandatory 14-day quarantine period at SAI's Centre Bengaluru, and were able to resume their preparations for the Olympic Games as scheduled thanks to the proactiveness of Hockey India and SAI who worked together to ensure precious time is not lost in the teams attempt to achieve Olympic glory.

"We are very happy to be back at the National Camp and resuming sports activities by following all the protocols and we are feeling safe. Having spoken to all the players about the resumption, I have received a positive response from each of them. We look forward to working hard on the team's fitness in this protected environment," stated Sjoerd Marijne, Chief Coach, Indian Women's Hockey Team.



SJOERD MARIJNE

Chief Coach
Indian Women's Hockey Team

Meanwhile Graham Reid, Chief Coach Indian Men's Hockey team said, "Following a detailed discussion with all our players and members of the support staff, I am delighted that we will be resuming sports activities here at the SAI Centre in Bengaluru. It is good to know that everyone is eager while making sure their health and wellbeing is our collective priority. I am also very pleased at the progress being made by the players who have recovered from COVID-19 and have re-joined the team."



GRAHAM REID

Chief Coach
Indian Men's Hockey Team

State Member Units begin activities:

Once the Ministry of Home Affairs (MHA) issued guidelines for sporting activities to resume from 21 September 2020, Hockey India staff have been in continuous touch with the 31 State Member Units to guide them through the process of resumption of their State & District level training programmes as a proactive measure to help ease the process for them.

Federation to create a very well-thought through Standard Operating Procedures (SOPs) making sure states had enough time to be well-prepared and implement SOPs once permissions were granted to start activities.

Hockey India conducted an interactive session with Chief Coaches of the national teams and experienced national players. To further enhance the confidence of the State Units administration staff to resume sporting activities once their respective states issues guidelines to re-open sporting programs.



Important to start slow:

Endurance is an important thing for players but it is important to manage expectations while getting back to optimum level.

“Probably the most vital issue is to handle expectations. They won’t come again at their previous ranges instantly. It is very important to settle for issues as they’re and provide yourself and your gamers that point. Now we have to watch out, not rush in too quickly,” stated Chief Coach Sjoerd Marijne during the Webinar hosted by Hockey India on resumption of activities.

Goalkeeper Savita agreed, including that coaching throughout lockdown was not on the similar stage as compared to previous sessions. “We did some actions within the hostel additionally. There have been gentle classes with Janneke (Schopman) and Wayne (Lombard) on agility, reflexes, footwork, eye contact and so on,” she defined.

Marijne additionally insisted that restarting camps was vital for players’ health. “It takes time to get again to the degrees we had been at. Taking part in hockey just isn’t the same as doing workout routines in your room, which makes it more durable to come back again to previous ranges of health, without accidents,” Marijne said.



Goalkeeper
Indian Women's Hockey Team



SAVITA

Following SOPs is a must:

Encouraging all aspiring players to follow social distancing norms and keep-up hygiene practices, India Goalkeeper PR Sreejesh said, “It is very important that the State Member Units ensure the Hockey India SOPs are implemented properly and all players are educated about the do’s and don’ts when they are on the ground.”

Graham too emphasised that players must take it slow when they resume activities. “Players will be very excited to return to the pitch. It is important to keep them from over exerting and rushing into achieving their previous form,” he cautioned.

PR SREEJESH

Goalkeeper
Indian Men's Hockey Team



DILPREET

SINGH

Forward
Indian Men's Hockey Team



Possessing exceptional attacking skills, Dilpreet Singh had shown a lot of promise when he made his Senior India debut in 2018 and he was touted as the next big thing in India's forwardline. But after the FIH Men's World Cup debacle in 2018, Dilpreet was demoted to the Junior Camp and was asked to work on his fitness with special emphasis on his discipline on the field and overall attitude. "I was in the Junior National Camp when Chief Coach Graham (Reid) watched me train and he spoke to me individually," recalled Dilpreet Singh, who was a key player in India Colts' Silver Medal feat at the Sultan of Johor Cup last year.

It was this meeting Graham had with Dilpreet last year that put the youngster that fast-tracked his return to the Senior India squad. "When he met me, Graham spent quite some time with me to understand my background, how I got into hockey and he was interested to know more about my game though he said he had seen me during the World Cup. He asked me to work hard, improve my attitude, be more disciplined in my game and work on my fitness level if I wanted to make a comeback in Senior Camp. He said if I improve in these areas I had a chance to return and he had also warned that there are a lot of other players waiting to grab this opportunity. Of course, Chief Coach speaking to me then gave me a lot of confidence and hope to make a comeback," expressed Dilpreet who hails from Butala village near Amritsar, Punjab.

When Dilpreet was picked in the Core Probables group for the FIH Hockey Pro League season earlier this year, Dilpreet knew he should not waste away this chance but at the same time, the task ahead of him was not easy. "I did feel the pressure initially but Manpreet would have long chats with me building my confidence and when I was called up for the match against Belgium, he advised me to play with confidence, focus on the specific role given to me. I was quite nervous and was not sure if I was up for the challenge, especially to play against the World Champions where any small mistake could cost us dearly but Manpreet and other seniors gave me that confidence," Dilpreet said.

With the Olympics now postponed by a year, Dilpreet feels he has the time to hone his skills and focus on the areas Graham has asked him to improve and be in the reckoning to make the Olympic-bound squad. "After the FIH Hockey Pro League matches, Chief Coach has asked me to improve on certain areas like my defensive skills, tackling and putting pressure in the final minutes of the match. The postponement will certainly give youngsters like me a chance to prove ourselves and keep hopes up to earn a place in the India squad for the Olympics," he said.



Dilpreet added that he has been even more enthusiastic about playing hockey after returning to the pitch for sports activities in August, "It's been certainly wonderful to be back on the pitch again.

I have found a new zeal in myself for the sport and I'm loving every minute of it. We are taking things slow at the moment, but we are improving and moving forward every day, which is the most important thing," said the Forward.

“Playing against World Champions in my comeback match was challenging,” says India striker Dilpreet Singh



FEATURE STORY

SALIMA

TETE

Defender
Indian Women's Hockey Team

“Winning Silver medal at the 3rd Youth Olympic Games was the turning point in my career,” says Salima Tete

Salima Tete was a regular feature in the Junior India squad, it was not until 2019 that she became a regular in the Senior squad. "I lacked confidence when I played for the senior team in 2016. I was scared and that reflected on my game. It was not a memorable debut for me," admitted the 19-year-old midfielder, one of the youngest members in the Indian squad. Salima Tete became a young prodigy who was touted to be the next big thing in Indian hockey.

It was at the 3rd Youth Olympic Games Buenos Aires in 2018 where she led the team along with Vice Captain Lalremsiami which changed the course of her career. She said, "It was at the 3rd Youth Olympic Games where I really stepped up my game. Siami (Lalremsiami) and I would tell ourselves before every match that we have to lead the team from the front so that the rest of the squad would play with confidence. I feel the experience I gained from this multi-discipline event was a turning point."





Clinching a spot at the Tokyo Olympics in front of our home crowd has to be one of the best moments in my career so far. The experience was magical and I hope we can keep repeating such feats in the years to come," says the Defender.

Tete believes that an Olympic Medal is a realistic goal for the Indian Women's Hockey team. "There is a lot of scope to improve our game in the next few months and by focusing on our fitness during the lockdown, we have begun sports activities seamlessly. We are mentally prepared to work hard and face any challenges that come our way in our preparations for the Olympic Games," she emphasized confidently.

Tete's performance in Buenos Aires where the team won the Silver medal was praised by Prime Minister Narendra Modi who applauded her efforts on Twitter by stating, "Even at a young age, Salima Tete showed excellent leadership skills to lead the Indian Junior Women's Hockey Team to a Silver Medal at the Youth Olympics 2018. Not only did she lead and defend but also scored 4 goals. Congratulations Salima and may you have a bright future!"

Tete who is from a small hamlet in Simdega district, Jharkhand has since proved her potential in the Indian team, with Chief Coach Sjoerd Marijne often trusting her with an important role in the midfield and in the backline. "The seniors in the team have really helped me improve my performance. They constantly talk to me and encourage me especially when we play big teams like Australia, Spain or Japan. The year 2019 in specific was extremely good for the women's team and we have been on the right path," says Tete.

While speaking about her favourite tournaments so far, Tete expressed that being part of the FIH Hockey Olympic Qualifiers 2019 was one of the best moments in her career, "I really enjoyed being part of the FIH Hockey Olympic Qualifiers 2019.



FEATURE STORY

NIKKI

Midfielder
Indian Women's Hockey Team

PRADHAN

Indian Women's Hockey Team Midfielder Nikki Pradhan has been part of many memorable moments for the national side which includes the Gold Medal win at the Women's Asia Cup 2017, victory at the FIH Women's Series Finals 2019 and booking a place at the Tokyo Olympics after defeating USA at the FIH Hockey Olympic Qualifiers last year. Pradhan, who has played over 100 matches for the Indian team, recalled her time at the Bariatu Girls' Hockey Center in Ranchi, where she learned the techniques of hockey, "The time I spent at the Bariatu Girls' Hockey Center is always going to remain special for me. I picked up the sport of hockey at a young age, but I learned most of the techniques of the sport at the Hockey Centre when I joined in 2005.

Practicing and learning at the centre laid a good foundation for me and I kept building on the skills I developed there as I moved forward in my career. I was very fortunate to take up hockey seriously at a place like the Bariatu Girls' Hockey Center," said the 26-year-old.

Pradhan expressed that India's present experienced Midfielders group will hold the key in the big tournaments in the upcoming years, "We are very lucky to have so many Midfielders in the Indian team, who have already played 100 matches for the national side. Experience is a huge factor when it comes to big tournaments like the Olympics and if we play at our hundred percent then we can win against any team. Experience teaches one to be calm and think clearly under pressure and therefore our experienced Midfielders group will be the key to our success in the upcoming years," said Pradhan.

The 26-year-old, who became the first woman hockey player from Jharkhand to represent India in the Olympics in 2016, spoke about her experience at the quadrennial event.

“Our experienced Midfielders group will be crucial for India’s success in the upcoming years,” says Indian Women’s Hockey Team Midfielder Nikki Pradhan





"It was fantastic to take part in the Rio Olympics. Just being around the top athletes from all over the world was something else. The Indian Women's Hockey Team made it to the Olympics after 36 years so it was a huge moment for us. However, it was disappointing to come back without a victory. But it didn't deter us from trying harder and Hockey India has shown tremendous faith in us over all the good and bad times. Hockey India through SAI, State Governments and State Units have constructed the best pitches for practice and international matches and instilled the belief in us that we can take on any top side in the world. When we have a tremendous backing of our own federation, then it inspires us to perform every time we step on the field," said the Midfielder.

Pradhan added that the Indian Women's Team players are improving with each sports activities session, "It was very important to get back on the pitch as soon as possible and it's been fantastic for us to start sports activities since August 2020. We are improving with each session and we are on our way to full form. It'll be important to note which is the best time to peak for the Olympics and we will work on our game accordingly."



FEATURE STORY

GUEST COLUMN

After a brief break due to a series of nationwide lockdowns, the Indian National Hockey Teams (both Men and Women) are back on their feet. It's been over six weeks since they returned to normalcy with regular, uninterrupted daily schedules in their preparations for the Tokyo Olympic Games. They live in a safe bio-secure environment in SAI, Bengaluru and will continue to remain in the National Coaching Camp until travel restrictions are lifted to tour and compete abroad.

I think this swift resumption of activities for the teams was largely possible due to the working relationship Hockey India shares with Sports Authority of India (SAI). When India went into a lockdown, Hockey India did not stop working. They used the virtual medium to engage with their State Member Units, continued with their ambitious Coaches Education Pathway courses through online and also conducted courses for their umpires and technical officials. Simultaneously, they began working on an extensive Standard Operating Procedure (SOPs) with an intent to be well prepared and ready for systematic rollout once the lockdowns were lifted and permissions granted for resumption of activities.

They remained in constant touch with the National Teams' Coaching staff in SAI, Bengaluru where the teams were housed between March and June.

“Hockey India is ensuring Covid-19 is not a setback in India's Tokyo Olympic Dream”
by VR Raghunath



Photo Courtesy
Facebook

VR RAGHUNATH



They ensured the players were safe, followed a healthy diet and continued to encourage them to follow a good indoor fitness regime that helped maintain their muscle mass.

When National Federations work in a professional fashion, it sends out a message to the players too, that they are cared for and they are respected for their efforts they put on the field for the country.

I can say this out of my own experience that things were not the same before 2009. Players had to toil for basics and it was a difficult phase for Indian hockey. The repercussions were evident on the playing field with a dip in the national team's performance. The Men's Team, with a reputation of being the most successful team in the history of Olympic Games, failed to qualify for the quadrennial extravaganza for the first time in 2008.

There has been a huge turnaround in the way things are managed now with Hockey India taking over the reins in 2009.

There is a great sense of professionalism in the way the Federation functions.

The National Camps and Tours for both the Men's and Women's Team is scheduled in a manner that is scientific (keeping in mind when the team needs to peak in their performance). The teams have a very good support system around them and even when they are injured, there is a strong injury rehab policy that ensures a player is 100 percent fit to return to action.

Hockey players today have little to complain about. They have financial benefits, almost everyone in the core probable group is employed with Public Sector Units and are paid handsomely. I believe all these aspects help players stay focused on their performance and not be worried about any outside factors.

Even now, when all international events were suspended due to the Covid-19 pandemic, Hockey India acted swiftly to send a revised ACTC (Annual Calendar for Training and Competition) to SAI where a detailed plan for National Camps and Tours have been proposed till September 2021.

This kind of proactiveness in planning helps a great deal when the national teams are preparing for major events like the Olympic Games and it ensures there are no hindrance in preparations despite an ongoing battle with the global pandemic.

Apart from ensuring that the National Teams preparations remain on track for the Olympic Games, Hockey India is also encouraging all the State Member Units to resume district and state level training programmes locally. Since I am part of the administration in Hockey Karnataka, I am aware of the initiatives taken up by the Federation. As a result, we have begun constructing a 5-a-side pitch in Bengaluru which can in the future host National Level tournaments.

It is quite motivating for young administrators like myself and some of the other former international players who have taken up the responsibility of developing hockey in our state. Hockey India has set a yardstick in sports administration and I am happy hockey is moving in the right direction.



MEMBER UNIT ACTIVITIES



This 23 by 15 feet portrait which was made using a hockey stick and ball by moving them like a paintbrush was made in the loving memory of Late Mr. Balbir Singh Sr. who devoted his life for the betterment of hockey.



Hats off to the creativity of a Hockeybuff Mr. Varun Tandon.

Hats off to the creativity of a Hockeybuff Mr. Varun Tandon.

HOCKEY BENGAL

As part of Hockey Bengal's National Sports Day celebrations, Hockey Bengal had recognized various Hockey Players, Umpires and Coaches for their achievements and contributions in the field of Hockey.

On September 16, 2020, Major Dhyan Chand Lifetime Achievement Award was presented to Double Olympic Gold Medallist, Shri. Keshav Dutt ji for his outstanding contribution to Hockey in India.

In the first picture: The award being handed over by Hockey Bengal.

In the second picture:

Olympian Jaswant Singh Rajput Award - 2020 being presented to Sri. Sudhin Chatterjee, for his outstanding contribution to Hockey in India.



HOCKEY MIZORAM

Hockey India congratulates Hockey Mizoram for the launch of their official website that took place at the Hon'ble Sports Minister of Mizoram, Shri Robert Romawia Royte's office. The website launch ceremony was conducted by Ms. Zothankimi, President of Hockey Mizoram.



HOCKEY JAMMU AND KASHMIR

The Director General of DYSS paid a visit to Shamlal Hockey Academy, where he presented Hockey Kits to the players and was highly impressed by the academy for grooming young talents.



For the development, promotion of hockey & clean environment in the Union Territory of Jammu & Kashmir, Hockey J&K and SABS Foundation organised a plantation drive at KK Hakku Stadium to contribute in maintaining ecological balance and conserving the environment. Over 50 saplings were planted by the athletes of Hockey J&K.



INFRASTRUCTURAL DEVELOPMENTS IN THE COUNTRY

HOCKEY ANDHRA PRADESH

The work for a beautiful synthetic hockey pitch laid at Kakinada, Andhra Pradesh has been completed.



CHHATTISGARH HOCKEY

Chhattisgarh Hockey to have another pitch as the work for an AstroTurf at Jashpur, Chhattisgarh is now underway.



HOCKEY HARYANA

Hockey India is proud to announce the FIH Global Elite certification of a hockey pitch laid at Navdeep Stadium, Narwana, Haryana. This hallmark will ensure development in the sporting field and better opportunities for the upcoming hockey players of Haryana.



INFRASTRUCTURAL DEVELOPMENTS IN THE COUNTRY

HOCKEY MADHYA PRADESH

A new field for playing hockey in the making. The construction work for an alternate ground for Prakash Hockey Club has been started by the Nagar Nigam Indore to provide a hockey infrastructure for the local athletes.



HOCKEY KARNATAKA

Hockey Karnataka's impressive venture of re-laying a 5-a-side turf at the Field Marshal K.M.Cariappa Hockey Arena, Bengaluru.



KERALA HOCKEY

Work for a Hockey Pitch at GV Raja school in Trivandrum, Kerala is underway by Kerala Hockey.



INFRASTRUCTURAL DEVELOPMENTS IN THE COUNTRY

HOCKEY UTTARAKHAND

Here's a look at the ongoing construction work of Hockey Stadium Roshnabad, Haridwar, Uttarakhand.



GOANS HOCKEY

We are very happy to announce that the Peddem Sports Complex, Goa is now certified by International Hockey Federation (FIH) as it fits the Global Field requirements.

Kudos to Goans Hockey on this positive step towards development in sports for the young and aspiring players.



INFRASTRUCTURAL DEVELOPMENTS IN THE COUNTRY

HOCKEY JAMMU AND KASHMIR

Pulwama District

For the development and promotion of hockey in the Union Territory of Jammu & Kashmir, Hon'ble Lt Governor J&K laid the Foundation Stone for another Synthetic Turf Hockey Stadium to be built in the Pulwama District of Jammu and Kashmir. The work for the Synthetic Turf stadium is under progress and has been fast tracked.



| | | | |
|----------------------------|--|-----------------------------|----------------------------|
| Name of the Project | SYNTHETIC HOCKEY FIELD AT BOYS HSS PULWAMA AT ANNO. 1957 COST OF RS. 490.00 LACS UNDER LAUGHINGHOUS PROJECTS | | |
| Area of Sub-area | 7521 Sq. | Date of Start | 2 nd Sept. 2020 |
| Population to be benefited | 4500 | Expected date of Completion | August 2022 |



Amar Singh College, Wazir Bagh

For the development and promotion of hockey in the Union Territory of Jammu & Kashmir, the work for a Synthetic Turf in the Kashmir Division is in progress at the prestigious Amar Singh College, Wazir Bagh Srinagar.



Arun Jaitley Memorial Sports Complex at Hiranagar

For the development and promotion of hockey and sports in the Union Territory of Jammu & Kashmir, the e-foundation stone for an astroturf Hockey stadium named the Arun Jaitley Memorial Sports Complex was laid at Hiranagar on 12th September 2020.

The honours were done by Hon'ble Dr. Jitendra Singh, Ministry of Development North Eastern Region, Hon'ble Shri Kiren Rijiju, Ministry of Youth Affairs & Sports, and Hon'ble Shri Manoj Sinha, Lieutenant Governor of J&K.



INFRASTRUCTURAL DEVELOPMENTS IN THE COUNTRY

Govt. Boys Higher Secondary School, Poonch.

For the development and promotion of hockey in the Union Territory of Jammu & Kashmir, the work for a new synthetic hockey pitch at Govt. Boys Higher Secondary School, Poonch is in progress and expected to be completed by January 2021.



Polo Ground, Srinagar

For the development and promotion of hockey in the Union Territory of Jammu & Kashmir, the foundation stone for a synthetic Hockey turf was laid by Hon'ble Lt Governor J&K UT Sh. Manoj Sinha in Srinagar on 11th October 2020.

Hockey players of Srinagar convey their gratitude for this wonderful initiative of UT Administration.



RESUMPTION OF SPORTING ACTIVITIES IN INDIA

HOCKEY ARUNACHAL

Hockey Arunachal in collaboration with Directorate of Sports, Chimpu organised a social service cum-hockey match between State Executive Members and District Unit Members.



ASSAM HOCKEY

As per the guidelines provided by the Government of Assam, Assam Hockey have resumed sporting activities in a responsible fashion.



HOCKEY HARYANA

As per the guidelines of Ministry of Home Affairs and Government of Haryana, Hockey Haryana has been conducting a training and coaching camps for players of all age group.

This high-performance program focuses on the physical, technical and tactical aspects for better results and will help in being well-prepared for the upcoming Hockey India National Championships.



MANIPUR HOCKEY

Hockey activities were resumed by Manipur Hockey where several sports activity sessions were organized to bring the future stars on the turf again.



SURJIT HOCKEY SOCIETY

Sporting activities have resumed in Jalandhar for young guns of the Surjit Hockey Society.



UTTAR PRADESH HOCKEY

For the resumption of sporting activities in Uttar Pradesh, UP Hockey held an exhibition matches in several parts of the state.



RESUMPTION OF SPORTING ACTIVITIES IN INDIA

HOCKEY JAMMU AND KASHMIR

For the development and promotion of hockey in the Union Territory of Jammu & Kashmir, resumption of sporting activities took place in various parts of Jammu & Kashmir by organising state tournaments for various age categories.



RESUMPTION OF SPORTING ACTIVITIES IN INDIA

HOCKEY ANDHRA PRADESH

To encourage resumption of sporting activities, Hockey Andhra Pradesh organized a friendly Hockey exhibition matches in the state on 27th & 28th October, 2020. All participants received mementos after the game.



MANAPARAI HOCKEY ACADEMY

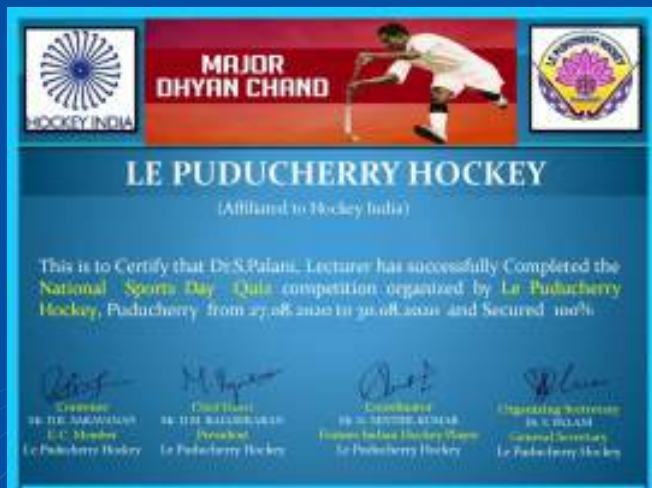
Manaparai Hockey Academy, Tamil Nadu carried out Ayudha Pooja and Saraswathi Pooja as a mark to worship their Hockey gear on 25th and 26th October, 2020.

Around 60 Men and Women athletes participated in the festivities.



LE PUDUCHERRY HOCKEY

With the aim of motivating and encouraging the players to resume sporting activities, Le Puducherry Hockey organised a Skill Competition & various quiz programs for players of all categories.



WEBINARS & ONLINE SESSIONS

Even though the current times have pushed everyone to stay indoors, Hockey india is glad to announce that the Hockey India Member Units have utilised this time to ensure all state players & officials are engaged in various activities by conducting specialised sessions on online webinars.

MUMBAI SCHOOLS SPORTS ASSOCIATION

Mumbai Schools Sports Association (MSSA) - online sports education workshops for its member schools across 20 sporting disciplines.



KERALA HOCKEY

Kerala Hockey in an interactive session with The Art of Living Youth Desk Kerala.



HOCKEY MAHARASHTRA

Hockey Maharashtra - Online Seminar/Webinar on Coaching - Challenges of Modern Hockey.



RV ACADEMY OF HOCKEY

R.V Academy of Hockey conducted webinars on various topics related to hockey, strength & conditioning.



HOCKEY UNIT OF TAMIL NADU

Hockey Unit of Tamil Nadu - coaching ideas to special tips and tricks.



HOCKEY INDIA SOUVENIR DISTRIBUTION

Hockey India distributed HI Souvenirs:- hockey balls, face masks, neck ties, scarfs and pen to Member Units across India as the states are all gearing up for resumption of sporting activities in their respective regions. This activity is conducted to support and encourage all member units to slowly but steadily resume sporting activities.

HOCKEY ARUNACHAL



CITIZEN HOCKEY XI



MANIPUR HOCKEY



RV ACADEMY OF HOCKEY



RAJA KARAN HOCKEY ACADEMY



FIT INDIA FREEDOM RUN



ASSAM HOCKEY

Assam Hockey successfully conducted the Fit India Freedom Run 2020 campaign with cultural performances and participants of all age groups ran to support the cause.



CENTRAL INDUSTRIAL SECURITY FORCE (CISF)

To mark the occasion of the birth anniversary of Mahatma Gandhi, Hockey India's Member Unit, Central Industrial Security Force participated in the Fit India Freedom Run 2020 campaign by promoting the importance of fitness and exercise.



DELHI HOCKEY

Kudos to Delhi Hockey for organizing and participating in the Fit India Freedom Run 2020 campaign to encourage a healthy future.



GOANS HOCKEY



Goans Hockey arranged a beach run for the Fit India Freedom Run 2020 campaign which created a lot of interest among the people.

HOCKEY ANDHRA PRADESH

Hockey Andhra Pradesh participated in the Fit India Freedom Run 2020. A number of girls and boys ran to mark the start of this initiative by the Government of India.



HOCKEY ARUNACHAL

To spread awareness about fitness and a healthy lifestyle, a Fit India Freedom Run was organized in the state by Hockey Arunachal. Several athletes participated in the run held on 2nd October and were educated about the significance of physical fitness.



HOCKEY BENGAL

Over a hundred participants attended the Fit India Freedom Run organised by Hockey Bengal from 17- 27 September, 2020. They covered a total of 1056 KMs together. Kudos to their effort.



HOCKEY BIHAR

Hockey Bihar participated in the Fit India Freedom Run 2020. A number of girls and boys ran to mark the start of this initiative by the Government of India.



HOCKEY CHANDIGARH



Hockey Chandigarh organised the Fit India Freedom Run campaign with runs, sit ups, push ups competitions for men & women on 19 September 2020. There were 30 participants (15 Men & 15 Women) who ran overall 60 kms at Sector 42, Hockey Stadium, Chandigarh.

HOCKEY GUJARAT

To spread awareness about fitness and a healthy lifestyle, a Fit India Freedom Run was organized in the state by Hockey Gujarat. Several Hockey players participated in the run held on 27th September. Families were informed and educated about the significance of physical fitness.



HOCKEY HARYANA

Under the guidance of Hockey India, Hockey Haryana held the Fit India Freedom Run 2020 campaign in different regions of the State with around 150 participants who ran to support the initiative proposed by the Government of India. The event was flagged off by Shri. Sandeep Singh, Hon'ble Sports Minister of Haryana and also a Hockey veteran.



HOCKEY HIMACHAL

Kudos to Hockey Himachal for participating in the Fit India Freedom Run 2020 by performing pull-ups and outdoor exercises.



HOCKEY JAMMU & KASHMIR

Hockey J&K in collaboration with J&K Sports Council organized the Fit India Freedom Run 2020 campaign for its athletes to promote and support the cause for a healthy future. Mr. Rajinder Singh, Secretary General, Hockey India flagged off the event on 30th September, 2020.



HOCKEY JHARKHAND



Hockey Jharkhand organised the Fit India Freedom Run campaign from 20th September, 2020 at Simdega district, Jharkhand. The event saw a few India Hockey players from the State be a part of it.

HOCKEY KARNATAKA

As a tribute to the father of our Nation Mahatma Gandhi, Hockey Karnataka organized a Fit India Freedom Run on 26th September, 2020. A total of 25 athletes participated in the run individually, in their respective regions and covered a total of 120 Kms.



HOCKEY MADHYA PRADESH



To mark the occasion of birth anniversary of Mahatma Gandhi, the Fit India Freedom Run 2020 campaign went underway for Hockey Madhya Pradesh as a number of participants ran a course of 2 KMs to support the cause and promote fitness while following social distancing.

HOCKEY MAHARASHTRA

Hockey India's impressive efforts to ensure maximum participation of its Member Units in the Fit India Freedom Run 2020 campaign promotes a fitter future for the country as Hockey Maharashtra participated in huge number and supported the greater cause of healthy lifestyle.



HOCKEY NAGALAND



On the occasion of Gandhi Jayanti, Hockey Nagaland organised a Walk For Peace event in order to promote the Fit India Freedom Run 2020 initiative where people participated in large numbers.



HOCKEY PUNJAB

Hockey India's impressive efforts to ensure maximum participation of its Member Units in the Fit India Freedom Run 2020 campaign promotes a fitter future for the country as Hockey Punjab participated and supported the cause of healthy lifestyle.



HOCKEY RAJASTHAN

Kudos to Hockey Rajasthan for planning the Fit India Freedom Run in various districts of Rajasthan between 20th - 28th September 2020.



HOCKEY UNIT OF TAMIL NADU

Hockey Unit of Tamil Nadu organized the Fit India Freedom Run 2020 campaign from 15-28 September 2020 at Mayor Radhakrishnan Hockey Stadium, in Chennai and covered a massive course of 31439 KMs in 45 days with over 1475 participants.



HOCKEY UTTARAKHAND

For 3 days, Hockey Uttarakhand conducted the Fit India Freedom Run of 4KMS started from 20th September onwards. The event was attended by 95 participants from various districts. During the event, coaches and senior players enlightened and motivated the participants with the importance of fitness encouraging each one to stay healthy and fit.



KERALA HOCKEY

Kerala Hockey arranged the Fit India Freedom Run 2020 campaign in various schools of the State which created a lot of interest among the people.



LE PUDUCHERRY HOCKEY



As part of the Fit India Freedom Run 2020 event organised by Le Puducherry Hockey, a total of 50 athletes took part in different types of training such as fartlek training, varied pace running, cross country running and cycling. Together they covered an impressive course of 1800 KMs in 18 days.

MANAPARAI HOCKEY ACADEMY

Manaparai Hockey Academy, Manaparai, Tamil Nadu, participated in the Fit India Freedom Run 2020 initiative and also paid homage to Mahatma Gandhi on his 151st birth anniversary.



MANIPUR HOCKEY



Manipur Hockey organized a Fit India Freedom Run on 27th September, 2020. More than 130 athletes participated in the run from different regions in the state, including some senior veteran athletes. Hockey sticks, balls & uniforms were also distributed as part of the event.

MATA SAHIB KAUR HOCKEY ACADEMY JARKHAR - LUDHIANA

On the occasion of birth anniversary of Mahatma Gandhi Ji, Mata Sahib Kaur Hockey Academy Jarkhar- Ludhiana, organized the Fit India Freedom Run 2020 campaign on 25th September, 2020. A total of 40 sportsmen participated in the run to cover a total course of 10 KMs in 2 days. They also held a Hockey match for the young players.



MUMBAI SCHOOLS SPORTS ASSOCIATION

Hockey India's Member Unit, Mumbai Schools Sports Association participated in the Fit India Freedom Run by running individually and covering a massive course of 2,333 KMs. A total of 168 participants and young hockey players also continued to keep themselves active in their homes by performing hockey skills and fitness drills.



SASHASTRA SEEMA BAL (SSB)



A 5KM Fit India Freedom Run was held by Sashastra Seema Bal. The event had the participation of 100 members with 500 KMs being covered. The hockey team of Sashatra Seema Bal actively participated in the event to spread awareness about physical fitness.

SDT HOCKEY NILGIRIS ACADEMY

SDT Hockey Nilgiris Academy organised the Fit India Freedom Run 2020 for over 10 days and covered a total of 40 KMs where over 25 participants took part in the run and encouraged initiative by the Government of India.



NAVAL TATA HOCKEY ACADEMY - ODISHA



Naval Tata Hockey Academy-Odisha pledged to Stay Safe Stay Fit as they participated in the Fit India Freedom Run 2020 campaign by resuming sporting activities in a responsible fashion.

RV ACADEMY OF HOCKEY

Hockey India's impressive efforts to ensure maximum participation of its Member Units in the Fit India Freedom Run 2020 campaign was fulfilled by RV Academy, who supported the cause wholeheartedly.



TELANGANA HOCKEY

Telangana Hockey successfully conducted the Fit India Freedom Run 2020 campaign in the Warangal district of Telangana. We laud their efforts to support the greater cause for a healthy future.



UTTAR PRADESH HOCKEY

Uttar Pradesh Hockey took up the Fit India Freedom Run initiative with over 40 participants running 2 Kms each over 2 days to encourage a fit and healthy lifestyle.





HOCKEY INDIA

MEDIA COVERAGE

Dainik Bhaskar

फिटनेस कायम रखने पर सभी का ध्यान: मनप्रीत

भारतीय हॉकी खिलाड़ियों में फिटनेस को बनाए रखने पर सभी का ध्यान देना चाहिए।



मनप्रीत कौर, भारतीय महिला हॉकी टीम की कप्तान।

मनप्रीत कौर ने कहा कि खिलाड़ियों को फिटनेस को बनाए रखने के लिए नियमित रूप से व्यायाम करना चाहिए।

उन्होंने कहा कि खिलाड़ियों को फिटनेस को बनाए रखने के लिए नियमित रूप से व्यायाम करना चाहिए।

Free Press Journal

Women's hockey team's standard good: Deepika

TELANGANA TODAY

Deepika has been conducting the 'Basic' level coaching course (online) for over 150 candidates from all 31 state member units.

The Indian women's hockey team has enjoyed good results in top international tournaments including winning the silver medal at the 2014 Asian Cup and qualifying for the Rio 2016 Olympics.

The women's team is determined to show that they can rise to the occasion in the 2022 Asian Cup, which is the quarter final in the World Cup in London, next year at the 2022 Asian Cup.

Telangana Today

HI conducts online course

In a bid to continuously improve the standard of coaching across the country, Hockey India has been conducting the 'Basic' level coaching course (online) for over 150 candidates from all 31 state member units.

The candidates are divided into six groups and the course is being conducted from September 23 to October 10.

The New Indian Express

HOCKEY

We are preparing for the worst possible scenario, says Reid

SHARAD SWAMINATHAN @Chennai

THE revamped 2020-21 edition of the Pro League resumed in Dusseldorf on Tuesday with Germany's men's and women's teams playing their Belgian counterparts. Watching on from afar was India's men's chief coach, Graham Reid. Even if Belgium vs Germany kickstarted the return of elite international hockey, Reid knows they have next to no chance of playing international matches, including friendlies, possibly till the end of January. Is that a disadvantage? In an interview to this daily, the Australian also elaborated on why it's been good to have this time where they have returned to the basics with the squad, the plan for the six players who have recovered from Covid-19 and how he has instructed his players of planning for the worst. Excerpts:

On resumption of sporting activities last month
Really good to get back to the basics, restarting from scratch. Not just from an athlete's point of view but with the skills and everything else as well. It's nice to break down everyone's game down to that. I'm a big believer if you want to be the best team in the world, you have to have the world's best basics. The basics needs to be re-iterated under pressure. By having this time with the group, it enables us to do that.

On if it's an advantage or disadvantage that India don't play in the Pro League till April
I don't like to put a label on things, I see it that's what's been dealt to us. Given Covid, it puts us at a risk if we have to travel. I don't think it was ever going to be an option anyway. If anything it gives the anxiety and security that our next three months or so is going to be here, we can move forward with that.

On the chances of going ahead for a trip in January
We remain positive, working on the assumption that it could happen in the end of January. Let's see what happens, it's a moving piece at the moment. We don't know one day from the next. Looking at the Indian Covid numbers over the last couple of days, it's encouraging. Let's all hope and pray that things will get better and the second wave of Europe doesn't overtake us. We are also preparing for the worst just in case. As a coach, you have to plan keeping in mind different scenarios and let the players be aware of it.

On whether landing up in Tokyo without a single match represents worst case
Yeah, probably it's something that I encouraged to the players the other day. We have to be prepared that might be the case. But I'm hoping that won't be. We have a full year planned and pro league and all that. Great year. What's great about the world of the moment is that there are all those different sporting events going on. Lots of things will be learned, best practices will be worked out and things like that. There will be data, therefore I remain positive.

On the plan for the six men's players
Actually not to discontinue with people who miss out after returning from injury. We call it return to play, they are now almost fully integrated with the group to be honest.

On what happens next
That really depends on what's the next phase with respect to opening up around the place. Maybe in the next couple of weeks the teams will break soon for a short break but the players will remain at the club premises because of the virus situation. We could have sessions and all that and that could hopefully include intra-squad games.

Rashtriya Sahara

मिडफील्डर्स महत्वपूर्ण साबित होंगे : निकी



निकी कौर, भारतीय महिला हॉकी टीम की कप्तान।

मिडफील्डर्स महत्वपूर्ण साबित होंगे।

निकी कौर ने कहा कि मिडफील्डर्स को फिटनेस को बनाए रखने के लिए नियमित रूप से व्यायाम करना चाहिए।

Indian Express

For training-starved hockey teams, light at the end of pandemic tunnel

As the Indian women's hockey team prepares for the 2022 Asian Cup, the sport's governing body has announced a series of measures to support teams that have been starved of training during the pandemic. The measures include providing access to training facilities, hiring coaches, and providing financial support to teams that are struggling. The Indian Hockey Federation (IHF) has also announced that it will be conducting a series of training camps for the women's team in the coming months. The camps will be held in different parts of the country and will focus on improving the team's fitness and technical skills. The IHF has also announced that it will be providing financial support to teams that are struggling. The support will be in the form of grants and subsidies. The IHF has also announced that it will be hiring coaches to help teams improve their performance. The coaches will be hired from different parts of the country and will be provided with training and development opportunities. The IHF has also announced that it will be providing financial support to teams that are struggling. The support will be in the form of grants and subsidies. The IHF has also announced that it will be hiring coaches to help teams improve their performance. The coaches will be hired from different parts of the country and will be provided with training and development opportunities.

Deshbandhu

महिला हॉकी टीम की कप्तान निकी कौर ने कहा कि मिडफील्डर्स को फिटनेस को बनाए रखने के लिए नियमित रूप से व्यायाम करना चाहिए।

Hindustan Times

FAN FOLLOWING FOR HOCKEY CAN GROW IN THE COMING YEARS: SINGH

Hockey is a team sport that requires a lot of skill and teamwork. It is a sport that is growing in popularity in India. In the coming years, we can expect to see a lot more fans following the sport. This is because of the efforts of the Indian Hockey Federation and the Indian Hockey players. They are working hard to improve the sport and make it more popular in India. We can expect to see a lot more fans following the sport in the coming years.

Naya India

अजले दो रात में टॉप 5 में पहुंचना लक्ष्य: राशिका

अजले दो रात में टॉप 5 में पहुंचना लक्ष्य। राशिका ने कहा कि खिलाड़ियों को फिटनेस को बनाए रखने के लिए नियमित रूप से व्यायाम करना चाहिए।

The Hans India

अजले दो रात में टॉप 5 में पहुंचना लक्ष्य। राशिका ने कहा कि खिलाड़ियों को फिटनेस को बनाए रखने के लिए नियमित रूप से व्यायाम करना चाहिए।

The Statesman

अजले दो रात में टॉप 5 में पहुंचना लक्ष्य। राशिका ने कहा कि खिलाड़ियों को फिटनेस को बनाए रखने के लिए नियमित रूप से व्यायाम करना चाहिए।

Hindustan Times

Our parents are proud that we play hockey, says Savita

Michael Borkenstein

For Savita Savita Savita... The first I'd heard of her... "I never thought I'd be..."



Deshbandhu

मेरा लक्ष्य भारतीय हॉकी टीम का नियमित हिस्सा बने रहना : राजकुमार पाल

राजकुमार पाल

राजकुमार पाल का लक्ष्य... "मेरा लक्ष्य भारतीय हॉकी टीम का नियमित हिस्सा बने रहना है।"



राजकुमार पाल... "मेरा लक्ष्य भारतीय हॉकी टीम का नियमित हिस्सा बने रहना है।"

Political Business Daily

We're confident of winning a medal in Tokyo, says Akashdeep

BENGALURU, OCT 6

FORWARD Akashdeep Singh believes that the Indian men's hockey team is determined to win a medal in Tokyo Olympics slated to be held next year.



Games through the FIH Olympic Qualifiers last year. The national side also competed well against top sides such as Belgium, Netherlands and Australia in the FIH Pro League earlier this year.

stadiums provided to us by Hockey India and Sports Authority of India," he said.

"Practicing on a good turf with all the necessary facilities has helped us hone our techniques and become much better players and as a result, we have performed well consistently in the last few years," added the forward.

Akashdeep further pointed out that spotting and nurturing of talent across the country has been a big boost for the national side.

"We have had some young talents such as Rajkumar Pal and Vivek Sagar Prasad join our team in the last few years. Our team has a great balance of experienced players and new talents, which is the perfect blend for being successful in competitions," said the 25-year-old.

Dainik Bhaskar

बाराबरी के मौके मिलने से बुमन प्लेयर्स अच्छा कर सकेंगे: रानी

बाराबरी के मौके मिलने से बुमन प्लेयर्स अच्छा कर सकेंगे: रानी



बाराबरी के मौके मिलने से बुमन प्लेयर्स अच्छा कर सकेंगे: रानी

Deshbandhu

जर्मनी-बेल्जियम मैच से जान सकेंगे टीमों के संयोजन : हरमनप्रीत सिंह

हरमनप्रीत सिंह

जर्मनी-बेल्जियम मैच से जान सकेंगे टीमों के संयोजन



जर्मनी-बेल्जियम मैच से जान सकेंगे टीमों के संयोजन

The Hans India



Golden era for women's hockey in India: Navneet

Golden era for women's hockey in India: Navneet

The Hitavada

Team moving in right direction, says Lalit

Team moving in right direction, says Lalit



Team moving in right direction, says Lalit

The Times of India

The Times of India article snippet.

The Hans India

Aiming to hit top fitness levels post Covid: Surender Kumar

Aiming to hit top fitness levels post Covid: Surender Kumar

The Hindu

I have never felt so stressed: Mandeep

HOCKEY

I have never felt so stressed: Mandeep

I have never felt so stressed: Mandeep

I have never felt so stressed: Mandeep



Mandeep Singh



HOCKEY INDIA

TEAM BIRTHDAYS

SENIOR MEN

JUNIOR MEN

NOVEMBER

| | |
|--------------------|----|
| NILAM SANJEEP XESS | 07 |
| RUPINDER PAL SINGH | 11 |
| DILPREET SINGH | 12 |
| SURENDER KUMAR | 23 |

DECEMBER

| | |
|-----------------------|----|
| LALIT KUMAR UPADHYAY | 01 |
| CHINGLENSANA SINGH K. | 02 |
| AKASHDEEP SINGH | 02 |
| SUMIT | 20 |
| SIMRANJEET SINGH | 27 |

| | |
|------------------------|----|
| PRASHANT KUMAR CHAUHAN | 01 |
| SUDEEP CHIRMAKO | 05 |
| ANKIT PAL | 05 |
| PRABHJOT SINGH | 10 |
| UTTAM SINGH | 10 |
| SUNIL JOJO | 14 |
| NABIN KUJUR | 16 |
| RAHUL KUMAR RAJBHAR | 18 |
| SAHIL KUMAR NAYAK | 19 |
| AMANDEEP | 20 |
| YASHDEEP SIWACH | 26 |

SENIOR WOMEN

JUNIOR WOMEN

NOVEMBER

| | |
|----------------|----|
| MONIKA | 05 |
| NEHA GOYAL | 15 |
| RAJWINDER KAUR | 19 |

| | |
|-----------------|----|
| AKSHATA DHEKALE | 02 |
| F. RAMENMAWII | 08 |
| RUTUJA PISAL | 28 |

DECEMBER

| | |
|---------------------|----|
| BICHU DEVI KHARIBAM | 03 |
| RANI | 04 |
| NIKKI PRADHAN | 08 |
| JYOTI | 11 |
| RASHMITA MINZ | 16 |
| SALIMA TETE | 27 |

| | |
|------------------|----|
| MAHIMA CHOUDHARY | 06 |
| DEEPIKA | 06 |
| AJMINA KUJUR | 09 |
| ANNU | 12 |
| REET | 23 |
| VAISHNAVI PHALKE | 23 |
| SANGITA KUMARI | 24 |
| PREETI | 25 |



HOCKEY INDIA

IN FOCUS

VIVEK SAGAR PRASAD

Indian Men's Hockey Team

My age is: 20

My hometown is: Itarsi, Uttar Pradesh

I play as a: Midfielder

My debut was in: 2018

My most important target: Is to win an Olympic medal

My favourite workout is: Pull-ups

My favourite actor is: Nawazuddin Siddiqui

My favourite song is: In the End

My favourite cuisine is: Ghar ka Khana. Specifically aloo parantha.

My best sporting moment: Was when I scored the equalizing goal in the final of the Men's Rabobank Hockey Champions Trophy 2018

My idol is : Manpreet Singh

My dream destination is: Vaishno Devi

If I wasn't a hockey player, I would've been: an Engineer

My gym buddy is: Nilakanta Sharma and Suraj Karkera

My favorite outfit: Suit

Go to Karaoke song: Kal Ho Naa Ho

3 things I don't travel without: My cell phone, headphones, seat cushion

My 3 am buddy in the team: Nilakanta Sharma and Suraj Karkera

My cheat meal: Burger and Cheese Pasta





THE OFFICIAL APP OF HOCKEY INDIA (HI)

The official App of Hockey India gets you close to the action by providing direct access to latest news, schedules, results, photos and videos throughout the year.

Follow us to get easy access to scores, stats in addition to team and player information.

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- Fixtures & Results
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