

IIS Sports Academy – Progress Report (9th April to 10th May)

Overview:

From 9th April to 10th May, IIS Sports Academy has successfully conducted a dynamic and enriching series of training sessions and activities across multiple sports. The academy has witnessed active participation, improved performance, and remarkable enthusiasm among the students. The structured coaching and discipline-oriented approach have led to holistic growth—both physically and mentally.

1. Basketball

The basketball sessions have seen excellent student involvement and energy. Students are consistently developing teamwork, coordination, and strategic thinking through regular drills and friendly matches. Coaches have reported a marked improvement in passing accuracy, court awareness, and communication skills.

Benefits:

- Enhances hand-eye coordination and reflexes
- Builds strong team spirit and leadership
- Boosts physical stamina and decision-making under pressure



2. Volleyball

Volleyball coaching has been vibrant and highly engaging. Students are learning proper techniques for serving, spiking, and blocking, while also improving their timing and agility. Group drills have strengthened their cooperation and trust among peers.

Benefits:

- Develops quick reflexes and upper body strength
- Encourages teamwork and mutual respect
- Improves communication and concentration



Taekwondo sessions have become a hub of discipline and self-confidence. Students are learning various forms and sparring techniques under certified instructors. The martial art is not only sharpening their self-defense abilities but also enhancing their focus and mental strength.

Benefits:

- Builds self-discipline and self-control
- Boosts confidence and physical conditioning
- Encourages respect and mental alertness



4. Skating

Skating activities have brought a fresh wave of enthusiasm to the academy. Students are mastering basic to advanced skating techniques and improving posture, stability, and core strength. Their enthusiasm has made this sport one of the most popular in this season.

Benefits:

- Enhances balance and flexibility
- Improves lower body strength and endurance
- Builds self-confidence through individual performance



5. Football

Football remains one of the most energetic and fast-paced activities at the academy. Students are sharpening their ball control, passing, and game awareness skills. The sport is proving essential in fostering healthy competition and unity.

Benefits:

- Boosts cardiovascular health and agility
- Encourages team bonding and strategic thinking
- Enhances coordination and perseverance

**Special Achievements:**

The successful execution of this session has yielded tangible benefits for our academy. Our students were selected to represent the school in various inter-school tournaments held during April. Their participation and performance have been commendable and reflect the positive outcomes of consistent training and dedication.

Conclusion:

The IIS Sports Academy continues to be a beacon of growth and development for young athletes. Through structured training and a focus on discipline, teamwork, and individual improvement, students are gaining not only sports skills but also life skills. The enthusiasm and positive transformation seen in students across all games are a testament to the academy's success during this period.