

Carrom Activity STD II

JUNE:

1)GETTING TO KNOW CARROM

- Getting to know carrom
- What is carrom
- Benefits of carrom

JULY:

2)USE OF STANDARD EQUIPMENT IN CARROM

How to use carrom equipment like carom board, carrom men(carrom coin),Carrom striker, table stand, stool and chair,powder,nets , light pieces.

August:

3) GETTING TO KNOW ABOUT THE RULES OF CARROM BOARD

What are the rules for using middle circle, striking line, holes, circle on striking line, arrow showing on the carrom - Board

SEPTEMBER:

4) CARROM PLAY TECHNIQUES

- How to take position on carrom board while sitting ,how to pack carrom man
- How to play on base line
- How to releasing striker and maintain its speed

OCTOBER:

5)INTRODUCTION OF RULES

- Arranging players{ game in 2-4(two groups)
- Arranging of pieces, placing of the striker.

NOVEMBER:

Tip of techniques like about pieces, shooting style,Playing practice .

DECEMBER:

6) OPENING OR BREAK OF MATCH

- How to break a single match
- How to break a double match

JANUARY:

7) TO KNOW ABOUT VERITIES OF CARROM BOARD

To Know About Verities Of CarromBoard Like Chroma ,Elegant,A- One, Ekkon,Rosy,Exclusive,Delux. Playing practice .

FEBRUARY:

8) SEVEN USEFUL SHOTS IN CARROM

Practice of seven shots -Support shots ,double touch,brush shots,punch shots, cut shots, third pocket shots.

