

INTERNATIONAL THROWBALL FEDERATION

TTC in collaboration with ITF, Conducting

# COACHING CAMP & REFEREE CLINIC

**MAY 9<sup>TH</sup> - MAY 13<sup>TH</sup> 2025**

**3717 DAVIS DR, MORRISVILLE, NC 27560 - USA**





# About Triangle Throwball Club (TTC)

## Triangle Throwball Club (TTC)

A non profit sports organization committed to promoting the sport of Throwball in the Raleigh, Durham, Chapel Hill, Cary, Morrisville, Apex, Fuquay Varina, Holly springs, Wake forest, New Hill and more surrounding areas of Raleigh-North Carolina, USA by conducting trainings, open plays, leagues and tournaments following National and International throwball federation (ITF) standardized rules.



[www.trianglethrowballclub.com](http://www.trianglethrowballclub.com)



# TTC Vision and Mission

## Our Vision



To establish Triangle Throwball Club as a leading hub for throwball in the USA, promoting the sport at local, national, and international levels while fostering an inclusive and passionate community of players.

## Our Mission



Our mission is to grow the sport of throwball by organizing leagues, tournaments, and training programs that adhere to official standards. We aim to empower players of all backgrounds and skill levels, providing opportunities for personal and athletic development while building supportive and collaborative throwball community.



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# About ITF

## International Throwball Federation (ITF)

The ITF is the global governing body for the sport of Throwball. Headquartered in India, ITF is dedicated to standardizing the rules, promoting the sport across continents and organizing international level tournament and referee certifications. The federation works to bring together national bodies from around the world, ensuring uniformity in gameplay, coaching, and officiating. **With its growing presence in countries like the India, Sri Lanka, USA, Australia, Switzerland, France, Canada, New Zealand, Brazil, Singapore, and 22 more countries.** ITF's mission is to gain international recognition for throwball and eventually include it in major global sporting events. ITF's efforts are instrumental in giving athletes a clear roadmap from grassroots participation to elite, international competition.



# ITF's Future Goal



- The **International Throwball Federation (ITF)** envisions a future where Throwball is recognized as a globally competitive sport, played and celebrated across continents. One of ITF's primary goals is to achieve **official recognition by international sports authorities** such as the International Olympic Committee (IOC) and to pave the way for Throwball's inclusion in **continental games and, eventually, the Olympics**.
- ITF is working towards creating a **standardized global framework** for the sport, which includes coaching certification, referee pathways, structured national leagues, and international championships.
- ITF aims to provide athletes with **professional growth opportunities**, enabling them to represent their countries and compete at the highest level.
- The long-term vision is to transform Throwball from a niche sport into a widely played and respected international discipline.



# Throwball: A Team Sport on the Rise



**Throwball** is a fast-paced, team sport that blends elements of volleyball and netball, focusing on athleticism, coordination, and teamwork. Played between two teams of seven players on a rectangular court with a net in the center, the objective is to catch and throw the ball over the net within three seconds, aiming to make it land in the opponent's court. Unlike volleyball, players are not allowed to volley or hit the ball; instead, they must catch and throw it with precision and control.

Throwball promotes quick reflexes, strategic thinking, and team communication, making it an exciting and inclusive sport for players of all ages and skill levels.



# Why try Throwball?



## Fun & Fast-Paced

A dynamic sport that keeps you moving and engaged from start to finish.



## Fitness

Improves agility, coordination, reflexes, and overall health



## Teamwork & Leadership

Learn to communicate, strategize and support one another



## Opportunities to Grow

From beginner to international levels, you can go far!



## Family Friendly

Welcomes players from age 12+ to adults



# Objective

The primary objective of this camp is to build a strong foundation in throwball, both for players and aspiring referees, by providing structures training, exposure to standard rules and techniques in throwball.

In this camp, players and referees will have the unique opportunity to be coached by officials of International Throwball Federation (ITF). ITF is the global governing body for throwball, and coaches bring in-depth expertise and experience to the camp.



**Official Training:** Receive guidance on the standardized rules and techniques followed at international levels.

**Expert feedback:** Benefit from the knowledge of top-level coaches who have worked with national and international teams.

**Quality Standards:** Learn the same strategies, training methods, and skills that are used at the highest level of competition.

**Certification :** Potential for receiving certification or endorsement recognized by ITF, enhancing your credibility in the sport.

This unique coaching experience will not only improve your skills but also provide a competitive edge when participating in local league games, regional tournaments, and even national and international level events.



# Why Play, Promote and popularize?



## Physical Education

Often referred to as the '**Flying Game**,' this sport encourages **agility, fitness, and body control**, making it an ideal and **engaging activity** for children, adolescents, and adults in schools, colleges, and universities alike



## Social Education

With simple gameplay rules and minimal equipment, just a ball and a net, this game is accessible and enjoyable for people of all **genders, age groups, and economic backgrounds**, thereby fostering a sense of social unity among its players.



## Management Education

As a game that relies on **planning, strategy, and coordinated play**, it is enjoyed by both working professionals and recreational community players alike, promoting **team building, effective communication, and strong execution** skills among its participants.



# Why Play, Promote and popularize?



## Health Education

Research and studies highlight this game as a promising way to enhance **physical health** through the movement and **exercise** of **various body parts**, while also supporting **mental well-being** by engaging **both sides of the brain** during gameplay



# The Advantages

- Throwball is a short-duration game with a total playing time of just 50 minutes.
- It can be played both indoors and outdoors.
- It is one of the least expensive sports, requiring only a ball and a net.
- Throwball is a safe sport with very low chances of injury compared to other games.



# Camp Details

Camp offers



## Coaching Camp



The **Coaching camp** is a training program designed to enhance player's skills, focusing on game techniques, strategies, and teamwork, with guidance from experienced coaches, including ITF officials. It aims to help players of all levels improve their performance and prepare for leagues, tournaments.

## Referee Clinic



The **Referee clinic** is a specialized training for individuals interested in officiating throwball matches. It covers the rules, hand signals, decision-making, and match management, with certification opportunities to become a qualified referee for leagues and tournaments.



# Who can join?



## Coaching Camp :

- Open to players of **all skill levels**
- **For ages** 12 and above & adults
- Ideal for those looking to start playing throwball or improve their throwball skills or get involved in the sport.
- **Gender:** Open to all



## Referee Clinic :

- Open to anyone **ages** 12+ and above & adults
- Suitable for former players, sports enthusiasts, or anyone interested in becoming a certified referee.
- **No prior playing experience required.**



# Coaching Camp In Detail

May 9<sup>th</sup> to May 13<sup>th</sup> 2025



## Levels

Coaching Camp will be held for

- Beginner Level
- Intermediate Level
- Advanced level



## Coaching Camp Duration

Total Sessions : Min 3 to 5

Per Session : 2 to 3hrs

May 9<sup>th</sup> to May 13<sup>th</sup>

Minimum of 9-12hrs of coaching will be allocated for each level of participants.



# What do I learn in Coaching Camp?

01

**Agility**

06

**Throw Techniques**

11

**Positioning**

02

**Rules & Regulations**

07

**Left Throws**

12

**Stretegies**

03

**Dimentions**

08

**Dribling**

13

**Analysis**

04

**Serve Techniques**

09

**Ball Shooting**

05

**Catch Techniques**

10

**Footwork**

**& more....**



# Available dates & timings for Caoching Camp

May 9<sup>th</sup> to May 12<sup>th</sup> 2025

 **Note:**

The Coaching Camp will be planned only for the dates and timings mentioned below , Final schedule will be planned based on the number of registrations. Please keep yourself available for all these dates.

DATE	DAY	PART OF THE DAY	TIME	SESISON / TYPE	LOCATION
09th May, 2025	Friday	Evening	6:00 PM - 9:00 PM	Indoor	NETSPORTS
10th May, 2025	Saturday	Morning	8:00 AM - 11:00 AM	Indoor	NETSPORTS
10th May, 2025	Saturday	Evening	6:00 PM - 9:00 PM	Indoor	NETSPORTS
11th May, 2025	Sunday	Morning	8:00 AM - 11:00 AM	Indoor	NETSPORTS
11th May, 2025	Sunday	Evening	6:00 PM - 8:00 PM	Outdoor	Yet to confirm
12th May, 2025	Monday	Evening	9:00 PM - 10:30 PM	Indoor	NETSPORTS
13th May, 2025	Tuesday	Evening	6:00 PM - 8:00 PM	Outdoor	Yet to confirm



# What do i get after the Coaching Camp?



## Improved Skills

Strong foundation in techniques, game rules, and strategies



## Game Confidence

Readiness to play in leagues or try out for tournament teams, local, national or international tournaments



## Certification of participation

For those who completed the coaching camp



## Guidance for next steps

Personalized feedback on what to work on and how to grow in the sport.



# Referee Clinic In Detail

May 10<sup>th</sup>, 2025

**Referee Clinic consists of three  
mains sections**



## Theroretical Session

- An in-depth discussion on the rules, regulations, and responsibilities of a throwball referee.
- Q&A session to clarify any doubts or queries

## Practical Session

- Hands-On training and demonstrations on referreing techniques, positioning, and decision-making.
- Participants will engage in practical scenarios to apply the learned concepts.

## Certification Exam

- After competing the theoretical and practical sessions, participants will take an exam consisting of 100 questions.
- To pass the exam, you must achieve a minimum score of 50.
- Certification Level :
  - Level-1 Referee



# Referee Clinic Schedule (Fixed)

May 10<sup>th</sup>, 2025



**Note:**

Referee Clinic schedule is final and fixed. Please plan accordingly.



DATE	DAY	PART OF THE DAY	TIME	SESISON / TYPE	LOCATION
10th May, 2025	Saturday	Afternoon	1:00 PM - 3:00 PM	Theoretical / Classroom	NETSPORTS
10th May, 2025	Saturday	Afternoon	3:00 PM - 4:30 PM	Practical / Court	NETSPORTS
10th May, 2025	Saturday	Evening	4:30 PM - 4:45 PM	BREAK	
10th May, 2025	Saturday	Evening	4:45 PM - 5:30 PM	Exam / Classroom	NETSPORTS



# How to Register

## Registration Link

[Click Here](#) to Register



## FAQs

[Click Here](#)

## Payment

Payment must be made to Triangle Throwball Club via Zelle or Paypal. Details in registration form

## Refund

No refunds once registered (unless event is canceled by TTC)



# Meet Us

Come connect with the passionate TTC Board members and the esteemed ITF officials visiting from India, who are here to coach, guide, and uplift the level of throwball in our community.



**Latha Siva**

President / Treasurer  
Triangle Throwball Club (TTC)



**Dr. S. Mani**

Vice-President  
International Throwball Federation  
(ITF)



**Dr. P. Ramu**

Convener, Technical Committee  
International Throwball Federation  
(ITF)



**Prathyusha Rudraraju**

Vice-President  
Triangle Throwball Club (TTC)






**Apoorva Gonuguntala**

Executive-Director  
Triangle Throwball Club (TTC)



# Our Contact Information

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-  [www.trianglethrowballclub.com](http://www.trianglethrowballclub.com)
-  [www.instagram.com/trianglethrowballclub](https://www.instagram.com/trianglethrowballclub)





# THANK YOU FOR YOUR ATTENTION

Your support fuels our mission to elevate throwball to new heights. Together, we are building a stronger, more inclusive community – One serve a a time.

