



# **BHARATI VIDYAPEETH (DEEMED TO BE UNIVERSITY)**

## **COLLEGE OF PHYSICAL EDUCATION**

Dhankawadi, Pune-411 043 (Maharashtra),

Tel.020-24373741

## **REACCREDITED 'A+' GRADE BY NAAC**

**Diploma in Sports Coaching  
(Football)  
(2 Semester Programme)**

**CURRICULUM FRAMEWORK**

**BHARATI VIDYAPEETH (DEEMED TO BE UNIVERSITY), PUNE**  
**College of Physical Education**

Dhankawadi, Pune-411 043 (Maharashtra),  
Tel.020-24373741

**I. Title:**

- A. Name of the Programme: Diploma in Sports Coaching (Football)**
- B. Nature & duration of the Programme : FULLTIME- Diploma Programme of One Year**

**II. Introduction:**

The Diploma in Sports Coaching (Football) is a full time One-year diploma program offered by Bharati Vidyapeeth (Deemed to be University), Pune

**III. Rationale for Syllabus revision:**

The One year Diploma in Sports Coaching (Football) prepares a student for a career in sports industry and coaching. The Sports Industry in India is growing by leaps and bounds. As per the FICCI Vision document 2022 India is going to need 4.4 million trained manpower in the Sports Industry.

**IV. Vision Statement of Diploma in Sports Coaching (Football) Programme To**

facilitate creation of Dynamic and Effective Sports Coaching Professionals who can transform Sports coaching sector and caters to the needs of the society and contribute towards Nation building and Sports Culture.

**V. Eligibility for Admission to this Course:**

Admission to the course is open to students passed 10+2 of any recognized board satisfying the following conditions:

1. The candidate should have secured at least passed in aggregate at board examination.
2. Admission will be on first come first serve basis.
3. At least participation in inter-school taluka /district school level competition

## **VI. Teaching Outcome**

1. The ability to search, collect, analyse & organize information, concepts, ideas & to convey those ideas clearly & fluently, both theoretically & practically in coaching.
2. Students will be able to identify & describe the contours & stakes of Football
3. Students will learn about various means and its implementation in Football training.
4. The knowledge and respect of ethics and ethical standard in relation to organization of Session effectively and efficiently.
5. Help the students to analyze major competition performances and utilizing that gained Knowledge into their success.

## **VII. Structure of the Program:**

The Diploma in Sports coaching (Football) is of 48 credits, which need minimum one years divided into two semesters to complete. The medium of instruction & examination will be Marathi, Hindi & English. A student would be required to complete the course within five academic years from the date of admission.

### **A. Credits:**

The definition of credits is based on the following parameters;

1. Learning hours put in by the learner
2. Learning outcomes
3. Contents of the syllabus prescribed for the course etc.

In this system each credit can be described as a combination of 03 (**THREE**) components such as Lectures (L) + Tutorials (T) + Practice (P)

These components are further elaborated for an effective teaching learning process;

1. Lectures (L): Classroom lectures delivered by Faculty member in an interactive mode.

2. Tutorials (T): Sessions that includes participatory discussions, presentations by the students, case study discussions etc.
3. Practice (P): It includes LAB sessions for IT related courses & Business Communication practice sessions for courses like Sports Education, Statistics and field assignments etc.

**B. Scheme of Examination:**

Courses having Internal Assessment (IA) and University Examinations (UE) shall be evaluated by the respective institutes and the University at the term end for 40 (forty) and 60 (Sixty) Marks respectively. The total marks of IA and UE shall be 100 Marks and it will be converted to grade points and grades.

Courses having **only Internal Assessment (IA)** the respective institutes will evaluate the students in various ways such as **Class Test, Presentations, Field Assignments and Mini Projects** for a total of 100 marks during the term. Then the marks will be converted to grade points and grades,

Internship report shall be submitted to college after completion.

**C. Components of continuous evaluation system:**

Following are the suggested components of CES,

1. Case Study / Situation Analysis- (Group Activity or Individual Activity)
2. Attendance
3. Class Test
4. Field Assignment
5. Role play
6. Industry Analysis (Group Activity or Individual Activity)
7. Business plan
8. Quiz
9. Workbook / scrapbook

#### D. Grading System

The Faculty of Arts Science and Commerce, Bharati Vidyapeeth (Deemed to be University) has suggested the use of a 10-point grading system for all programmes designed by its different Board of Studies.

**Standard of Passing:** For all courses, both UE and IA constitute separate heads of passing (HoP). In order to pass in such courses and to earn the assigned credits, the learner must obtain a minimum grade point of 5.0 (40% marks) at UE and also a minimum grade point of 5.0 (40% marks) at IA.

If learner fails in IA, the learner passes in the course provided, he/she obtains a minimum 25% marks in IA & GPA for the course is at least 6.0 (50% in aggregate). The GPA for a course will be calculated only if the learner passes at UE.

A student who fails at UE in a course has to reappear only at UE as backlog candidate and clear the Head of Passing. Similarly, a student who fails in a course at IA he has to reappear only at IA as backlog candidate and clear the Head of Passing. To secure the GPA required for passing.

The 10 point Grades and Grade Points according to the following table

Range of Marks (%)	Grade	Grade Point
$80 \leq \text{Marks} \leq 100$	O	10
$70 \leq \text{Marks} \leq 80$	A+	9
$60 \leq \text{Marks} \leq 70$	A	8
$55 \leq \text{Marks} \leq 60$	B+	7
$50 \leq \text{Marks} \leq 55$	B	6
$40 \leq \text{Marks} \leq 50$	C	5
Marks < 40	D	0

The performance at UE and IA will be combined to obtain GPA (Grade Point Average) for the course. The weights for performance at UE and IA shall be 60% and 40% respectively.

GPA is calculated by adding the UE marks out of 60 & IA marks out of 40. The total marks out of 100 are converted to grade point, which will be the GPA.

Formula to calculate Grade Points (GP)

Suppose that “Max” is the maximum marks assigned for an examination or evaluation, based on which GP will be computed. In order to determine the GP, Set  $x = \text{Max}/10$  (since we have adopted 10 point system). Then GP is calculated by the following formulas

Range of Marks	Formula for the Grade Point
$8x \leq \text{Marks} \leq 10x$	10
$5.5x \leq \text{Marks} \leq 8x$	Truncate $(M/x) + 2$
$4x \leq \text{Marks} \leq 5.5x$	Truncate $(M/x) + 1$

Two kinds of performance indicators, namely the Semester Grade Point Average (SGPA) and the Cumulative Grade Point Average (CGPA) shall be computed at the end of each term. The SGPA measures the cumulative performance of a learner in all the courses in a particular semester, while the CGPA measures the cumulative performance in all the courses since his/her enrollment. The CGPA of learner when he /she completes the programme is the final result of the learner.

The SGPA is calculated by the formula

$$\text{SGPA} = \frac{\sum C_k * GP_k}{\sum C_k}$$

Where,  $C_k$  is the Credit value assigned to a course and  $GP_k$  is the GPA obtained by the learner in the course. In the above, the sum is taken over all the courses that the learner has undertaken for the study during the Semester, including those in which he/she might have failed or those for which he/she remained absent. The SGPA shall be calculated up to twodecimal place accuracy.

The CGPA is calculated by the following formula

$$\text{CGPA} = \frac{\sum C_k * GP_k}{\sum C_k}$$

Where,  $C_k$  is the Credit value assigned to a course and  $GP_k$  is the GPA obtained by the learner in the course. In the above, the sum is taken over all the courses that the learner has undertaken for the study from the time of

his/her enrollment and also during the semester for which CGPA is calculated. The CGPA shall be calculated up to two decimal place accuracy.

The formula to compute equivalent percentage marks for specified CGPA:

% marks (CGPA)	10*	CGPA-10	If 5.00 ≤ CGPA ≤ 6.00
	05*	CGPA+20	If 6.00 ≤ CGPA ≤ 8.00
	10*	CGPA-20	If 8.00 ≤ CGPA ≤ 9.00
	20*	CGPA-110	If 9.00 ≤ CGPA ≤ 9.50
	40*	CGPA-300	If 9.50 ≤ CGPA ≤ 10.00

#### **E. Award of Honors:**

A student who has completed the minimum credits specified for the programme shall be declared to have passed in the programme. The final result will be in terms of letter grade only and is based on the CGPA of all courses studied and passed. The criteria for the award of honors are given below.

<b>Range of CGPA</b>	<b>Final Grade</b>	<b>Performance Descriptor</b>	<b>Equivalent Range of Marks (%)</b>
9.5≤CGPA ≤10	O	Outstanding	80≤Marks≤100
9.0≤CGPA ≤9.49	A+	Excellent	70≤Marks≤80
8.0≤CGPA ≤8.99	A	Very Good	60≤Marks≤70
7.0≤CGPA ≤7.99	B+	Good	55≤Marks≤60
6.0≤CGPA ≤6.99	B	Average	50≤Marks≤55
5.0≤CGPA ≤5.99	C	Satisfactory	40≤Marks≤50
CGPA below 5.0	F	Fail	Marks below 40

#### **F. ATKT Rules:**

A student is allowed to carry any number of backlog papers of Semester I to Semester II. However, Student needs to clear all the paper in Semester II for completion of Diploma.

### G. Question Paper Pattern for University Examinations

The pattern of question paper for the courses having University Examinations will be as follows:

Title of the Course		
<b>Date:</b>		<b>Total Marks: 60</b>
<b>Day:</b>		<b>Time: 03 Hours</b>
<b>Instructions:</b>		
A. All Questions are compulsory B. Numbers to the right indicate full marks		
It should contain 09 questions covering the syllabus & should test the Conceptual knowledge of the students.		
<b>Question</b>		<b>Marks</b>
Q. 1		12 marks
OR		
Q. 1		12 marks
OR		
Q. 2		12 marks
OR		
Q. 2		12 marks
Q. 3		12 marks
OR		
Q. 3		12 marks
OR		
Q. 4		
OR		
Q. 4		
OR		
Q. 5	Write short notes (any 3)	(3x4 marks)
	A.	
	B.	
	C.	
	D.	

### H. Structure of the Syllabus

The Diploma in Sports Coaching (Football) Programme as per Semesters, Credits and Marks is as follows:



**CURRICULUM FRAMEWORK FOR**  
**DIPLOMA IN SPORTS COACHING (FOOTBALL)**  
**(2 SEMESTERS)**

**I- Semester**

**PART-A: THEORY COURSES:**

Subject Code	Courses	University Exam	Internal Assessment	Total	Lecture	Credits
DC/FB/SEM 1/HC/01	Anatomy, Physiology & Biomechanics	60	40	100	60	4
<b>Elective</b>						
DC/FB/SEM 1/ EC/02	Introduction to Football training	60	40	100	60	4
DC/BB/SEM 1/ EC/03	Historical Development of Sports & Football	60	40	100	60	4

**NOTE:** HC- Hard Core/Compulsory Course; EC: Elective Course, PC: Practical Course, PR: Project Report, LP: Lesson Plan,

**PART-B: PRACTICAL COURSES:**

Subject Code	Courses	University Exam	Internal Assessment	Total	Lecture	Credits
DC/FB/SEM 1/PC/01	Conditioning	60	40	100	60	4
DC/FB/SEM 1/PC/02	Skill Development in Football	60	40	100	60	4
DC/FB/SEM 1/ PC/03	Sports Training in Football	60	40	100	60	4

**PART-C: PROJECT REPORT**

<b>Subject Code</b>	<b>Courses</b>	<b>University Exam</b>	<b>Internal Assessment</b>	<b>Total</b>	<b>Lecture</b>	<b>Credits</b>
<b>DC/FB/SEM 1/PR/01</b>	Project	60	40	100	--	2

**PART-D: LESSON PLAN**

<b>Subject Code</b>	<b>Courses</b>	<b>University Exam</b>	<b>Internal Assessment</b>	<b>Total</b>	<b>Lecture</b>	<b>Credits</b>
<b>DC/FB/SEM 1/LP/01</b>	Basic Lesson Plan in Football 4 Ground Lesson 2 Theory Lesson	60	40	100	--	2

**CURRICULUM FRAMEWORK FOR**  
**DIPLOMA IN SPORTS COACHING (Football)**  
**(2 SEMESTERS)**

**II- Semester**

**PART-A: THEORY COURSES:**

Subject Code	Courses	University Exam	Internal Assessment	Total	Lecture	Credits
DC/FB/SEM 2/HC/01	Development of Football Players	60	40	100	60	4
<b>Elective</b>						
DC/FB/SEM 1/ EC/01	Specialized Training In Football	60	40	100	60	4
DC/BB/SEM 2/ EC/02	Sports Injury and Rehabilitation	60	40	100	60	4

**NOTE:** HC- Hard Core/Compulsory Course; EC: Elective Course, PC: Practical Course, LP: Lesson Plan, In: Internship

**PART-B: PRACTICAL COURSES:**

Subject Code	Courses	University Exam	Internal Assessment	Total	Lecture	Credits
DC/FB/SEM 2/PC/01	Conditioning in Football	60	40	100	60	4
DC/FB/SEM 2/PC/02	Technique development & Drill Design	60	40	100	60	4
DC/FB/SEM 2/ PC/03	Officiating with Rules & Regulations	60	40	100	60	4

### **PART-C: Internship**

<b>Subject Code</b>	<b>Courses</b>	<b>University Exam</b>	<b>Internal Assessment</b>	<b>Total</b>	<b>Lecture</b>	<b>Credits</b>
<b>DC/FB/SEM 1/IN/01</b>	Internship	60	40	100	--	2

### **PART-D: ADVANCE LESSON PLAN**

<b>Subject Code</b>	<b>Courses</b>	<b>University Exam</b>	<b>Internal Assessment</b>	<b>Total</b>	<b>Lecture</b>	<b>Credits</b>
<b>DC/FB/SEM 2/LP/01</b>	Advanced Lesson Plan 4 Ground Lesson 2 Theory Lesson	60	40	100	--	2

## **Summary**

<b>Semester</b>	<b>Total Credits</b>	<b>Total Marks</b>
Semester I	24	700
Semester II	24	700
<b>Total</b>	<b>48</b>	<b>1400</b>

**Semester**

**I**

# **SYLLABUS FOR DIPLOMA IN SPORTS COACHING (FOOTBALL)**

## **SEMESTER I – THEORY COURSES**

### **Paper- I: - Anatomy, Physiology & Biomechanics**

#### **UNIT-I : Introduction**

- A. Introduction of Basic concepts of Anatomy
- B. Structure and functions of the cell.
- C. Tissues and their classification.
- D. Basic introduction of body systems.

#### **UNIT-II :- A) Skeleto Muscular Systems**

- 1. Classification of Skeletal system.
- 2. Types and structure of bones.
- 3. Different types of joints.
- 4. Classification of Muscle
- 5. Types of Muscles

#### **B) Respiratory and Digestive System**

- 1. Meaning and types of Respiration, Organs of Respiratory System.
- 2. Functions of Respiratory System, Vital capacity and its measurement. Mechanism of Respiration
- 3. Meaning, importance and organs of the Digestive System.
- 4. Functions, processes, and mechanisms of Digestive System.

#### **UNIT-III :- Fundamental Concept of Anatomy and Physiology**

- A. Classification of Joints and Muscles
- B. Types of Muscle Contractions Posture – Meaning,
- C. Types and Importance of good posture.
- D. Fundamental concepts of following terms- Angle of Pull, All or None Law, Reciprocal.

#### **UNIT-IV :- Biomechanical Concepts**

- A. Force - Meaning, definition, types and its application to sports activities
- B. Lever - Meaning, definition, types and its application to human body.
- C. Newton's Laws of Motion – Meaning, definition & its application to sports activities.
- D. Projectile – Factors influencing projectile trajectory.

#### **Reference:-**

1. Arun Kumar Tyagi, (2010). "Football Skills & Rules" Khel Sahitya Kendra I.S.B.N 81-7524-572-7
2. Dr. N.P Sharma, (2016). "Football Skills & Techniques", Khel Sahitya Kendra I.S.B.N 978-81-7524-403-8
3. N.Kumar, (2016). "Play & Learn Football", Khel Sahitya Kendra, I.S.B.N 978-81-7524-171-3
4. Dr. Anindita Das, (2016), " Football", Sports Publication I.S.B.N 978-81-7879-902-5
5. Geoffrey R. Scott, (2016), " Football Rising to the Challenge", I.S.B.N 0-7637-3376-8
6. Adam Ward & Trevor Lewin, (2002). " Junior Football- A complete Coaching Guide for the Young Player," I.S.B.N 0753708833
7. Narendera Kuma, (2006). " Complete Book of Soccer", Anmol Publications Pvt. Ltd I.S.B.N 81-261-2867-4
8. Ronnie Glavin, (1988), "How to Play Soccer." Published by Guinness Book I.S.B.N 0-85112-361-9

## **Paper- II: - Introduction to Football training**

### **UNIT- I: - Strength and conditioning**

- A. Warm Up-Importance of Warm-up, Principles & Methods
- B. Strength- Maximum Strength, Explosive Strength, Strength Endurance
- C. Endurance- Cardio Vascular Endurance, Muscular Endurance
- D. Speed – Movement Speed and Speed Endurance
- E. Flexibility – Elasticity and Extensibility, Static & Dynamic
- F. Agility

### **UNIT- II: - Rules, Regulations, Officiating, Facility Management**

- A. Ground Marking and laws of football
- B. Qualities & Qualification of officials
- C. Mechanics of Officiating
- D. Developmental trends in facilities and technical equipment.
- E. Construction and maintenance of playfields,
- F. Playing/training facilities, training equipment.

### **UNIT- III :- Coach- Roles, Ethics and Behaviour**

- A. The role of the coach
- B. Personal characteristics
- C. Communication skills.
- D. Being positive, coaching skills, Coach's responsibilities
- E. Sport Functions of the Coach
- F. Developing a Top Class Team, Scouting, Game Preparation, Avoid exhaustion, Position of coach

### **UNIT- IV: - Requisites of the Football player & Football for Beginners:**

- A. Ki anthropometric requirements. Motor qualities are required as per modern trends.
- B. Psychological and sociological abilities required.
- C. Technical and tactical abilities required as per modern trends.
- D. Importance of football for children and Innovative training for children
- E. Methodical way to learn step by step
- F. The Approach Football through the game



## References:-

1. Allen wade, (1967). "The F.A Guide to training and coaching", ISBN: 0434835501.
2. Arpad Csanadi, (1972). "Soccer: Techniqu, Tactics, Coaching, Corvina Press."
3. Bill Beswick, (2010). "Focused for soccer", 2<sup>nd</sup> Edition Human Kinetics, ISBN-139780736090261.
4. Bobby Moffat, (1985). "The Basic Soccer Guide, collier books", ISBN- 13: 9780020287803.
5. Thomas Reilly and A Marak Williams. (2003). "Science and Soccer, Routledge London", ISBN- 0.203.41755-0.

## **Paper- III: - Historical Development of Sports & Football**

### **UNIT- I: - Origin of Football**

- A. Origin and development of Football in the world,
- B. Development of Football in Asia
- C. Development of Football in India.
- D. FIFA , AFC, AIU, Khelo India Games

### **UNIT- II: - Championships in Football**

- A. Olympic Games,
- B. World Championships.
- C. FIFA Asian Games,
- D. Asian Championship,
- E. National Championships.

### **UNIT- III: - Organization of competitions and drawing of fixtures.**

- A. Olympic Games
- B. FIFA,
- C. National Championships
- D. Organization governing football at various levels

#### **UNIT- IV: - Status of Football**

- B. Present Status of Football in India
- C. Leagues of Football around the world
- D. Future of Football in India

#### **References:-**

1. Allen wade, (1967). "The F.A Guide to training and coaching", ISBN: 0434835501.
2. Arpad Csanadi, (1972). "Soccer: Techniqu, Tactics, Coaching, Corvina Press."
3. Bill Beswick, (2010). "Focused for soccer", 2<sup>nd</sup> Edition Human Kinetics, ISBN-139780736090261.
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5. Thomas Reilly and A Marak Williams. (2003). "Science and Soccer, Routledge London", ISBN- 0.203.41755-0.

## **SEM- I: - PRACTICAL COURSES**

### **A. Conditioning**

- General warming up procedures, methods and forms of exercise.
- Specific warming up procedures, means & methods of exercises/drills.
- Free hand exercise/ callisthenic exercises.
- Development of basic endurance.
- Development of basic strength.
- Development of basic speed.
- Development of flexibility.
- Development of coordination abilities.

### **B. Skill Development in Football**

- Kicks– Kicking with the inside of the foot
  - Kicking with the instep of the foot
  - Kicking with the outer instep of the foot
  - lofted kick
- Trapping
  - Trapping Rolling ball with the inside, sole and instep of the foot.
  - Trapping bouncing ball with the sole.
- Dribbling
  - With the instep of the foot.
  - With combination of Inner instep & outer instep.
  - With the outer instep of the foot.
- Heading- Heading from standing
  - Heading with running.
  - Heading with jumping
- Throw In-
- Tackling
  - Simple Tackling
  - Slide Tackling
- Goal Keeping
  - Collection of balls
  - Ball Clearance – Kicking, Throwing and Deflecting
- Playing offensive
- Playing defensive

### **C. Sports Training in Football**

Skill related physical fitness in Football (Endurance, strength, speed, flexibility, cooling down)

- Training load,
- Mental Abilities
- Competitive strength, performance pressure, relaxation
- Tactics

- Tactics in general,
- Tactics in Football,
- Individual tactics,
- Group tactics,
- Team tactics
- Technique and Coordination

Technique in general, technique in Football, technique training, increasing performance, training tips, monitoring, evaluation, muscle sense, coordinative abilities, exercises

## **PROJECT REPORT**

Students need to prepare Project based on Football as per discussion with the guide.

## **LESSON PLAN**

Students need to prepare 6 lesson plans in this semester-

- 4 lesson plans will be practical ground lessons
- 2 lesson plans will be practical theory lessons on Football

**Semester**

**II**

## **SEMESTER II – THEORY COURSES**

### **Paper- I: - Development of football Players**

#### **UNIT I Talent Identification and development in Football:**

- A. Principles, procedures and criteria for scouting talent.
- B. Systematic development of the identified talent on the long-term basis
- C. Steps for periodical monitoring of the progress of talent.

#### **UNIT II Selection of the team:**

- A. Criteria, methods of selection of a player.
- B. Procedure of selection of a players.
- C. Criteria and principles of selecting starting five.
- D. Criteria and principles of selecting a team.

#### **UNIT III Planning and periodization of training in Football:**

- A. Long term plan – aims and contents of training, methods and means of training various elements.
- B. Annual plan (periodization of training)
  - 1. Aims and contents of training in various periods
  - 2. Single periodization
  - 3. Double periodization
  - 4. Multiple periodization
- C. Schedule of training
  - a. Weekly schedule
  - b. Daily schedule (daily practice program)

#### **UNIT IV Psychological preparation of a Football player:**

- B. Principle & methods of development of mental (intellectual) pre-requisite.
- C. Psychological preparation of a player and team for high-intensity training.
- D. Psychological preparation of a team and player for competitions at various levels.

## **Reference:-**

1. Arun Kumar Tyagi, (2010). "Football Skills & Rules" Khel Sahitya Kendra I.S.B.N 81-7524-572-7
2. Dr. N.P Sharma, (2016). "Football Skills & Techniques", Khel Sahitya Kendra I.S.B.N 978-81-7524-403-8
3. N.Kumar, (2016). "Play & Learn Football", Khel Sahitya Kendra, I.S.B.N 978-81-7524-171-3
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5. Geoffrey R. Scott, (2016), " Football Rising to the Challenge", I.S.B.N 0-7637-3376-8
6. Adam Ward & Trevor Lewin, (2002). " Junior Football- A complete Coaching Guide for the Young Player," I.S.B.N 0753708833
7. Narendera Kuma,(2006). " Complete Book of Soccer", Anmol Publications Pvt. Ltd I.S.B.N 81-261-2867-4
8. Ronnie Glavin, (1988), "How to Play Soccer." Published by Guinness Book I.S.B.N 0-85112-361-9

## **Paper-II Specialized training in Football**

### **UNIT I Motor abilities and specialized training in Football**

- A. Methods and means of determining the specific motor abilities
- B. Requirements of specific motor differences
- C. Methods and means of development of specific motor abilities
- D. Means for evaluation of progress in the development of specific motor abilities (Specific fitness)

#### **Specialized training:**

- Women Football players
- 

### **UNIT II Competitions in Football:**

- A. Planning of build-up competitions (practice matches) with specific tasks
- B. Strategy in Football - Definition differences between tactics and strategy, playing strategy (general principles).
- C. Preparation for a match
  1. Pep talk (psychological preparation as well as tactical assignments)
  2. Game plan/strategy
  3. Competition warm-up
  4. Managing the team during a match (coaching during the game).
  5. Methods and means of recording competition performance- Shot-charts, analysis of video recording, observation chart etc.



### **UNIT III Tactics in Football – Team tactics and its development:**

- A. Descriptive analysis of basic & advanced offensive team tactics & systems.
- B. Advantages and dis-advantages of various offensive and defensive team tactics.
- C. Principles of applying different offensive and defensive tactics.
- D. Methods and means of training offensive and defensive tactics.
- E. Trends in development of training and coaching aids and use of coaching aids for the development of tactics.
- F. Means for evaluation of progress in team tactics.
  - 1. Performance in practices matches
  - 2. Performance in competition matches
- G. Coaches observations reports.

### **UNIT IV Competitions plan in Football**

- A. Planning of build-up competitions (practice matches) with specific tasks
- B. Scheduling proper recovery before competition Day
- C. Strategy in Football game- tactics & strategy
- D. Preparation of the team for the match
- E. Managing the team during the game
- F. competitions – training coordination
- G. Match Analysis and evaluation head coach supporting team

### **Reference:-**

1. Arun Kumar Tyagi, (2010). "Football Skills & Rules" Khel Sahitya Kendra I.S.B.N 81-7524-572-7
2. Dr. N.P Sharma, (2016). "Football Skills & Techniques", Khel Sahitya Kendra I.S.B.N 978-81-7524-403-8
3. N.Kumar, (2016). "Play & Learn Football", Khel Sahitya Kendra, I.S.B.N 978-81-7524-171-3
4. Dr. Anindita Das, (2016), " Football", Sports Publication I.S.B.N 978-81-7879-902-5
5. Geoffrey R. Scott, (2016), " Football Rising to the Challenge", I.S.B.N 0-7637-3376-8
6. Adam Ward & Trevor Lewin, (2002). " Junior Football- A complete Coaching Guide for the Young Player," I.S.B.N 0753708833
7. Narendera Kuma,(2006). " Complete Book of Soccer", Anmol Publications Pvt. Ltd I.S.B.N 81-261-2867-4
8. Ronnie Glavin, (1988), "How to Play Soccer." Published by Guinness Book I.S.B.N 0-85112-361-9

# **Paper III Sports Injuries and rehabilitation**

## **UNIT I – Therapeutic Exercises**

- A. Definition and Principles of therapeutic exercises
  - 1. Coordination exercise
  - 2. Balance training exercise
  - 3. Strengthening exercise
  - 4. Mobilization exercise
  - 5. Gait training
  - 6. Gym ball exercise
  - 7. Injuries: acute, sub-acute, and chronic.
- B. Advantages and Disadvantages of PRICE, PRINCE therapy
- C. Aquatic therapy

## **UNIT II – Basic Rehabilitation**

- A. Basic Rehabilitation
- B. Strapping/Tapping
- C. Isotonic, Isokinetic, isometric stretching
- D. Advantages, dangers of stretching
- E. Manual muscle grading

## **UNIT III – Spine Injuries and Exercise Head**

- A. Neck and Spine injuries
- B. Rotation injuries
- C. Free hand exercises
- D. Stretching and strengthening exercise for head neck, spine
- E. Supporting & aiding techniques & equipment for Head, Neck & Spine injuries

## **UNIT IV – Upper Extremity Injuries and Exercise**

- A. Upper Limb and Thorax Injuries: Shoulder: Sprain, Strain, Dislocation, and Strapping
- B. Elbow: Sprain, Strain, Strapping. Wrist and Fingers: Sprain Strain, Strapping. Thorax, Rib fracture

## **Reference:-**

1. Arun Kumar Tyagi, (2010). "Football Skills & Rules" Khel Sahitya Kendra I.S.B.N 81-7524-572-7
2. Dr. N.P Sharma, (2016). "Football Skills & Techniques", Khel Sahitya Kendra I.S.B.N 978-81-7524-403-8
3. N.Kumar, (2016). "Play & Learn Football", Khel Sahitya Kendra, I.S.B.N 978-81-7524-171-3
4. Dr. Anindita Das, (2016), " Football", Sports Publication I.S.B.N 978-81-7879-902-5
5. Geoffrey R. Scott, (2016), " Football Rising to the Challenge", I.S.B.N 0-7637-3376-8
6. Adam Ward & Trevor Lewin, (2002). " Junior Football- A complete Coaching Guide for the Young Player," I.S.B.N 0753708833
7. Narendera Kuma,(2006). " Complete Book of Soccer", Anmol Publications Pvt. Ltd I.S.B.N 81-261-2867-4
8. Ronnie Glavin, (1988), "How to Play Soccer." Published by Guinness Book I.S.B.N 0-85112-361-9

## **SEM- II: - PRACTICAL COURSES**

### **A. Conditioning in Football**

- General warming up procedures, methods and forms of exercise.
- Specific warming up procedures, means & methods of exercises/drills.
- Free hand exercise.
- Development of endurance.
- Development of strength.
- Development of speed.
- Development of flexibility.
- Development of coordination abilities.

### **B. Technique development & Drill Design**

1. Individual defensive techniques – stance, feet movements, arm position etc.
  - Individual defensive tactics while guarding a player with the ball:
    - Player in triple threat position (perimeter)
    - While guarding the dribbler
    - Player had complete the dribble (perimeter)
    - High post with ball
    - Low post with ball
2. Individual defensive tactics while guarding a player without ball:
  - At the perimeter (strong side and weak side)
  - High post position (strong side and weak side)
  - Low post position (strong side and weak side)

### **C. Officiating with Rules and Regulations (Hand signals & Score sheet)**

All the rules and regulation as per International Football Federation

<https://www.fifa.com/fifa-documents/official-football-rules-yellow/2020.pdf>

## **INTERNSHIP**

Students need to do Internship in Football clubs or teach football in school or Society for 4 weeks.

## **ADVANCED LESSON PLAN**

Students need to prepare 6 advance lesson plans in this semester-

- 4 lesson plans will be practical ground lessons
- 2 lesson plans will be practical theory lessons on football.