

**MAHARASHTRA STATE BOARD OF VOCATIONAL EDUCATION EXAMINATION,
MUMBAI -51**

1	Name of Syllabus	C.C.IN BASIC FOOTBALL LEVEL - 1 (404109)																																									
2	Max. Nos of Student	25 students.																																									
3	Duration	6 Month																																									
4	Type	Part Time																																									
5	Nos Of Days / Week	6 Days																																									
6	Nos Of Hours /Days	4 Hrs																																									
7	Space Required	CLASS ROOM = 200 Sq feet + SPORT GROUND																																									
8	Entry Qualification	-----																																									
9	Objective Of Syllabus/ introduction	To make aware the people in the field of foot ball rule & regulation																																									
10	Employment Opportunity	He Can work as a Coach.																																									
11	Teacher's Qualification	Diploma / Certificate holder in concern game.																																									
12	Training System	<div>Training System Per Week</div> <table><tr><td>Theory</td><td>Practical</td><td>Total</td></tr><tr><td>6 Hours</td><td>18 Hours</td><td>24 Hours</td></tr></table>							Theory	Practical	Total	6 Hours	18 Hours	24 Hours																													
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THEORY - I AND PRACTICAL - II

FOOT BALL

Football

History of Basket ball cricket

Rules of football

1. playing field
2. goals
3. ball
4. players equipment
5. teams
6. referee
7. linesmen
8. duration of a match
9. toss and start of a game
10. temporary suspension
11. scoring
12. ball going out
13. fouls
14. caution
15. player sent off the field
16. off side
17. throw in
18. goal kick
19. corner kick
20. direct free kick
21. indirect free kick
22. penalty kick

Fundamental skills of football

1. kicking
2. passing
3. trapping
4. dribbling
5. heading
6. intercepting
7. tackling
8. goal-keeping
9. systems of offence and defense

Football related terminologies

1. touch line
2. placekick or kick off
3. direct free kick
4. indirect free kick
5. off-side
6. hand ball
7. dribble
8. truckle
9. sliding tackle
10. drop ball
11. sudden death
12. penalty shoot out

A. International competition

B. National competition

Football personalities

- a) International
- b) Indian

PRACTICAL - I

TRAINING METHODS

1) TRAINING METHODS

Meaning of training

Conditioning

Concept of training

Basic principles or Laws of training

1. Law of specification
2. Law of overload
3. Law of reversibility

Effects of all round training

Methods of training

Flexibility

Role of flexibility in performance

Methods of flexibility development

Types of strength

Methods of strength development

Types of exercises (specific)

Endurance development

Endurance development methods

Speed development

Speed development methods

Advantages of speed development

2) SPORTS AND NUTRITION

Balanced diet

Elements of diet

Component of diet

Role of diet on performance

3) Common Sports Injuries and their prevention

i) Sports Injuries

ii) Prevention & management of sports injuries

iii) Soft tissue injuries

iv) Skeletal injuries

v) Injuries developing slowly

vi) Proper sports gear and its importance
