

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

1	Name of Syllabus	C.C.IN FOOTBALL TRAINER (404129)																																															
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	H.S.C. + Football course passed of MSBVE																																															
9	Objective Of Syllabus/ introduction	a. To enable students to understand the need & importance of Fitness. b. To acquaint students with hands on Football Training. c. To acquaint students with basic subject related to Football Training. d. To develop basic competencies in the students. e. To groom students into Football field																																															
10	Employment Opportunity	Having successfully qualified this course the subject will be eligible to a. Work as a Football Trainer for School/College/Societies. b. Work as a Football Trainer for Various age levels. c. He/She will evaluate the skills of the individual, group or team. d. Consult on the individual and team performance. e. Design basic workout plans for all.																																															
11	Teacher’s Qualification	Diploma / Certificate holder in concern field.																																															
12	Training System	<table><tr><th colspan="7">Training System Per Week</th></tr><tr><td>Theory</td><td>Practical</td><td colspan="5">Total</td></tr><tr><td>6 Hours</td><td>18 Hours</td><td colspan="5">24 Hours</td></tr></table>						Training System Per Week							Theory	Practical	Total					6 Hours	18 Hours	24 Hours																									
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FOOT BALL
THEORY OF FOOT BALL
THEORY - I

Theory Method:

Football

History of Football

Rules of Football

Ground with Marking

No. of Referees

Rules of Matches

Definition

1. Half Line
2. Penalty Area
3. Goal Area
4. Goal Line
5. Goal Post
6. Corner flag Post
7. Corner Arc
8. Optional Mark
9. Penalty Kick
10. Free Kick
11. Penalty Corner

Points to remember

1. Duration of Play – 45 Minutes (2 Half)
2. No. of players – 18 Players (11 Players play the game & 7 Players reserve)
3. Officials – 1 Referee, 2 Asst. Referee, 1 Time Keeper, 1 Table Official, 1 Match Commissioner
4. Wt. of Ball – 396 to 453 gms

Fundamental skills of football

1. kicking – Instep Kick, Kick with inside of the foot, Kick with outside of the foot, Lofted Kick
2. passing – Short Pass, Long Pass, Through Pass
3. trapping – Foot trap, Thigh trap, chest trap
4. dribbling
5. heading
6. intercepting
7. tackling
8. goal-keeping
9. throw in
10. goal kick
11. ball control
12. kicking one's opponent
13. indirect kick
14. slice kick
15. system of play

Important Fouls

1. kicks or attempts to kick an opponent
2. jump at an opponent
3. charges an opponent dangerously

Football related terminologies

1. Attacker
2. Back Heel
3. Back Pass
4. Goal Keeper
5. Ball Carrier
6. Bending the ball for shots at goal
7. Bicycle kick
8. Kicking the ball backward over their head
9. Legs moving pedaling bicycle
10. Confederation
11. Corner flag
12. Corner kick

FOOT BALL PRACTICE

PRACTICAL - I

Practical Method I:

Unit I Warm up & cool down

- General
- Specific
- Stretches for cool down

Unit II Exercises

- Exercises & basic competencies
- Free hand exercises
 - General exercises
 - Specific exercises
 - Conditioning exercises
- Free weight (resistance)& machine exercises

• Unit III Techniques of exercises

- Repetitions of all Drills
- Perfection of all Skills

THEORY OF FOOT BALL TRAINER

THEORY – II

Trainer Theory Method:

Unit I Anatomy – Physiology & Sports Medicine

- Systems of human body
- Deformities & Modalities
- First aids & Injury management
- Nutrition

Unit II Biomechanics & Kinesiology

- Application of biomechanics
- Laws of Motion & leaver
- Axis, Planes & fundamental Movements
- Muscular analysis

Unit III Fitness & Exercise

- Skills, Techniques, Tactics & Fitness its need, importance and scope
- Principles of General & specific warm up
- Conditioning exercises for fitness

Unit IV Training & Training Methods

- Training principles for Football
- Training methods & cycles
- Periodisation

Unit V Test, Measurement & Evaluation

- Physical Fitness test
- Anthropometric Measurements
- Skills evaluation

TRAINER FOOTBALL PRACTICE

PRACTICAL - II

Testing & Evaluation

Unit I Training Methods

- Circuit training
- Weight training
- Plyometric training
- Slow/fast continues, varied pace training
- Interval Method training

IMOPORTANT TOURNAMENTS

1. Olympic Game
2. Football World cup
3. Asian Game
4. Commonwealth Game
5. National Football tournament
6. All India Inter – University Football Tournament
7. School National Football Tournament

(Reference Book: Football – S. Savin and M. Sushkow)
