

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

1	Name of Syllabus	<b>C. C. In Basic Football Level - II</b> <b>(404110)</b>																																									
2	Max.Nos of Student	25 Students																																									
3	Duration	6 Months																																									
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	Level I- Basic Football Course Pass of MSBVE																																									
9	Objective Of Syllabus/ introduction	a. To teach the advance fundamental skill of the game. b. To develop physical fitness standard. c. To develop sportsman sprit and unity. d. To represent his/ her school in different tournaments. e. To built the personality of the child. f. To bring change in the attitude of player.																																									
10	Employment Opportunity	a. To participate in interschool tournament b. To develop a quality of game at the mass level. c. To find place in the school team d. To form a good set of players for the team.																																									
11	Teacher's Qualification	B.Ed (Phy Edu) or M.Ed (Phy Edu) with Football. OR 1year N.I.S. in Football & 5 years teaching experience. OR B.Ed (Phy Edu) or 1year N.I.S. in any game with Certificate Course' of 3 weeks by M.S.B.V.E.																																									
12	Training System	<table><tr><th colspan="7">Training System Per Week</th></tr><tr><td colspan="2">Theory</td><td colspan="2">Practical</td><td colspan="3">Total</td></tr><tr><td colspan="2">6 Hours</td><td colspan="2">18 Hours</td><td colspan="3">24 Hours</td></tr></table>							Training System Per Week							Theory		Practical		Total			6 Hours		18 Hours		24 Hours																
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## **Basic Football Level - II**

**Syllabus :-**

**Theory -**

**Theory - I :- General Knowledge of Football**

1. Rules of the game,
2. General knowledge of football,
3. First aid,
4. Nutrition.

### **Practical - I Fitness Training**

#### **Unit 1 Warm up**

(20 to 25 min every session)

Stretches, Jogging followed by running, General Exercises (Neck to foot or vice versa), Partner Exercises, Opponent exercises

#### **Unit 2 Specific Exercises**

ABC exercises should be taken every session for different fitness factors viz. CV Endurance, M. Strength & Endurance, Flexibility, Speed, Agility etc.

#### **Unit 3 Conditioning Exercise**

(Use training methods two times a week only)

Different training methods viz. Circuit training, plyometric training, fartlek training, slow continuous training, etc.

#### **Unit 4 Cool down** (10 to 15 min after every session)

Use some sprints drill, active & passive stretching (standing, sitting & lying), shavasana etc.

### **Practical - II - Developing Skill of Football**

1. Skills,
2. Participation in tournament,
3. Fitness
4. Football laws,
5. Football skills,
6. Various Cups & Tournaments,
7. Sports safety & injuries (First Aid).

#### **List of equipments, teaching aids and other resources:**

10 footballs, 24 cones, 6 flags (5ft), minimum 1 full goal post  
12 bibs, 10 flags (5ft), TV, VCD/DVD player.

#### **Reference book:**

1. Soccer drills for individual and team play – James P. McGettting.
2. Loaching soccer successfully – Roy Rees.
3. Soccer laws cillustrated – Stanley Lover.
4. Junior soccer – John Jarman.
5. How to play soccer – Ken Jones.

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