

# M.P.E – 405 (A) GAME OF SPECIALIZATION – FOOTBALL

## UNIT – I COACHING PHILOSOPHY

- 1.1 Principles and objectives of coaching
- 1.2 Techniques of coaching – pep talk, coaching – pre match, during and post match, Individual and group coaching
- 1.3 Coaching schedule – seasonal, daily, weekly , monthly and yearly
- 1.4 Talent identification to select the winning combination – the offense and the Defense
- 1.5 Team building
- 1.6 Coaching lesson plan

## UNIT – II COMPETITION PLANNING

- 2.1 Long – term and short – term preparation for the decisive football competitions
- 2.2 Psychological qualities and preparation of a football player
- 2.3 Team system and tactical training
  - Offensive system in play
  - Defensive system in play
  - Dribbling and reception pattern
  - Individual , group and team tactics
- 2.4 Diet and nutrition for a football player
- 2.5 The coordination among the coach, doctor, psychologist and the players

## UNIT – III SCIENTIFIC APPLICATIONS

- 3.1 Anthropometrical and physiological considerations
- 3.2 Biomechanical analysis of skills

## UNIT – IV TRAINING LOAD AND ADAPTATION

- 4.1 Principles of load and adaptation
- 4.2 Fatigue , recovery and super – compensation
- 4.3 Overload and its management

## UNIT –V INJURIES IN FOOTBALL

- 5.1 Ankle sprain , finger injuries , shoulder dislocation , knee displacement and head Injuries
- 5.2 Preventive and safety measures
- 5.3 Rehabilitation

## PRACTICAL

1. Tackling the ball – basic , slide , shoulder charge
2. Feinting – with the ball , without the ball , with an opponent behind and alongside the dribble
3. Correct skills of throw in – throwing a ball , faults occurring , required instruction
4. Goal keeping – throwing a ball one hand , rolling the ball along the ground , ground kick , air kick
5. Penalty kick

## REFERENCES

### FOOTBALL

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- N. Kumar , Play and Learn Football , New Delhi : K.S. ,2003
- Reilly , T., Science and Football London : E., N Sport ltd ., 1988
- Sharma , O.P., Teaching and Coaching – Football , Delhi : khel S.K., 2001
- Thani , Y Thani , Yograj , Coaching Successfully Football , New Delhi : K.S.K, 2002.
- Wirhed , R., Training to Win Football, Europ : Wolfe Pub ., 1992.
- Williams , J ., The Roots of Football , London , 1988.
- Shellito , K., Personal Best Football , London : wiliam Collins & Sons ,1988.