

SPORTS AUTHORITY OF INDIA

Netaji Subhas National Institute of Sports, Patiala

Diploma Course in Sports Coaching

Revised Syllabus

Applicable from 2015-16 Session

Theory & Science of Football



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Diploma Course in Sports Coaching
Revised Syllabus (2015-16)
Theory & Science of Football

1st Semester

Theory Paper – I

S.No.	Description of Topic/ Theoretical Contents	Teaching Hours
1	History of football (a) Origin and Development of football (b) Formation, Structure & Functions of FIFA, AFC & AIFF	08 08
2	Laws of the game and their interpretations. (a) Interpretation and critical analysis of laws of the game. (b) Signals by the Referee and the Assistant Referee (c) The laws of the game & Coach (d) The laws of the game and their coaching implication (e) Relationship between tactics and Laws of the game	50
3	Organization and management of competition (a) Competition system and qualifying system being followed in the game at : (1) Olympics (2) FIFA World Cup (3) Major Tournaments/Championships in India. (b) Drawing of Fixtures (c) Conduct of tournaments	18
4	Qualities of successful Coach. 1. Coaching philosophy and ideal philosophical concepts 2. The responsibilities of the coach 3. Handling of players 4. Role of Coach in the mental preparation of players 5. Mental conditioning 6. Qualities, Characteristics and abilities (a) Knowledge (b) Analysis qualities (c) Organization of training (d) Planning (e) Observation (f) Effective communication	22

7. Methods and principles of teaching and coaching applied in football

- (a) Class organization
- (b) Class management
- (c) Class control
- (d) Detection of faults and their corrections

5 Requirement of a player for high performance in Football game. 10

- (a) Physique.
- (b) Motor abilities and co-ordination abilities
- (c) Technical and tactical abilities.
- (d) Knowledge of the laws of the game
- (e) Intellectual, psychological and psycho-social abilities

6 Team behind team 08

- (a) Family and friends
- (b) Support Agencies
- (c) Doctors
- (d) Physiotherapists
- (e) Sports Scientists
- (f) Officials
- (g) Administrators
- (h) Technical Advisors
- (i) Coaches
- (j) Role Models
- (k) Finance Advisors

7 Management and Coaching 08

- (a) Planning
- (b) Organising
- (c) Facilitating
- (d) Motivating
- (e) Controlling
- (f) Team selection

8 Nutrition and supplementation 06

- (a) Carbohydrate
- (b) Protein
- (c) Fat
- (d) Minerals
- (e) Vitamins
- (f) Supplementation
- (g) Match day meal (before and after match)

Total Hours

138

Theory Paper – II

S.No	Description of Topic	Teaching Hours
1	Warm up (a) Definition and types of warming up. (b) Means and method of warming up. (c) Content of warming up. (d) Factor affecting warming up. (e) Effect of warm up(psychological & Physiological).	08
2	Development of football techniques Classification of football Techniques and fundamentals of execution (i) Techniques without ball (a) Running technique (b) Changing of direction (c) Jumping (d) Feinting (ii) Techniques with ball Different types of kicking Different types of ball controlling/trapping Different types of heading Dribbling and feinting Different types of tackling Interception Throw-in Goalkeeping (iii) Goalkeeping 1.Special techniques of goalkeeper (a) Defensive techniques <ul style="list-style-type: none">• Basic positioning and covering goal angle• Narrowing the angle• Gathering low ball• Gathering medium high and high ball• Punching , fisting and deflecting the ball• Diving save (b)Attacking techniques <ul style="list-style-type: none">• Different types of kicks• Different types of throws• 2.Warm up and physical preparation for goalkeeper	34

3	Phases of teaching techniques. (a) Acquisition phase (rough coordination phase). (b) Stabilization of phase (fine coordination phase). (c) Adaptation phase (phase of mastery)	06
4	Method and means of technique training. (a) Different methods used in training and coaching. (b) Identifying of faults and corrections of faults. (c) Coaching hints for application of technique.	06
5	Means of evaluation of progress in learning technique. (a) Skill test. (b) Observation. (c) Statistics.	06
6	Motor abilities. Requirement of the game – (General & Specific). (a) Endurance for soccer players- application of different methods. (b) Strength for soccer players- application of different methods. (c) Speed for soccer players – application of different Methods. (d) Coordination for soccer players-application of different exercises to develop the O.R. D E. R. (f) Flexibility/Suppleness for soccer players- Application of different methods. (g) Keeping the player in top condition throughout the year	12
7	Training and Coaching Aids	08
8	Lead –up games and Minor games.	08
	Total Hours	88

1st Semester (Practical)

S.No.	Description of Topic/ Practical Contents	Teaching Hours
1	Warm up procedures and means of warm up. (a) General warm-up without ball (b) Warm-up with ball	16
2	Conditioning (a) Development of General Conditioning (b) Development of endurance. (c) Development of strength. (weight training, medicine ball exercises circuit training, exercise with and without apparatuses). (d) Development of acceleration , Speed and agility. (games, shuttle runs, relays, sprints). (e).Development of flexibility	120
3	Motor co-ordination. (a) Jumping on one leg, on both legs from standing posting on The run, hopping, skipping jumping over hurdles and benches. (b) Maintenance of balance- forward role form standing Position as well as jogging and running. (c) Sudden starts and stops, acceleration runs, change of Direction, changing of pace. (d) Relay races and games.	60
4	Conditioning in a Group of two, three five and seven	42
5	Ball Feeling as a basis for the development of techniques	42
6	Development of personal performance and demonstration ability in the following techniques. (a) Kicking: <ul style="list-style-type: none">• Push Pass• low drive• High drive• Chip• Volley kicks. (b) Controlling the ball/ball reception <ul style="list-style-type: none">• With different parts of the foot• With thigh• With stomach,• With chest	150

- With head.

(c) **Heading:**

- Forward
- Backward
- Sideways
- Downward.
- Diving

(d) **Dribbling:**

- Dribbling using different parts of the foot.

(e) **Feinting:**

- Feints with ball
- body feints
- with ball and body (combined feints).

(f) **Tackling:**

block tackle

- shoulder charge
- Sliding Tackle
- Interception

(g) **Throw in**

(h) **Passing and supporting play**

(I) **Shooting at goal**

(J) **Goal –keeping.**

(1) Defensive techniques :

- Basic position
- Gathering the Low, medium high and high balls
- Punching
- deflection
- diving.

(2) Attacking Techniques :

- Different types of kicks
- Different types of throws

7	Lead up games and minor games	40
8	Practical training sessions (teaching and coaching practice)	70
	Total Hours	540

2nd Semester

Theory Paper – I

SNo.	Description of Topic/ Theoretical Contents	Teaching Hours
1	Tactics and Strategy. (a) Definition and Classification of tactics. Definition (ii) Classification (iii) Strategies (b) Description of tactics (i) Individual tactics in attack <ul style="list-style-type: none">• Getting free• Creating space• Supporting• Passing• Dribbling• Shooting. (ii) Group Tactics in attack <ul style="list-style-type: none">• Combination play by three, four, five, & so.• Initiating of Attack from defense• Wing play• Attack through middle/Centre• Counter attack• Overlapping by defenders (iii) Individual tactics in defense <ul style="list-style-type: none">• Pressurizing• Supporting/Covering• Marking• Tackling. (iv) Group tactics in defense <ul style="list-style-type: none">• Man to man marking• Zonal Marking• Defending the goal• Winning the ball• Off-side trap• Team work with goalkeeper.	42

(v) Team Tactics

- Specific team tactics from attacking and defending point of view.
- Build up of attack
- speeding up attack
- compact defense.

(C) Tactical trends

2 **Style of Play** **08**

- (a) Definition of style of play.
- (b) Developing style of play
- (c) Characteristics of playing style

3 **Principles of tactical play** **16**

(a) Principles of play in Attack

- Penetration
- Depth
- Width
- Mobility
- Improvisation.

(b) Principles of play in Defense

- Delay
- Depth
- Balance
- Concentration
- Control/Restrain

4 **Means and methods of tactical training** **14**

(a) Small sided games with or without conditions.

(c) Special tactics to be adopted with external factors such as-

- Ground conditions
- size of the field of play
- weather condition etc.

(d) Functional Training

- For Strikers
- For wingers
- For mid fielders
- Wing backs
- Stoppers

	<ul style="list-style-type: none"> • Libero's • Goalkeepers. 	
5	Means of evaluation of progress in tactical learning (a) Match analysis : <ul style="list-style-type: none"> • Competition performance • Statistics. (b) Method used for match analysis : <ul style="list-style-type: none"> • subjective observation, • Objective observation • Video recording • Video analysis. (c) Reading the game (d) Problem solving	08
6	Set plays (Standard Situations/Set pieces) Importance and organizations from Attacking & defending point of view at the following situations (a) Free kicks (Direct & indirect). (b) Corner kick. (c) Throw in. (d) Kick-off (e). Penalty kick.	06
7	Total Football. Concept of total football (a) Requirements of a player for total football. (b) Role of physical fitness in total football. (c) Knowledge of positions to become total footballer.	08
8	System of play (a) Development of various system of play and its merits and demerits. Why system are changing. <ul style="list-style-type: none"> (i) 1-4-2-4 (ii) 1-4-3-3 (iii) 1-4-4-2 (iv) 1-3-5-2 (v) 1-5-3-2 (b) Requirements and functioning of various system. (c) Evaluation of progress of development of various areas from time to time. <ul style="list-style-type: none"> (i) Monitoring. (ii) Setting of objectives. (iii) Training. (iv) Testing. 	10
9	Dissertation/Project presentation/Revision	18
	Total Hours	130

(Theory Paper – II

S.No	Description of Topic/ Theoretical Contents	Teaching Hours
1	<p>Planning of training for footballer.</p> <p>(a) Pre-season programme</p> <p>(a) Long term plan & Short term plan. (i) Aim and objective of training plan. (ii) Method and means of training. (iii) Organization of load. (iv) Phase of training.</p> <p>(b) Yearly (Annual) Training plan-Periodisation of training (i) Single periodisation. (ii) Double periodisation. (iii) Multiple periodisation. (iv) Aim and content of training for various periods.</p> <p>(c) Training plan (Scheduled/ programme). (i) Weekly schedule. (ii) Daily schedule.</p> <p>(d) Recovery & regeneration (i) Hygiene, safety and injury prevention (ii) Means of recovery. (iii) Nutrition. (iv) Rehabilitation for injured player. (v) Component of Psychological phenomena. (vi) Recognition of players. (vii) Will power of the player and its development.</p>	18
2	<p>Identification and development of talent on long term basis</p> <p>(a) Criteria of identification of talent Physique Motor qualities Technical Tactical Mental</p> <p>(b) Training of various age group children (U-8,U-10,U-12,U-14,U-16 and U-18) in relation to : (i).. Physical (motor) development (ii).. Technical development (iii).. Tactical development (iv).. Psychological (mental) development</p> <p>(c)..Evaluation of progress of development of various areas from time to time</p>	18
3	<p>Psychological aspects of coaching</p> <p>(a) Factors leading to good performance</p>	08

	<ul style="list-style-type: none"> (b) Psychological preparations <ul style="list-style-type: none"> • Short term preparations • Long term preparations (c). Psychological rehabilitation of injured players 	
4	Methods and procedure for scouting and selection of a team (a) Scouting <ul style="list-style-type: none"> • Scouting at grass root level • Scouting at high school level • Scouting at college/university level • Scouting at club/professional level (b) Principles for selecting a team for competition and first eleven for a match.	10
5	Competition. Planning for competition. (i) Competition schedule. (ii) Proper recovery before competition. (iii) Knowledge / Information of opponent. (iv) Consumption of Food (before, during & after) competition. (v) Preparation including build up competition, with specific task	08
6	Team Preparation for competition and handling players/team during match. Conducting team meeting to discuss : (i) Game plan / strategy. (ii) Pep talk (motivation) (iii) Mental Preparation. (iv) Coaching during interval. (v) Evaluation of competition performance.	10
7	Special features of training of women. (a) Anatomical & Physiological difference. (b) Psychological difference. (c) Training Implication.	10
8	Video analysis of Training sessions and match performance. (i) To understand the own mistake. (ii) To motivate perform better. (iii) Analysis of matches.	20
9	Media relations and public speaking	04
10	Revision	08
	Total Hours	114

2nd Semester (Practical)

S.No.	Description of Topic/ Practical Contents	Teaching Hours
	Development of playing ability through tactical training by using the following :	
1	Principles of play in attack. Depth in attack Width in attack. Mobility in attack Penetration in attack Improvisation in attack.	40
2	Principles of play in defence: <ul style="list-style-type: none">• Delay in defence.• Depth in defence• Balance in defence.• Concentration in defence.• Compactness in defence.• Controll/Restrain	40
3	Functional Training: For Goalkeeper. For Libero. For wing backs. For stopper back. For mid fielders. For strikers. Wingers	60
4	Small sided games with grid of different sizes. <ul style="list-style-type: none">• With and without goals.• With conditions.• With equal and unequal number of players.	40
5	Attacking and Defending play <ul style="list-style-type: none">• Construction of attack• Strikers play• Attacking play against compact defense• Attack through wings (wing play).• Defending against wing play• Attack through the centre.• Attack & counter attack with two goals (using actual field of play)	60

	<ul style="list-style-type: none"> • Defending in order to counter attack • Defense playing with sweepers and libero • Pressing game • Defensive responsibilities of forward players • Development of mid field play • Mid field defending • Attack v/s defense 	
6	Defending at set pieces	40
	<ul style="list-style-type: none"> • Kick-off • Corner kicks (short and long) • Free kick • Throw-in's. • Penalty kick 	
7	Attacking at set pieces	40
	<ul style="list-style-type: none"> (i) Kick-off (ii) Corner kicks (short and long). (iii) Free kicks – Changing the point of attack, lobbing the ball. Over the wall. Banana kick (swinging), Direct short. (iv) throw-in Long & short. (v) Penalty kick. 	
9	Practical training session (teaching and coaching practice)	60
	Total Hours	380