

**SPORTS AUTHORITY OF INDIA**  
**NETAJI SUBHAS NATIONAL INSTITUTE OF SPORTS, KOLKATA**

1. COURSE NAME : **DIPLOMA IN SPORTS COACHING**

### Details of Credit units and hours for 1<sup>st</sup> Semester

2. COURSE CODE : **DSC FOOTBALL MAIN**

### 3. LEVEL : DIPLOMA

<i>L</i>	<i>GL</i>	<i>A</i>	<i>P</i>	<i>SW/ FW</i>	<i>I.A</i>	<i>Total Credit Units</i>
67	100	04	119	80	30	12

(L-Lecture, A-Assignment, P-Practical, SW-Self work  
FW-Field work, I.A-Internal Assessment GL- Guest  
Lecture)

### Details of Credit units and hours for 2<sup>nd</sup> Semester

L	GL	A	P	SW/ FW	I.A	Total Credit Units
68	100	04	90	105	33	12

(L-Lecture, A-Assignment, P-Practical, SW-Self work  
FW-Field work, I.A-Internal Assessment, GL-Guest  
Lecture)

#### 4.COURSE OBJECTIVES:

- Demonstrates an awareness and understanding of the concept of quality coaching and associated pedagogical aspects of coaches' work for high performance.
- Demonstrates an awareness and understanding of coaches' role in the learning of Athletes.
- Demonstrates an awareness, vision and understanding of the centrality of learning to coaching practice and its implementation practically.
- The ability to collect, analyze and organize information, concepts, ideas and to convey those ideas clearly those ideas clearly and fluently, both theoretically and practically in coaching.
- The knowledge and respect of ethics and ethical standard in relation to organization of session effectively and efficiently.
- Ability to demonstrate adequately and can teach from what to observes of players performance.
- Develops a concept of realistic coaching and training in reference to modern trends in soccer.

## 5.LEARNING OUTCOMES:

- Enable the students to understand the concept of coaching philosophy.
- Enrich the student with knowledge for integration of the players into the team unit for competition.
- As a coach able to develop the individual skills of the players.
- Skilled with planning and programming of coaching sessions efficiently and effectively.

## 6.SKILL DEVELOPED

-Understand science as well as art of coaching.

- Leadership qualities.
- Critical thinking.
- Decision making.
- Effective communication

### THEORY

### SEMESTER I

Unit No.	Description / Topics Covered	Teaching Methods	No. of Hours (Periods)	Online class Room	Faculty
1	Introduction to Football 1.1 History of Football 1.2 Structure& functions of football controlling bodies 1.3 Football training and development 1.4 Development of player for tomorrow	L  A  L &SW  L	4 hrs  2 hrs  6hrs  6hrs	Online/Classroom	Sh. Ankush Kumar   Sh. Subroto Dutta
2	Laws of the game and Coaching implication  2.1 Knowledge of conduct and management of competition.  2.2. Nutrition & Supplements for soccer player	GL  L& SW  GL	6 hrs  4 hrs  2hrs	Online/Classroom	Surinder Kumar  Surinder Kumar  Shimanti Chandra

3	The Coaching Profession	L	02 hrs	Online/Classroom	Subroto Dutta
	3.1. Task of a coach & Coaching Philosophy	L	02 hrs		
	3.2. Coaching of a training session (action involved to conduct a session )	L	02 hrs		
	3.3 Skills required by the coach	L	2 hrs		
4	Development of “ game sense”			Online/Classroom	Subroto Dutta
	4.1. Game – technique – game –technique –game.	L	1.5hrs		
		A	1 hr		
	4.2 Game without pressure – introduce competition- Competition with more decision making.	L	1.5 hrs		
5	Coaching Methods			Online/Classroom	Subroto Dutta
	5.1. Different coaching methods	L	2.5 hrs		
	5.2. Choice of methods and it's implication	L	2 hrs		
	5.3 Requirement of a player for high performance .	L	2.5hrs		
6	Warming –up and cool down before& after training session& match	L	1.5 hrs	Online/Classroom	Sh. Vivek Pratap Singh
	1.1 Importance, factors and means & methods.	L	1.5hrs		
7	Technical preparation			Online/Classroom	Sh. Vivek Pratap Singh
	2.1 without ball –Running coordination techniques, Change of direction, Jumping , body swerves& Defensive position	L	1.5hrs		
		L	6hrs		
	2.2 Attacking techniques- Passing, shooting, Control( on the turn), Dribbling, heading, Feinting, Kicking	L	6 hrs		
	2.3 Defensive techniques- tackling, Intercepting the ball, Kicking the ball clear, Heading the ball clear, Defensive runs	L	2		
	2.4 Methodology of progression of technique training.				
					Surinder Kumar

	<p>2.5 Special technique training for G.K.</p> <p>a)Defensive Techniques- Basic positioning and, Gathering low l, medium &amp; high ball, punching ,fisting and deflecting the ball, Diving</p> <p>b) Attacking techniques- Different types of Kicks and throws.</p>	<p>L</p> <p>L</p>	<p>3.5hrs</p> <p>2hrs</p>	Online/Classroom	Sh. Ankush Kumar
8	<p>Modern trends of physical preparation in football. A modern scientific approach</p> <p>3.1 Physical condition and today's game some facts &amp; figure</p> <p>3.2. Development of Motor abilities keeping in mind the modern trends.</p> <p>3.3</p> <p>a) Endurance,</p> <p>b)Strength,</p> <p>c) Speed,</p> <p>d)Flexibility</p> <p>e) Co-coordinative abilities.</p> <p>3.4. Assessment of physical performance by conducting tests and It's Comparison .</p>	<p>L&amp; SW</p> <p>L</p> <p>L A</p> <p>L&amp;FW</p>	<p>1hrs</p> <p>1hrs</p> <p>5 hrs 1 hrs</p> <p>2 hrs</p>	<p>Online/Classroom</p> <p>Online/Classroom</p>	<p>Guest Faculty</p> <p>All Faculty Members</p> <p>Guest Faculty</p>

9	Demands of training and Coaching				
	4.1 Basic factors of performance- a) Condition- Physical aspect b) Technical skills c) Tactics d) Mental factors	L	1hrs	Online/Classroom	Guest faculty
	4.2 The systematic aspect of training procedures-  a) Training plans b) Training Contents c) Training methods d) Training loads e) Training Objectives	L	2 hrs	Online/Classroom	Vivek Pratap Singh
	4.3 Demands from the coach	L	2hrs	Online/Classroom	Ankush Kumar
	4.4 Coaching Cycle	L	2hrs		
10	Role of SSG lead up games and Rondo	L& SW	3 hrs	Online/Classroom	Sh. Vivek Pratap Singh
<b>INTERNAL ASSESMENT</b>			<b>6 hrs</b>		
<b>TOTAL HOURS</b>			<b>100</b>		

## PRACTICAL

SL NO	Description / Topics Covered	Teaching Methods	No. of Hours (Periods)	Faculty
1	Technical preparation			
	1.1 Techniques without ball.(Running mechanics, jumping, changing direction	P	4 hrs	Sh. Vivek Pratap Singh & Subroto Dutta
	1.2 Game sense exercises	P FW	7 hrs 4hrs	
2	All techniques with ball. a)Passing- Different parts of foots & body except hands b)Receiving - Different parts of foots & body except hands. c) Dribbling & feinting	p	39 hrs	All Faculty Members
	d) Heading – Attacking & Defending e) Throw-in f) Goalkeeping- Attacking and Defending	P	86 hrs	All Faculty Members
	2.1 Practice with various stages.			

	2.2 Game related approach			
3	Different types and forms of warm up & cooling down	P FW	8 hrs 8 hrs	Sh. Vivek Pratap Singh
4	Development of motor abilities	P	50 hrs	All Faculty Members
5.	SSG, Lead up games and Rondo training	P FW	10 hrs 10 hrs	Sh. Ankush Kumar and Sh.Vivek pratapSingh
6	Pedagogic practice – teaching, training and coaching	FW	50 hrs	All Faculty Members
<b>INTERNAL ASSESMENT</b>			<b>24 hrs</b>	
<b>TOTAL HOURS</b>			<b>300 hrs</b>	

## II SEMESTER

### THEORY

Unit No.	Description / Topics Covered	Teaching Methods	No. of Hours (Periods)	Online /class Room	Faculty
Unit-I	Team Style of play				
	1.1 Definition, developing & Character 1.2 Different system of play & it's function	L&A L&A	1.5hrs 1.5hrs	Online/Classroom	Guest Faculty
Unit-II	Tactics				
	2.1 Individual (Attack) a) Getting free b) Create space & time c) Dribbling & challenging d) Wall pass e) Overlapping f) Take over  2.2 Individual (Defending) a) Challenging 1vs 1 & Tackling b) Covering and Marking c) Intercepting	L  L	3hrs  3hrs	Online/Classroom  Online/Classroom	Gunadhar Mandal  Subroto Dutta



	2.3 Group tactics (Attack )				
	a) players without ball possession	L	3hrs	Online/Classroom	Gunadhar Mandal
	b) Players with ball possession	L	3hrs	Online/Classroom	
	2.3 Group tactics (Defense) Man to man Marking, pressing & Zonal Marking				
	a) Opponents far away	L	3hrs	Online/Classroom	Subroto Dutta
	b) Opponent expects the ball				
	c) Opponents on the ball				
	d) Opponents in numerical superiority				
	e) opponents in numerical inferiority				
Unit-III	Strategy	L	02 hrs	Online/Classroom	Subhasish Bhattacharjee ( Guest Faculty )
	3.1 Attacking & Defending- Factors effecting strategies 3.2 Game Plan	L	2hrs		
Unit - IV	Principle of play	L	4hrs	Online/Classroom	Gunadhar Mandal
	4.1 Attacking principles				
	a) Penetration				
	b) Depth in attack				
	c) Mobility				
	d) Width				
	e) Creativity and improvisation				
	4.2. Defensive principle	L	4hrs	Online/Classroom	Subroto Dutta
	a) Delay				
	b) Depth in defence				
	c) Balance				
	d) Concentration				
	e) Patience and Restraints.				
	4.2 Positioning training and its Objectives & importance of each players in a team .	L	4hrs	Online/Classroom	All Faculty Members
	a) G.K ( covering goal angle, Narrowing the angle)				
	b) Wing Back				
	c) Central Defender				
	d) Central Mid-fielder				
	f) Wing Mid-fielder				
	g) Striker				
Unit-V	Set piece practice (Attacking & defending organization )	L FW	03 hrs 03 hrs	Online/Classroom	Surinder Kumar

Unit-VI	<p>Match analysis</p> <p>6.1 Evaluation procedure of training &amp; Competition.</p> <p>6.2 Various methods apply for match analysis.</p> <p>6.3 Design exercises to overcome the problems of the team.</p>	<p>L</p> <p>L A</p> <p>L</p>	<p>2 hrs</p> <p>1 hr 1hr</p> <p>3hrs</p>	<p>Online/Classroom</p> <p>Online/Classroom</p>	<p>Guest faculty</p>
Unit-VII	<p>Coaching transitional play</p> <p>7.1 Defense to attack</p> <p>7.2 Attack to defense</p>	<p>L</p> <p>L</p>	<p>2.5hrs</p> <p>2.5hrs</p>	<p>Online/Classroom</p>	<p>Gunadhar Mandal &amp; Subroto Dutta</p>
Unit - VIII	<p>Talent identification and its development by LTAD.</p> <p>8.1 Age group training in relation of physical, physiological , technical ,tactical and psychological development .</p> <p>8.2 Methods and procedure of scouting of player from grassroots level to professional level.</p>	<p>L</p> <p>FW</p> <p>L</p>	<p>4 hrs</p> <p>3 hrs</p> <p>6hrs</p>	<p>Online/Classroom</p>	<p>Guest Faculty</p>
Unit-IX	<p>Selecting a team for competition &amp; selection of first eleven player .</p>	<p>L</p>	<p>04 hrs</p>	<p>Online/Classroom</p>	<p>Surinder Kumar</p>
Unit-X	<p>Planning &amp; periodization</p> <p>10.1 Annual plan (Macro cycle ) : Pre-season , In season &amp; off season</p> <p>10.2 Meso-cycle, Micro cycle &amp; Myo-cycle plan</p> <p>10.3 Aims and training contents in each season (periods)</p> <p>10.4 Tactical Periodization</p>	<p>L &amp; SW</p> <p>L &amp; SW</p> <p>L</p> <p>L A</p>	<p>4hrs</p> <p>4hrs</p> <p>4hrs</p> <p>2 hrs 2 hrs</p>	<p>Online/Classroom</p> <p>Online/Classroom</p>	<p>Gunadhar Mandal</p> <p>Subroto Dutta</p>
Unit - XI	<p>Special feature of training of women</p>	<p>L A</p>	<p>4 hrs 1hrs</p>	<p>Online/Classroom</p>	<p>Sh. Surinder Kumar</p>

Unit-XII	Competition preparation & handling of team	L	2 hrs		Guest Faculty
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	12.1. Media relation & public speaking .	GL	2 hrs	Online/Classroom	
<b>INTERNAL ASSESMENT</b>			<b>8 hrs</b>		
<b>TOTAL HOURS</b>			<b>100 hrs</b>		

## PRACTICAL

Sl No	Description / Topics Covered	Teaching Methods	No. of Hours	Faculty
1	Individual tactics  1.1 Attack a) Getting free b) Create space & time c) Dribbling & challenging d) Wall pass e) Overlapping f) Take over  1.2 Defense a) Challenging 1vs 1& Tackling b) Covering and Marking c) Intercepting	P          P	20hrs          20 hrs	Gunadhar Mandal          Subroto Dutta
2	Group tactics  2.1 Attacking a) players without ball possession  b) Players with ball possession a) players without ball possession  b) Players with ball possession  2.2 Defense (Defense-Man to man Marking, pressing & Zonal Marking  a) Opponents far away b) Opponent expects the ball c) Opponents on the ball d) Opponents in numerical superiority e) opponents in numerical inferiority	P                P	20 hrs                20 hrs	Gunadhar Mandal                Subroto Dutta
3	Team Tactics  3.1 Attack And Defense	P	40 hrs	Guest Faculty Member
4	Positional Training 4.1 Attack and Defense 4.2 Set plays	P & FW	60 hrs	Gunadar Mandal ,Subroto Dutta ,

				Surinder Kumar & S. Bhattacharjee
5	System of play(Different formation as per the modern trends 5.1 : Attack and Defense .	P FW	10 hrs 10 hrs	Guest Faculty
	5.2 Coaching Transition play	P FW	10 hrs 15 hrs	Gunadhar Mandal & Subroto Subroto Dutta
6	Pedagogic practice – training and coaching	FW	50 hrs	All Faculty Members
<b>INTERNAL ASSESSMENT</b>			<b>2 5 hrs</b>	
<b>TOTAL HOURS</b>			<b>300 hrs</b>	

**Training Books, Journals, Online Resources Prescribed for Trainees  
(A comprehensive list be provided)**

1. Tean Bongobo . Fitness training in football- A scientific approach.
2. Baner Gerhard. Factors of performance . Football technique and team works .
3. Bompa,TO(1993) . Periodization of strength training.
4. Dufferin St. Toronto . The new wave in strength training.
5. Michel Tsokaksidis 2017. Coaching transitional play.
6. Michel Tsokaksdis 2013 . Jose Mourinho attacking session .
7. Terzis Athanosios . Jose Mourinho Real Madrid . A tactical analysis defending.
8. Mark Jarvis . Strength & Conditioning for football
9. Tony Strudwicks. Soccer Science –Using science to develop player.
- 10 Timo Jakowski . Succesful German Soccer Tactics – The best match plan for a winning team .
- 11.Gary Curneen Ltd .2015. The Modern soccer Coach : Position specific training.
12. Robert Bann . Grass root – Building the foundation for the future .
13. Weil Coerver . Soccer fundamental for player and coaches.
14. Enrics Arcelle . Soccer Nutrition .
15. Raymond Verheijen . Conditioning for soccer.
16. Arpad Csanadi . Soccer technique –tactics –coaching .
17. Lawrence Fine . Soccer Specific conditioning drill .
18. IFAB . Laws of the game .
19. David Goldblatt . The ball is round : A global history Soccer .
- 20 AFC B & C license manual

SEMESTER	THEORY/ PRACTICAL	INTERNAL	EXTERNAL
<b>I SEMESTER</b>	<b>THEORY (4 credits) (200 marks)</b>	<b>4</b> Periodical MCQ / Descriptive tests. (4 x 20 marks = 80 marks) <b>2</b> quizzes. (2 x 10 marks = 20 marks) <b>2</b> Assignments. (2 x 10 marks = 20 marks) <b>(50 % of the total marks secured in the above three assessment components shall be the internal mark). (60 Marks) i.e . 30 % of total marks</b>	At the end of the semester, (semester) examination shall be conducted for <b>140 marks</b> with 3 hours duration.  <b>(140 Marks) i.e. 70 % o total marks</b>
	<b>PRACTICAL (8 credits) (400 marks)</b>	<b>4</b> Periodical Practical <b>Assessment Tests (Demonstration &amp; Execution of learnt techniques).</b> (4 x 10 marks = 40 marks) <b>2</b> Teaching/Training ability <b>assessment.</b> (2 x 40 marks = 80 marks)  <b>(Total - 120 marks) i.e 30% of total marks</b>	<b>Practical examination (Demo &amp; execution of learnt techniques)</b> - 80 marks  <b>1 Teaching/Training ability Assessment.- 160 marks</b>  <b>VIVA VOCE- 40 marks</b> <b>(Total - 280 marks) i.e. 70 % of total marks</b>
	<b>THEORY (4 credits) (200 marks)</b>	<b>4</b> Periodical MCQ / Descriptive tests. (4 x 20 marks = 80 marks) <b>2</b> quizzes. (2 x 10 marks = 20 marks) <b>2</b> Assignments. (2 x 10 marks = 20 marks) <b>(50 % of the total marks secured in the above three assessment components shall be the internal mark). (60 Marks)</b>	At the end of the semester, (semester) examination shall be conducted for <b>140 marks</b> with 3 hours duration.  <b>(140 Marks)</b>

	<b>PRACTICAL (8 credits) (400 marks)</b>	<b>4 Periodical Practical Assessment Tests (Demonstration &amp; Execution of learnt techniques).</b> (4 x 10 marks = 40 marks) <b>2 Training/Coaching ability assessment.</b> (2 x 40 marks = 80 marks)  <b>(Total - 120 marks)</b>	<b>Practical examination (Demo &amp; execution of learnt techniques)</b> - 80 marks  <b>1 Training/Coaching ability Assessment. -</b> 160 marks  <b>VIVA VOCE-40 marks</b> <b>(Total - 280 marks)</b>
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**NB :** Other than above mention two Coaches another Four Coaches may be posted as faculty member for smooth conduct of Diploma Course in Sports Coaching (Football) for the session 2020 -21. As an when these faculty members joins further allotment of the topic (Practical & theory) will be done.

**NB:** During this diploma course E-Licence will be conducted by AIFF. The course will be conducted in the month of July for 5 days (includes Saturday & Sunday) as per the availability of instructor.

**NB:** D licence will be conducted in the month of October. The date may be finalized as per the availability of instructor .

**NB:** C licence (module 1) will be conducted in January & C licence (module 2) will be conducted in the month of May as per the availability of instructor.

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