



Podar Enrichment Academy

2011 - 12

SYLLABUS OF FOOTBALL

Lesson 01-05 → Introduction, Rules of the game, History, Concept of the game

10 Mints → Running (Start with the One full Round of Ground) Warming up
Exercise's After Every Five Sessions increase One round of Ground.

15 Mints → Formation and requirements of the game

15 Mints → Basics—Passing and Trapping

20 Mints → Playing Game/Cooling down

Next...

Lesson 06-10 → Throwing, Kicking, Heading, Goal Keeping.

10 Mints → Running (Start with the One full Round of Ground) Warming up
Exercise's After Every Five Sessions increase one round of Ground.

15 Mints → Throw Pass and Wall Pass, Chipping and Volley Kicking

15 Mints → Goal Keeping Techniques - Trapping → Foot, Chest, Thigh

20 Mints → Playing Game/Cooling down

Next...

Lesson 11-15 → Dribbling, Tackling, Ball Mastery.

10 Mints → Running (Start with the One full Round of Ground) Warming up
Exercise's. After Every Five Sessions increase one round of Ground

15 Mints → Dribbling → One on One (1 v 1) (2 v 2)

15 Mints → Tackling → Man to man, Ball Mastery → Control of ball.

20 Mints → Playing Game/Cooling down



Podar Enrichment Academy

2011 - 12

Next...

Lesson 16-20→ Passing, Kicking, Dribbling, and tackling---Advance Skills.

10 Mints→ Running (Start with the One full Round of Ground) Warming up
Exercise's After Every Five Sessions increase One round of Ground.

15 Mints→ Throw Pass and Wall Pass, Chipping and Volley Kicking→ Advance Skills

15 Mints→ Dribbling → One on One (1 v 1) (2 v 2), Tackling → Man to man→ Advance Skills Different techniques of dribbling.

20 Mints→ Playing Game/Cooling down

Next...

Lesson 21-25→ Spirit of the Football Game, Fair and unfair Play, Specific Lessons. Increasing the Maturity level and approach should be professional

10 Mints→ Running (Start with the One full Round of Ground) Warming up
Exercise's After Every Five Sessions increase one round of Ground.

15 Mints→ Spirit of the Football Game→ Game Situations and Planning

15 Mints→ what is a Fair and Unfair Play and Specific lesson, Formation and Match Practice.

20 Mints→ Playing Game/Cooling down

Next...

Lesson 26-30→ Spirit of the Football Game, Fair and unfair Play, Specific Lessons. Increasing the Maturity level and approach should be professional

10 Mints→ Running (Start with the One full Round of Ground) Warming up
Exercise's. After Every Five Sessions increase one round of Ground

15 Mints→ Lectures and drills on maturity level and professionalism

15 Mints→ Spirit of the Football Game→ Game Situations and Planning

20 Mint→ Playing Game/Cooling down

=====