



Analysis on Punjab Grassroots Football

In association with the Australian Sports Commission and the Sports Department of Punjab, India Gurmangal Das, president of Youth Football Club Rurka Kalan invited Sanjeev Parmar to Punjab, India to run a six day Grassroots Coaches Training Program. The program was organized from December 15 - 20 at the YFC academy in Rurkakalan, India. The program attracted 25 coaches from around various villages and cities in the state of Punjab. Coaches came from with different personal coaching backgrounds with the intention of learning and growing as coaches.

The six day Coaches Training Program allowed me to put together a detailed analysis of where I felt the deficiencies where in Punjab Grassroots Football.

1. Number one priority needs to be to develop kids between 6 - 12 years of age
 1. develop basic motor skills through ABC's (agility, balance and coordination)
 2. ball mastery
 1. running with the ball and dribbling with all parts of the foot
 2. receiving with various parts of the body starting from the ground and then in the air
 3. releasing the ball with all parts of the foot
 4. retaining the ball
 3. 1 versus 1 confidence
 1. moves to beat an opponent
 2. various turning options
 3. running at a player with pace
 4. Tactical understanding through small sided games
 1. numbers up games (3v3 + 1 or 2 neutral players)
 2. 2v2 / 3v3 / 4v4
 3. using various targets
 1. end zone
 2. gates
 3. dribble over line
 4. various size goals
2. Coaches need to put together a seasonal plan that outlines developmental objectives for the specific age group
 1. technical objectives
 2. tactical objectives
 3. physical objectives
 4. psychological objectives



3. Session planning should be done prior to arriving on the field
 1. Warm-up with and without the ball (dynamic movements specific to the game)
 2. skill training specific to the objective of the session
 3. small sided game incorporating the skills worked on in the skill component
 4. cool down (static stretching)
4. Coaches need to have an objective for each training session
5. Age specific training
 1. 6-8 years old
 2. 9/10 years old
 3. 11/12 years old
 4. 13/14 years old
 5. 15/16 years old
 6. 17/18 years old
6. Training vs competition
 1. ratio of: 4 training sessions per 1 game
7. Overage players
 1. competitions should be honored with players playing at the appropriate age
8. Coaches need to understand that each child learns differently
 1. seeing
 2. hearing
 3. doing
9. Coaches need to use different teaching styles
 1. command style (Show and Tell)
 2. question and answer (players tell you)
 3. guided learning (player shows you and the group)
10. Coaches need to provide players with a positive experience
 1. by building a trusting relationship with their players
 2. by having a positive energy
 3. allow players to express themselves
 4. encouraging players to make mistakes and learn from their experience
11. Coaches need to understand the importance of providing 100% attention to their players during a session
 1. turn off cellular phones during training sessions
 2. do not interact with outside spectators during the session