

Gurukul Educational And Research Institute



SHIKSHA SANKUL, SAHASTRADHARA ROAD, NEAR BY IT PARK,
DEHRADUN, UTTARAKHAND PIN CODE - 248013



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FOOTBALL COURSE (1 YEAR)

 Duration: 1 Year

 Mode: Theory + Practical

Based on rules of FIFA

THEORY SYLLABUS

1 Introduction to Football

- History of Football
- Basic Rules & Regulations
- Ground Measurements
- Equipment Knowledge

2 Laws of the Game

- Player Positions & Formations
- Match Duration
- Fouls & Misconduct
- Yellow & Red Card Rules
- Offside Rule

3 Sports Science & Fitness

- Warm-up & Cool-down
- Diet & Nutrition
- Injury Prevention
- First Aid in Sports

4 Tournament & Coaching Basics

- Role of Referee
- Match Organization
- Team Management

- Leadership Skills



PRACTICAL SYLLABUS

1☐ Basic Skills

- Ball Control
- Passing Techniques
- Dribbling
- Shooting

2☐ Advanced Skills

- Heading
- Tackling
- Goalkeeping Basics
- Attacking & Defensive Strategies

3☐ Physical Training

- Speed & Agility Drills
- Endurance Training
- Strength Exercises

4☐ Match Practice

- Practice Matches
- Team Formation (4-4-2, 4-3-3 etc.)
- Position-wise Training



Examination Pattern

- Theory – 30 Marks
- Practical – 60 Marks
- Physical Test – 10 Marks



Certificate Line (Poster ke liye)

⚽ 1 Year Diploma in Football

🏆 Professional Coaching & Training

📄 Annual Examination

🌟 Sports Certificate