



YOUNG
BLASTERS



sporthood



YOUNG BLASTERS SPORTHOOD ACADEMY

WORLD CLASS FOOTBALL COACHING FOR KIDS IN ASSOCIATION
WITH YOUNG BLASTERS SPORTHOOD ACADEMY

BEGINNER



DURATION ¹²⁻²⁴ MONTHS

AREA OF FOCUS ^{Dribbling} ^{Ball Mastery}

- Start and Stop – Players will learn how to move with the ball and stop the ball while moving using the right technique.
- Change of Direction – Players will be taught how to change direction using different parts of the foot while dribbling.
- Turning – Players will learn how to change their direction in 180 degrees using different techniques.
- Fakes and Feints – Players will learn basic body feints which can be used in a 1v1 situation.

Players learn how to dribble the ball in different situations and they will be familiar with attacking in a 1v1 situation

DURATION ¹²⁻¹⁸ MONTHS

AREA OF FOCUS ^{Dribbling} ^{Striking}

- Change of Directions – Players will learn how to change direction using different cuts and Drags.
- Fakes and Feints – Players will learn how to use different fakes and feints to beat a defender in 1v1 situations.
- Striking using the inside foot – Players will learn how to strike a ball using the inside part of their foot to hit a target.
- Basic Receiving – Players will learn how to receive a ball that is moving towards them using the inside part of their feet.

Players learn how to play in a 2v2, 3v3 situation where they can dribble and strike to score goals.





U10

DURATION ^{12 MONTHS} AREA OF FOCUS ^{TECHNICAL}

- Dribbling – Players will learn how to move with the ball in a game situation’
- Passing and Receiving – Players will learn how to pass and receive a pass in the game in order to maintain the possession of the ball.
- Finishing – Players will learn how to shoot the ball using different techniques in order to score a goal.
- Defending – Players will learn how to defend and win the possession back individually and as a team.

On completion of U10 Regular, players will be able to play 5v5 , 7v7 where they will use their learning to attack and defend effectively.

DURATION ^{12 MONTHS} AREA OF FOCUS ^{TECHNICAL & TACTICAL ASPECTS OF THE GAME}

- Attacking – Players will focus on different aspects of their game while they are in possession of the ball.
- Defending – Players will focus on different aspects of the game while they are not having the possession of the ball.
- Transition to attack – Players will focus on different areas that need to be focussed on after they win the possession of the ball after defending.
- Transition to defending – Players will focus on different areas that need to be focussed on after they lose the possession of the ball while attacking.

Players will have an idea about the technical and tactical aspect of the game which will help them to play the bigger formats of the game like 9v9s and 11v11s.



U12
U14
U16

ADVANCED BATCHES



DURATION 12-24 MONTHS

- **PHYSICAL TRAINING:** Players work and improve on their overall physical aspects which includes strength, agility, endurance, coordination and explosive strength training.
- **TACTICAL TRAINING:** Players have different roles and responsibilities based on the situation their team is in, hence to improve their game understanding we take tactical sessions, where they will be put in attacking, defending and transition situations.
- **INTRODUCTION TO COMPETITIVE MATCHES & LEAGUES:** The best form of learning happens when players take part in a match and competition. We make sure our teams get regular match exposure to rise to the top.

Players develop the understanding of how to play together as a team and will get exposure to competitive matches.

DURATION 12-24 MONTHS

- **ADVANCED PHYSICAL TRAINING :** Players are given specific physical training that focus on a particular aspect once a week. The training will help them achieve physical traits that are required for a player competing at that age group. Several tests are carried out to measure these aspects.
- **ADVANCED TACTICAL TRAINING :** The tactical training for these set of players are done in the most realistic manner where they will be exposed to match-like situations. Principles of Attacking, Defending, and Transitions are taught in 11-a-side pitches giving these players better ideas.
- **REGULAR PARTICIPATION IN COMPETITIVE MATCHES LEAGUES**
These players are trained to participate in the best competitions in the state/Country and will always get match exposure against players of similar or higher standards.
- **NUTRITIONAL GUIDANCE :** Having a good diet plan is as important as having a good training plan, with the help of our nutritional expert we provide customized diet plans for each player.
- **MENTAL PROGRAMMING :** Is very important for a player who wants to reach the highest level. Our coaches always help players set team goals and individual goals in order to push our players in the right direction. We always make sure our players are challenged in the right amount and that they achieve their goals,

These squads compete in premier leagues and tournaments and players get an opportunity to be scouted and selected by ISL clubs.

ELITE BATCHES







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