

Programme Name	
Course Code	
Course Title	Outdoor Sports - Football

Course Outcomes:

After completion of the Course, the student should be able to –

1. Understand fundamental football skills, rules and basic game procedures.
2. Apply passing, receiving, dribbling, shooting, defending and tackling techniques.
3. Demonstrate positional awareness, teamwork and effective decision-making during practice and games.
4. Demonstrate discipline, sportsmanship, communication and fair play.

Course Contents:

1. Ball Mastery, Movement & First Touch

Introduction to football, field layout, player positions and basic match procedures; warm-up and mobility; running, acceleration, deceleration and change of direction; ball familiarity with both feet; first touch, close control and receiving under pressure.

2. Passing, Receiving & Dribbling

Short and medium passing; inside and outside-foot techniques; receiving and controlling the ball; passing while moving; dribbling at different speeds; changes of direction; shielding; simple combination play and possession exercises.

3. Shooting, Finishing & Attacking Play

Shooting technique and body position; placement and power finishing; shooting after a pass or dribble; basic crossing and finishing; movement to create space; one-two combinations; attacking support and introductory set-piece practice.

4. Defending, Tackling & Goalkeeping Basics

Defensive stance and approach; marking, jockeying and intercepting; safe tackling technique; pressing and recovery; defensive positioning; transition from attack to defence; basic goalkeeping stance, catching, distribution and positioning.

5. Team Tactics, Laws & Match Performance

Basic formations and positional responsibilities; attacking and defensive organisation; transition play; throw-ins, goal kicks, corner kicks and free kicks; offside awareness; fouls, misconduct and referee signals; match practice, fair play and final practical assessment.

Recommended Readings:

1. Laws of the Game — The International Football Association Board (IFAB).
2. FIFA Training Centre — coaching and player-development resources.
3. Soccer: Steps to Success — Joseph A. Luxbacher.
4. Premier Soccer — Michael Parker.
5. Skills & Strategies for Coaching Soccer — Alan Hargreaves.

Football Faculty / Teacher: David D'Souza Sir

Football

Evaluation Scheme:

Evaluation Component	Marks
Attendance	50
Fitness	10
1 vs 1	10
Game knowledge	10
Passing	10
Shooting	10

Total: 100 Marks

Faculty Adviser

Dr. Vikas B. Varekar