



Institute of  
Sports Science  
& Technology

# ISST Level 01 Certificate in Football Coaching

**Admissions  
Open** (Feb 2021 Batch)  
**06th-11th February 2021**

CO-CERTIFIED BY



SCOTLAND  
54 TIMES WINNER,  
SCOTTISH PREMIER LEAGUE



I-LEAGUE WINNERS  
ACADEMY WHICH DEVELOPED  
MANY INDIA PLAYERS

## Course Highlights

- Joint Certification by Rangers FC, Scotland & Minerva Academy, Punjab.
- 100% Guaranteed Internship Projects.
- Internship and Placement opportunities with Minerva Academy and other football clubs.
- UEFA, AFC, FA, FAW, SFA, AIFF Certified Faculty.
- 36 Hours of Classroom Learning.
- 18 Hours of on-field Practical Education.
- Access to Rangers Academy Online Education Program (Elite Coach Education with Rangers).
- Kit for the course: Jersey & Shorts.
- Football Specific Strength Training.
- World Renowned International Guest Speakers.
- Residential Facility Available.

**Call: +91-7507368199  
or visit [www.isst.co.in](http://www.isst.co.in)**

**6 Days Contact Program**

**54 Hours of Learning  
Only 25 Slots**



## **ISST LEVEL 01 CERTIFICATE IN FOOTBALL COACHING**

**INSTITUTE OF SPORTS SCIENCE AND TECHNOLOGY  
CO-CERTIFIED BY RANGERS FC & MINERVA ACADEMY FC**

**Course Title:** ISST Level 01 Certificate in Football Coaching

**Course ID:** ISSTL01CFC

**Course Prerequisites:** Age 16+ and a basic of knowledge of football

**Course Days:** 5

### **Course Overview:**

To imbibe the qualities of coaching in an individual, and to help understand the basics of conditioning athletes according to the Indian subcontinent, with an approach based on the foreign foundations of coaching

### **Course Content:**

#### **THEORY**

1. The Coach: A coach's role, technical definition, traits, codes of conduct and expert perspectives
2. Child Protection: Importance of safety and security when working with players under the age of 18, spotting abuse
3. Principles of Coaching: Developmental appropriateness, safe and sensible spacing, simple to complex, clear - concise and relevant information, decision making and football specific relevance
4. Introduction to Scouting: Importance of scouting, characteristics of a scout, talent identification
5. Age-Wise Player Behavior: Early childhood, middle childhood, pre-adolescence & early puberty, adolescence & late puberty, late puberty & early adulthood

6. Communication: Effective communication, gauging players' attention
7. Designing Session Plans: Benefits of planning, the 4 corner model, session templates, session flow, post-session checklist
8. Coaching Methodology: Developmental appropriateness, establishing goals & objectives, progressive approach
9. Coaching Styles: Command, peer, self-evaluation, guided discovery, problem solving
10. Small Sided Games: Benefits, Modifications to suit all players
11. Main Moments in Football: Attack, Transition from Attack to Defense, defense, transition from Defense to Attack
12. Principles of Play: Attacking principles of play and Defensive principles of play
13. Life Skills: Concept, importance
14. Nutrition & Hydration: Benefits of eating well, micro/macro nutrients, water consumption, ideal training diet
15. First Aid & Injury Prevention: Bruises, bleeding, muscle & joint injuries, injury prevention

### **PRACTICALS:**

1. Fundamental Skills: Ball Control, Dribbling, Passing, Shooting, Goalkeeping, Fitness
2. Session Flow
3. Time Management
4. Football-Specific gym training for youth players
5. Implementation and timing of Coaching Points

### **Assessment Methods**

1. Total Marks: 100
2. Theory Examination – 40 Marks
3. Practical Examination – 40 Marks

4. Multiple Choice Questions – 20 Marks
5. A candidate has to score a minimum of 40% (40/100) to pass the course
6. If a candidate scores in between the range of 35-40%, then it is the faculty's discretion on whether the candidate is very close and deserves to pass
7. If the candidate score 34% or below, then he/she must reappear for the next course
8. 100% attendance is mandatory

### **Perks of the Course:**

1. Understand the basics of conducting a football coaching session
2. Introducing physiological and psychological aspects into daily training sessions
3. Course approved by Rangers FC, managed by Steven Gerrard, 54-time winners of the Scottish Premier League, and Minerva Academy FC, former I-League champions and a reputed academy for providing a pathway to India internationals
4. Taking sessions based on foreign methodologies of Coaching
5. Planning and implementation of the foundations of coaching into daily training sessions
6. Understanding the different styles of coaching, and how to make use of them according to the situation
7. Understanding basics of nutrition for an athlete
8. Providing First Aid and understanding the effects of an injury
9. Help with internships through the vast network of ISST
10. Opportunity to get placed with Minerva Academy FC
11. Upon successful completion:
  - a) A certificate signed by:
    - Dr. Vipul Lunavat – Director, Institute of Sports Science & Technology
    - Mr. Ranjit Bajaj – Owner, Minerva Academy FC
  - b) An independent certificate by Rangers Football Club
  - c) Access to Rangers Online Academy, their elite coach education programme, which provides insights on:
    - Coaching Session Videos
    - Sports Science
    - Player & Coach Education
    - Session Planner Tool
    - Club & Team Management
  - d) Assistance with internship opportunities and placements with Minerva Punjab FC and other sporting organizations
  - e) Joining the network of ISST Foundations in Football Coaching batch



ISST Campus, VMax Sports & Fitness  
Bharat Kunj Society No:2, Behind Dashbhuj Ganpati Mandir, Dead end of lane  
opposite Kalmadi High School, Ganeshnagar, Pune- 411004, Maharashtra, India.

ISST Distance Education Office, 107/29, Poonam, Ground Floor,  
Bharti Nivas Society, Karve Road, Pune- 411 004, Maharashtra, India.

Phone: +91-9371456929, Email: [info@isst.co.in](mailto:info@isst.co.in)

[www.isst.co.in](http://www.isst.co.in)

### **Fees:**

The total fees for the ISST Level 01 Certificate in Football Coaching is INR 15,000/- (inclusive of all taxes)

The fees include:

- Course Material
- Facilities and Equipment
- Kit
- Certificates (ISST, Rangers FC, Minerva Academy FC)
- Placement Assistance

### **Accommodation:**

Outstation candidates can avail paid hostel services, upon request.

## **Course Schedule:**

### **Day 1:**

On Field: Cohesion, Dribbling, Ball Control

Classroom: Role of the Coach, Child Protection, Principles of Coaching, Introduction to Scouting

On Field: Passing, Shooting

### **Day 2:**

On Field: 1v1, 2v2, 3v3

Classroom: Age-Wise Player Behavior, Communication, Designing Session Plans, Coaching Methodology

On Field: Goalkeeping, Fitness & Gym Session

### **Day 3:**

On Field: Mock Practical

Classroom: Coaching Styles, Small Sided Games, Main Moments in Football, Principles of Play

On Field: Mock Practical

### **Day 4:**

On Field: Practical Exam

Classroom: Laws of the game, check for understanding, Theory Exam

On Field: Practical Exam

### **Day 5:**

On Field: Practical Exams

Classroom: Life Skills, Nutrition and Hydration, First-Aid and Injury Prevention, Webinar by a European Coach (Rangers Online Academy), Career Pathway

On Field: Friendly Game and Closing Ceremony

## Faculty:

### **1- Ryan Roy Shah**



Qualifications: Coaching licenses from FAW (Wales), SFA (Scotland), FA (England), goalkeeping coaching licenses from FA (England), SFA (England), futsal license from FA (England), PFSA Scouting Level 3, Postgraduate Diploma in Football Management, FIFA Diploma in Football Medicine.

Coaching Experience: Ajeenkya DY Patil University, Flame University, The Orbis School, The Kalyani School, Sirfkeval FC, BEG Regiment of the Indian Army.

Author: Soccer Coach Weekly, Viva Football Magazine, The Sporting Influencer, Football Counter.

### **2- Siddharth Shukla**



Qualifications: Coaching licenses from AIFF (India), FA (England), USC (United States of America), FIFA Diploma in Football Medicine, ACE Certified Rehab Specialist, ACE Certified Sports and Conditioning Coach.

Work Experience: Project Manager at The Football Link Pvt. Ltd., New Delhi.

Coaching Experience: Mega Pro Football Academy, Aman Setu School, The Orbis School, Madhavrao Sonba Tupe, Utkarsha EMS, Rajshree Shahu Maharaj PMC School, BEG Regiment of the Indian Army.