

National Coaching Prep 1 Camp Football

Brief Report



**Atal Bihari Vajpayee Training Centre for Disability Sports
Gwalior, Madhya Pradesh**

Camp Overview

The National Coaching Camp, the 1st Preparatory CDS held in Gwalior from 15th to 22nd May 2024, saw participation from 12 states, comprising 24 athletes and 13 coaches, supported by 2 volunteers, 1 medical staff, 1 physiotherapist and 3 resource persons, totaling 45 campers. This camp was a critical phase in the selection process for the Gothia Cup India team. The 25 athletes invited to this camp were shortlisted based on their individual skills and game performance from previous camps.

Throughout the camp, the athletes underwent rigorous training sessions designed to enhance their technical, tactical, and physical capabilities. Each day included a mix of practical training and theoretical sessions, providing a holistic approach to player development.



Day 1: 15th May 2024

Arrival: The camp officially began with the resource team in Gwalior. All participants from the 12 states were received and briefed about the camp's schedule and objectives.



Evening Session: The first day's activities commenced with a light training session in the evening. This session included individual skills assessments to gauge the initial level of each athlete. The purpose of these assessments was to tailor the upcoming training sessions according to the athletes' current skill levels and to identify areas needing improvement.

Day 2: 16th May 2024

Morning Session: The focus remained on individual skills assessments. Coaches conducted various drills and exercises to evaluate the athletes' technical abilities, and overall football skills.



Post-Lunch Theory Session: Abhishek Kumar led a comprehensive session on Nutrition, Dietetics and Hydration. This session was designed to educate the coaches on the importance of proper nutrition and hydration in athletic performance and recovery.

Evening Session: The day concluded with another training session focusing on practical football drills. The training transitioned to football-specific skills

development. The session emphasized dribbling, passing, shooting, and defensive techniques, aiming to build a solid foundational skill set among the athletes.

Day 3: 17th May 2024

Morning Session: The training program included exercises aimed at improving agility and coordination. These drills were complemented with conditioning training involving the ball to enhance the athletes' fitness and technical skills simultaneously.



Post-Lunch Theory Session: Dr. Menander conducted an insightful session on Physiotherapy and rehabilitation. The session highlighted the importance of injury prevention and effective rehabilitation techniques to ensure athletes maintain peak performance levels and recover quickly from injuries.

Evening Session: The coaches collaborated to design a comprehensive training session involving a variety of football drills focusing on both attacking and defending skills. The session culminated in a 30-minute match, allowing athletes to apply the skills they had practiced in a game setting.

Day 4: 18th May 2024

Morning Session: Similar to previous days, the morning session focused on enhancing football skills through drills and exercises. Athletes worked on refining their techniques and improving their tactical understanding of the game.



Afternoon Theory Session: Ms. Suchishrava Dubey, Assistant Professor at the Department of Sports Management and Coaching, LNIPE, Gwalior, delivered a session on Sports Psychology. This session aimed to provide athletes and coaches with insights into the mental aspects of sports, including motivation, focus, and dealing with pressure.

Evening Session: Following the theory session, the evening training resumed with drills and practice matches. The continuous practical application of skills helped reinforce the athletes' learning and improved their game readiness.

Day 5: 19th May 2024

Morning Session: The focus was on individual skills assessments and fitness tests for all athletes. These assessments were critical in tracking the progress made since the initial evaluations and identifying areas that needed further attention.





Afternoon Session: This session aimed to familiarize the athletes with the cultural aspects of Sweden, where the Gothia Cup would be held, helping them adapt better during their stay.

Evening Session: The evening training focused on positioning and playing formations. Coaches worked with athletes to improve their understanding of different formations and the roles of each position, enhancing their tactical knowledge and game intelligence.

Day 6: 20th May 2024

Morning Session: The training session emphasized strengthening and conditioning. Athletes engaged in exercises designed to improve their overall physical strength and endurance, which are crucial for sustained performance during matches.

Post-Lunch: Theory Session: Dr. Manvendra & Abhishek Kumar held a session on table etiquette. This was aimed at preparing athletes for international interactions, ensuring they represent their country well off the field.



Evening Session: Full-time matches were arranged against Gwalior Football Club's male and female teams. In the first match, Team A played to a 1:1 draw, showcasing their improved skills and team coordination. The second match between Team B and the female team ended in a 0:0 draw, further highlighting the competitive spirit and progress of the athletes.

Coaches Meeting: After the matches, the coaches convened to discuss and evaluate the athletes' performances based on individual assessments and match performances. They shortlisted 15 athletes for the next camp based on a grading sequence.



Day 7: 21st May 2024

Morning Session: The training session focused on light load exercises and game formations. Athletes engaged in relaxation exercises, including massage and stretching, to aid recovery and prepare for the Match.

Post-Lunch Theory Session: Dr. Manvendra and Dr. Priyanka conducted a session on taping during injuries in games. This practical session provided athletes and coaches with essential skills for injury management, crucial for minimizing downtime during competitions.

Evening Session: The final set of matches against Gwalior Football Club highlighted the progress made during the camp. In the first match, the team initially led 1:0 but lost 3:1 after the second half. The second mixed-gender match saw the mixed Gwalior team win by 1:0. These matches provided valuable game experience and highlighted areas for further improvement.

Day 8: 22nd May 2024

Morning Session: The final day featured fun activities, yoga, and a meditation session conducted by Ms. Suchishrava Dubey. These activities aimed to relax and rejuvenate the athletes, ensuring they left the camp in high spirits.



Summary

The 1st Preparatory Camp for the Gothia Cup was a resounding success. Over the course of eight days, athletes and coaches engaged in rigorous training, insightful theory sessions, and competitive matches. The camp not only improved the technical and tactical skills of the athletes but also enriched their understanding of the mental and cultural aspects of international sports competitions.

The collaborative efforts of the coaches, resource persons, and support staff were instrumental in creating a conducive environment for learning and development. The

shortlisted athletes demonstrated significant progress and are well-prepared for the next phase of their journey towards the Gothia Cup.

At the end of the camp, the coaches and support staff reviewed the performance of all athletes. Based on comprehensive evaluations of individual skills and match performances, the top 15 athletes were shortlisted for the next camp. These athletes now stand a chance to be part of the Gothia Cup India team.

