



BYSS ACADEMY



“



TABLE CONTENT



ABOUT US	03
MANAGEMENT TEAM	04
TECHNICAL TEAM, TRAINING CURRICULUM & PHILOSOPHY	04
ACADEMY PROGRAMS -SCHOOL APARTMENTS	04
JUNIOR FOOTBALL LEAGUE – BYSS FOOTBALL LEAGUE	08
CONTACTS US	08



”

ABOUT US

Byss is a sports academy is an exciting venture that combines passion for sports with the desire to cultivate talent and promote physical wellness. BYSS serves as a nurturing ground for aspiring athletes, providing them with top-notch training, guidance, and a platform to excel in their chosen sport. The vision behind a sports academy is to create a supportive environment where athletes can hone their skills, receive expert coaching, and access state-of-the-art facilities. From grassroots development programs to elite-level training, the academy aims to cater to athletes of all ages and skill levels.

Soccer is viewed by many as a major sporting event in the world. The game of football has resulted to skill development in many nations across the globe and has contributed in enriching individuals. Besides, sport in general and football in particular have emerged as a single unifying factor, even in the moment of political, ethnic and socio-religious tension and feuds. Nations across the world have united behind this game. Football has bridged racial divide and brought people of other nation into a union of oneness.

Through our football training our aim is to develop players in a supportive and safe environment, and to encourage them to reach their full potential. We also want our students to enjoy their course with us, while working hard to continue their personal development.



MISSION & VISION



The future of every country and its related society lies in the youthful population. Investing in youths' entails building a solid foundation for future leaders by maximizing their potentials. BYSS has come to realize that in partnership with the Government as well as other stakeholders, young people can be given a chance of making it in life through sports. The founders and promoters of EFA equally believe that young people are rough diamond whom if well-polished shall shine for the whole of humanity.

TRAINING PROGRAMME

1. SCHOOL SPORTS ACADEMY PROGRAMME
2. APARTMENT SPORTS PROGRAMME
3. SPORTING EVENTS AND BIRTHDAY SPORTS EVENT

MANAGEMENT TEAM & TECHNICAL HEAD

PREM KUMAR G

- 10 YEARS OF EXPERIENCE IN SPORTS
- AIFF LICENSED COACH
- FIFA LICENSED COACH
- NATIONAL LEVEL FOOTBALL PLAYER
- CERTIFIED MOTOR SKILL TRAINER
- [SWITZERLAND, US, IRELAND, & INDIA]
- ACCREDITED BY: INTERNATIONAL ORGANISATION OF CHILDREN ACTIVE PLAY AND SPORTS
- EX: BARCELONA ACADEMY COACH



CURRICULUM HEAD

- CURRICULUM HEAD FOR BYSS MOTOR SKILL SCHOOL
- CURRICULUM HEAD FOR BYSS FOOTBALL ACADEMY
- CURRICULUM HEAD FOR PE PROGRAMME IN SCHOOLS
- GLOBAL BEST TEACHER AWARD WINNER



TRAINING CURRICULUM & PHILOSOPHY [COORDINATIVE]



METHOD OF TRAINING TRAINING ABILITY

1. Individual Training And Training In Small Groups With Focus On Particular Ability
2. Team Sessions With Focus On Particular Ability

PHYSICAL ABILITY [CONDITIONAL]

1. Individual Training With Ball [Sport Based Conditioning] & Without Ball [Focus On Body Weight Training]
2. S&C Session [Gym Based And Weight Training]
3. Training In Pairs & team Based Training To Increase Number Of Actions With High Intensity
4. Diet & Nutrition Follow Up

DECISION MAKING ABILITY [COGNITIVE]

1. Team Based Match Situation
2. Quick Decision-making Situation -tight Spaces
3. Training To Develop Peripheral Vision
4. Ability To Understand Predicted Game Scenarios
5. Theory Sessions

ABILITY TO INFLUENCE TEAMMATES [SOCIO- AFFECTIVE]

1. Team Outings
2. Playing Other Team Sports
3. Recovery Sessions
4. Sports Psychology

ABILITY TO MOTIVATE ONESELF [EMOTIONAL VOLITIVE]

1. Individual Target Setting
2. Understanding Role In Team
3. Individual Psychology Sessions
4. Parent Child Sessions

ABILITY TO BE UNPREDICTABLE [CREATIVE EXPRESSIVE]

1. Guided Discovery
2. Tournament And Competitive Match Situations

ACADEMY PROGRAMS

FOOTBALL WITH MOTOR SKILLS

SCHOOL SPORTS PROGRAMS
[WEEKDAY & WEEKEND]

APARTMENT SPORTS
PROGRAMS

TRAINING MODULES

BEGINNER

INTERMEDIATE

ADVANCED

ELITE

SCHOOL AND APARTMENT PROGRAMS

REGULAR ACADEMY

1. After School Program
2. 3 Times A Week
3. 60 Min. Sessions
4. Mon, Wed, Fri

WEEKEND BATCHES

1. 2 Times A Week
2. 90 Min.sessions
3. Sat Sun

OBJECTIVES:

1. To Generate Interest Towards The Sport
2. Develop Basic Skills And Technical Foundations
3. Fun Earning Environment
4. Understand And Learn Values Of Team Sports
5. Fitness And General Health Advantages Of Association With A Sport
6. Weekly Session Plans
7. Football Specific Workshops – Nutrition, Physiotherapy, Psychology
8. General Physical Evaluation And Assessment



INDIVIDUAL TRAINING

1. 12 Individual Sessions
2. 60 Min
3. Max 4 Players In A Group
4. Flexible Timings And Schedules

OBJECTIVES:

1. Focus On Technical Aspects Of The Game
2. Fitness And Football Conditioning
3. Individual Physical Stats And Attribute Evaluation
4. Position Specific Training
5. Weekly Individual Session Plans
6. Football Specific Workshops – Nutrition, Physiotherapy, Psychology

100 %
VACCINATED
COACHES

ELITE TEAM TRAINING



1. Selected Players Only
2. Ground Training Sessions
3. S&C Sessions
4. Recovery Sessions
5. Sat & Sun
6. 60 Min
7. Max 4 Players In A Group
8. Flexible Timings And Schedules

OBJECTIVES:

1. Focus On Team Building
2. Strategy And Tactical Sessions
3. Train With Elite Quality Players And Coaches
4. Focus On S&c And Recovery Sessions
5. Participation In Official Leagues And Tournamnts
6. Pathway To Pro Football

FIVE PILLARS OF ACADEMY

1 TALENT & IDENTIFICATION

2 MOTOR SKILL DEVELOPMENT

3 NARROW IN THE TALENT POOL

4 FOOTBALL PROGRAMME

5 INTENSE COMPETITION

COACHING FOR BOYS & GIRLS

Ages 3 To 6

Locomotor Skills
Football Basics

Ages 7 To 10

Football Fundamentals
Techniques
Tactical Skills & Team Work

Ages 11 To 17

Competitive Level
Fundamentals
Techniques
Tactical Skills





WHY SPORTS FOR KIDS?

1. Develops Self – Esteem
2. Regular Exercise
3. Teaches Leadership Skills
4. Teamwork
5. Stronger Relationships
6. Better Communications
7. Teaches Respect
8. Time Management
9. Locomotor Skills
10. Fun Games
11. Health & Nutrition
12. Social Ability

KEY BENEFITS

1. Speed
2. Strength
3. Agility
4. Reaction Time
5. Team Games
6. Eye – Hand Coordination
7. Cognitive Skills
8. Sports Skills
9. Movement, Gross Motor

WE TEACH

1. Attitude
2. Action
3. Tactics
4. Value

TRAINING TOPICS.

1. Basic Techniques – Dribbling, Running With The Ball, Passing And Receiving, Decision Making, Finding Space, Developing Possession, Individual Work And Combination Play, Support Play And Turning
2. Defending – With Appropriate Numbers And Recovery
3. Attacking – Transition Counter Attack And Attacking When Outnumbered
4. Finishing – Shooting Repetition, Crossing & Finishing, Individual And Combined Finishing, 1v1 Finishing
5. Team Shape & Formation

THE FOLLOWING TOPICS WILL BE COVERED IN PERSONAL TRAINING SESSIONS:

1. Strength, Speed And Flexibility
2. Aerobic Endurance – Continuous & Interval
3. Muscular Endurance





SET UP FOR FOOTBALL CLUB

In This Football Programme We Have To Divide The Age Categories In 3 Groups

1. Grassroots Batch (U6, U8, U10,u12,u14,u 16 And U18) It Is For All The Beginners And Main Intension To Improve Their Technical Abilities.
2. Amateur Batch (U10,u12,u14,u 16 And U18) Formative Sessions
3. Excellence Batch (u10,u12,u14,u 16 And U18) Intense Sessions
4. Goal Keeper Coaching Program
5. Goal Project

METHODOLOGY OF THE ACADEMY

1. We Follow Guided Discovery Which Helps The Players To Think More Creative And Get Answer For Them
2. All The Sessions Will Be Designed By The Aiff Certified Coach And Technical Director And It Will Be Followed Throughout The Season

CURRICULUM WILL BE DESIGNED IN 4 CONTENTS

1. Creation Occupation Of Space
2. Ball Movement
3. Progression
4. Finishing

SCHEDULE FOR THE FOOTBALL PROGRAMME

1. We Provide 1 Match Day And 2 Training Session For The Kids In A Week
2. We Provide 2 Training Session 1 Match Day In A Week Day Which Will Be The Match Day Like Inter Competition
3. The Batch Will Distribute In The 1:15 Ratio
4. Assessment Of The Players Once In 3 Months Will Be Shared To The Parents

USING OF THE FACILITIES

1. Motor Skill Classes For Kids
2. Conditioning Program
3. Fitness Classes
4. Football Coaching
5. Coaching Programme

EXPLORE FOR THE PLAYERS

1. Inter Competition
2. KSFA Competition
3. KSFA Competition
4. BDFA Competition
5. Friendly Competition
6. Private Competition



Please Contact For Registration

9353842445

E : gprem Kumar802@gmail.com