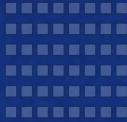




MOTOR SKILL
DEVELOPMENT SCHOOL



BYSS ACADEMY

FUTSAL



Motor Skill Learning 
Academy Switzerland



**ALL INDIA
FOOTBALL
FEDERATION**



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.

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

At BANGALORE YOUTH SPORTS SCHOOL our mission is to cultivate a passion for futsal football while fostering holistic development in our players. We aim to provide a nurturing environment where athletes can thrive both on and off the court, instilling values of discipline, teamwork, and sportsmanship that will serve them well throughout their lives. Our commitment is not just to develop skilled futsal players but also to Mold well-rounded individuals who embody integrity, resilience, and a relentless pursuit of excellence

VISION

Our vision at [BYSS Futsal Football Academy] is to be recognized as a premier institution for futsal football development, both domestically and internationally. We aspire to produce top-tier futsal athletes who can compete at the highest levels of the sport while upholding the principles of fair play and respect. Through innovative training methods, state-of-the-art facilities, and a dedicated coaching staff, we seek to set new standards of excellence in futsal football education



CORE VALUES

1. Excellence
2. Integrity
3. Teamwork
4. Respect
5. Continuous Learning

STRATEGIC GOALS

1. Player Development
2. Competition Success
3. Academic Support
4. Community Engagement
5. Facility Development



COACHING FOR BOYS & GIRLS

FUTSAL LEARNING for KIDS (3-18 YEARS)

Futsal is a fun and exciting sport that kids can start learning when they're as young as 3 years old. Futsal is like soccer, but it's played indoors on a smaller court with a smaller, heavier ball.

AGES 3-6:

- For the youngest players, futsal is all about having fun and developing basic skills like kicking, dribbling, and passing.
- They learn to control the ball with their feet and get comfortable moving around the court.
- Coaches use simple games and activities to teach these skills in a playful and enjoyable way.

Ages 7-12:

- As kids get a bit older, they start to understand the rules of the game and learn more advanced techniques.
- They work on improving their passing accuracy, shooting skills, and teamwork.
- Futsal helps them develop coordination, agility, and quick decision-making on the court.
- Teams might start playing in local leagues or tournaments, where they can put their skills to the test in friendly competition.

Ages 13-18:

- By the time kids reach their teenage years, they've built a solid foundation of futsal skills.
- They continue to refine their techniques and tactics, focusing on things like ball control, tactical awareness, and fitness.
- Older players might compete at higher levels, representing their schools, clubs, or even their countries in futsal tournaments.
- Some players might also aspire to play professionally or at a collegiate level, and futsal can help them reach those goals by providing a strong skill set and understanding of the game.

• MANAGEMENT TEAM & • TECHNICAL HEAD PREM KUMAR G

- 10 YEARS OF EXPERIENCE IN SPORTS
- AIFF LICENSED COACH
- FIFA LICENSED COACH
- AIFF FUSTAL LICENSED COACH
- ENGLAND FUSTAL 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

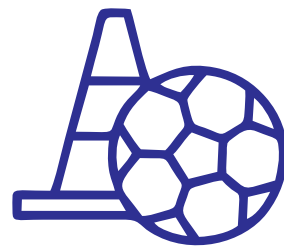
CURRICULUM HEAD

- 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





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 Tournaments
6. Pathway To Pro Football



5 PILLARS OF ACADEMY

TALENT & IDENTIFICATION

MOTOR SKILL DEVELOPMENT

NARROW IN THE TALENT POOL

FOOTBALL PROGRAMME

INTENSE COMPETITION



ACADEMY PROGRAMS

FOOTBALL WITH MOTOR SKILLS

SCHOOL SPORTS PROGRAMS
[WEEKDAY & WEEKEND]

APARTMENT SPORTS
PROGRAMS

TRAINING MODULES

ELITE

ADVANCED

INTERMEDIATE

BEGINNER

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 Learning 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



AN INTRODUCTION TO FUTSAL



We'll Explore What Futsal Is, Where To Play And How To Coach Your Team. To Get Started, Select The First Topic Below.

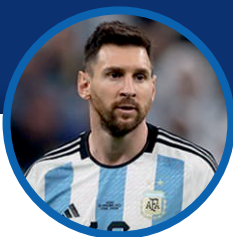
what Is Futsal ?

- Born In The 1930s
- Futsal Emerged From The Football-mad Cities Of South America.
- Here, Players Had Little Space And A Shortage Of Pitches. This Led Them To Create A Small-sided Game With Only Five Players On Each Team.
- By Design, Futsal Is Fast And Exciting. It's Fun And It Requires Players To Operate In High-pressure Situations
- Nowadays, Futsal Is Enjoyed By Over 60 Million People Worldwide. It's Recognised By Both Uefa And Fifa, And Has A Number Of International Competitions.
- In England Our Top Players Compete In The Domestic National Futsal Series
- Futsal Isn't Just Five-a-side Football
- This Is A Media Component Which Displays A Vimeo Video. Select The Play / Pause Button To Watch It.
- It's A Very Different Experience, And A Lot Of This Is Down To The Laws Of The Game

Why is Futsal Played?

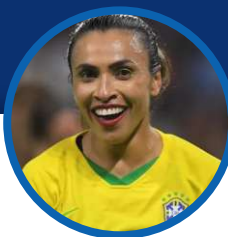
ACROSS THE WORLD, MILLIONS OF CHILDREN PLAY FUTSAL

It's fun, it's accessible and it provides lots of opportunities to be skilful. In fact, some very famous faces credit futsal for launching their careers...



"As a little boy in Argentina, I played futsal on the streets and for my club. It was tremendous fun, and it really helped me become who I am today."

LIONEL MESSI



"Futsal is a fantastic sport! A lot of what I do on the football pitch comes from playing futsal such as quick decision-making and learning how to perform in small spaces."

MARTA VIEIRA



"During my childhood in Portugal, all we played was futsal. The small playing area helped me improve my close control, and whenever I played futsal, I felt free. If it wasn't for futsal, I wouldn't be the player I am today."

CRISTIANO RONALDO



WHAT MAKES FUTSAL SPECIAL?

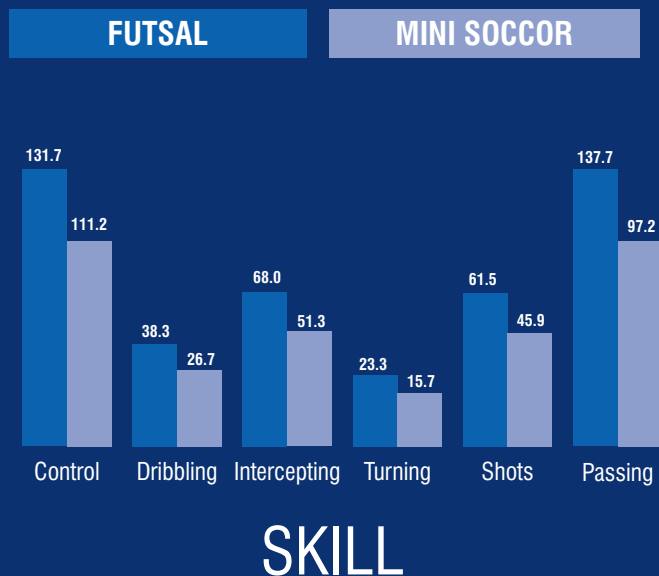
Compared to normal football, futsal involves fewer players. This means that everyone gets more time on the ball.

However, some types of football – like five-a-side – use low numbers too. So, why not just choose a smaller format?

To find out, Milligan et al. (2007) ran an experiment. They compared the performance of an U10 team in two different scenarios:

1. Playing Five-a-side Mini Soccer
2. Playing Futsal.

The graph below shows how often key skills were seen in each game.



Clearly, futsal provides both a physical and mental challenge. This adds to the fun and helps players to build their confidence too.

WHERE CAN FUTSAL PLAYED ?

LET'S START WITH THE BASICS

Lots of people think that futsal must be played indoors on a full-size international court. While that would be ideal, it's not always possible – or necessary. In fact, if you're organising a game for primary school players, you can work with a court as small as 20m x 13m.



WHAT IF I DON'T HAVE A FUTSAL COURT?

Don't worry. Both youth and recreational futsal can be played in a variety of spaces – you just need a hard surface. For a closer look, select the arrows below.

VILLAGE HALL

While there's unlikely to be space in your hall for a full match, it's a great place to train. Try 2v2 and 3v3 games that give players lots of opportunities to practise futsal-specific skills.



CONCRETE PLAYGROUND

Ideally, futsal is played inside. However, concrete areas offer a great alternative for training or matches.

If your playground is missing appropriate lines, simply use markers or chalk to outline the court.

MULTI-USE GAME AREA

A multi-use game area (MUGA) isn't suitable for a futsal match, but it's a great place to train.

If your MUGA is in a cage, you'll need to use markers to outline the sidelines.



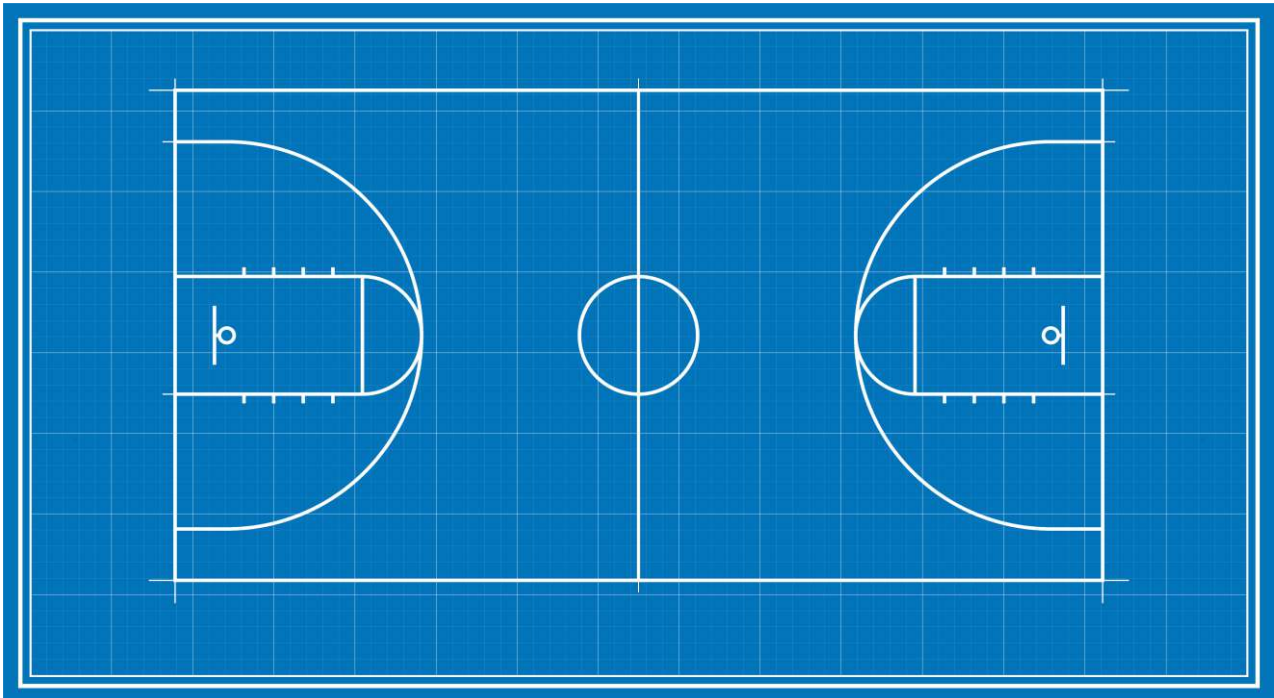
SPORTS HALL

Lots of sports halls have basketball or netball court markings. These are perfect for training and can be adapted for matches too.



A CLOSER LOOK

Here's how some common sports hall markings compare to a standard futsal court.



FUSTAL | BASKET BALL | NETBALL

WHAT COULD FUSTAL TRAINING LOOK THIS ?

1. Get Your Team Moving Asap
2. Give Your Training And Focus
3. Make Your Practices Directional
4. Get You Gk Involved
5. Use Small Side Game
6. Include Fustal Laws
7. Give Step And Try
8. Keep Score
9. Be Positive
10. Play Futsal



HOW CAN I HELP MY TEAM PLAY FUTSAL ?

YOUR PLAYERS NEED TIME TO ADAPT

Compared to football, futsal is faster and uses less space. Novice teams lose possession a lot and patience is important.

Let your players settle into the game and experiment with ways of controlling the ball. Once they're comfortable, you can begin to discuss some of the more technical aspects of futsal.

TRY TO FOCUS ON FIVE KEY AREAS

Attacking, Defending, Counter Attack, Set Pieces, Fly gk

What Are The Core Skills Of Futsal ?

FUTSAL HAS 10 CORE SKILLS

For the team-based messages to work well, the players need 10 core skills. Five of them focus on attacking and five of them focus on defending.

ATTACKING

- Passing
- Receiving
- Moving With The Ball
- Turning
- Finishing

DEFENDING

- Marking
- Pressing
- Intercepting
- Challenging
- Covering And Recovering



DID YOU GET ALL THAT?

When it comes to core skills, there can be a lot to take in. It could take your players days, weeks or even months to grasp this info.

It's important to introduce one skill at a time. Don't overwhelm your team with everything at once and only focus on a few tips here and there.

If you want to take things a step further, try thinking about which players would benefit from what advice. Then consider when to share it – and how.



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



Motor Skill Learning 
Academy Switzerland



BYSS ACADEMY



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