



Indian Blind Football Federation

Reg no 416/2016

Registered office : F-2, 5th Floor, South Square Building, Panampilly Nagar, Kochi - 682036. Kerala

Admin office : KMNP Law Office, A1/62, LFG, Safardung Enclave, New Delhi - 110029

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TRAINING MANUAL

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A large graphic occupies the center of the page. It consists of a green rectangular background with a white border. Inside, there is a large orange shape that resembles a stylized envelope or a wide 'V' pointing downwards. The word 'RUNNING' is written in white, bold, uppercase letters across the center of the orange shape.

RUNNING



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RUNNING



Start the running from one side. Coach will be giving instructions. Coach will give instructions like “keep coming”.



When the player reaches near the coach he instructs to move towards right side of the player.



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RUNNING



1

All players are instructed to go around the coaches standing in two ends of the ground. Players listen to the instructions (keep coming) from the coach standing opposite to the starting point.



2

When the player reaches near to the coach, he claps on the left and then on the right. So that the player listens to the clap and moves around the coach.



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BODY MOVEMENTS



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SIDE BODY MOVEMENTS



At first the player stands behind the coach holding both his elbows so as to understand the body movements as he move side wards. Player along with coach take three steps on to his left side. Count is given by the coach. Same is done towards the right side also.



Now the player without the help of the coach continues to practices the same movements; at first in slow pace and later the pace is increased.



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BACKWARD AND FORWARD BODY MOVEMENTS



1
The blind people will get mobility training only for forward . The match requires the player to move all four sides. Here the players practice to move backward and forward using the toes.



2
First round should be done slowly. Gradually the speed gets increased. The instructions of the Coach be like “and forward, and backward, and stop”. The second round involves the use of jogging with toes and the speed will be accelerated.



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All BODY MOVEMENTS



1

This steps include all the body movement like both side and forward and backward. The coach will instruct forward and backward movements.



2

2nd step includes the coach instructing both sides. After that coach will be instructing all the sides randomly. Instructions like “ and right, and left, and back , and forward, and relax” will be followed randomly.



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TURNING



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QUICK TURNING



1

This is for quick turning. First step is to move forward and backward with help of one coach. When the coach instruct “and turn” the player should turn quickly.



2

2nd step is to move forward and backward without others help. Speed will accelerate each round. When the player start moving The coach will be instructing like “and turn” and the player should turn. The speed will be accelerated gradually.



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**CONTROL
&
PASSING**



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BALL CONTROLLING



This practice is to get control on the ball. Coach will be passing the ball to the player. Player should pick the ball with his/her hand and give back to coach by a throw.



Player pick the ball with his/her hand and throw back to coach. After the throwing player should stand straight. The coach should throw the ball in both sides of the player. Player will move and pick the ball.



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BALL CONTROLLING



1

This step is also includes the same procedure of the last training step. This also includes picking of the ball using the hand.



2

2nd step of this training is to place the kicking foot to the back of the ball. And non kicking foot should be pointed towards coach. (Nonkicking foot should be pointed towards to our focus area) After this player is instructed to kick the ball.



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BALL CONTROLLING



Next step is to give training to stop the ball with the foot. The player can stop the ball in two different ways. Player can open his toes like horizontal shape on his body line. The coach will pass the ball to the player to stop ball opening his toes and kicking on his focus area. The 2nd way of stopping the ball is the player should lift of his foot top and stop the ball.



The same process will be done by the coach. He can throw ball in both sides and player move to the ball to stop and kick the ball



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**LIFTING THE
BALL**



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LIFTING THE BALL



1

Coach places the ball on the ground and helps the player to feel and understand the center of the ball with his fingers.



2

Then coach instructs the player to kick the ball at the middle region to pass and to kick at the bottom straight from the centre of the ball to lift it



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LIFTING THE BALL



1

Coach teaches them where is the kicking point of the ball. Then they start to kick the ball for lifting over head of others. First step is they lift the ball without anyone in front. Second step is the coach will be standing in front of the player and instructing him to kick the ball over his head.



2

The second stage of this training is passing through lift. Here the coach passes the ball and will move to the other side and calls for the ball. The player will be pass the ball through lift.



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**MEETING
&
RETRIEVING**



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MEET THE BALL

1



1

The coach will drop the ball and players should come and get the ball and give pass. The demo will be played by the coach. After that players follow the instructions. Coach will drop the ball, player should come front and meet the ball and give pass to coach.

2



2

The second stage of this training is the coach dropping the ball and player coming in to front and getting the ball to move two steps in to front with ball and pass the ball to coach and move back and find side board. Same process is continued three times.



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MEET THE BALL



1

in football, Some times the ball go away from the player. That time player should go and get beyond the ball. Here the training is, coach will drop the ball and player should run for the ball and get beyond or inside the ball and give pass to the coach



2

The second round onwards distance will be increased and player run for the ball and catch in front of the ball and ran back to coach with ball



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**RUNNING
WITH THE BALL**



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RUNNING WITH BALL



When the player run with ball ,the ball should be closest to the foot. It will help the player to get more balance and control to the ball. For running with the ball the coach instruct to them, to move with the ball and after few step forward coach instructs them to stop the ball. The player should stop the ball lifting the foot(foot on it) . Then player should continue the walking till coach says to stop. Each rounds will increase the speed of running.



The second rounds onwards distance will increase and player runs with ball and stop the ball and turn right and start running and then stop the ball (foot on it) and turn left and start running. The coach will instruct “turn right” player stop the ball (foot on it) and then turn right. Same process follows for turning left.



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TURNING WITH BALL



1

In this session coach trains the player to turn with ball. The coach will instruct them to run with the ball. When the coach says “turn” they stop the ball (foot on it) and drag it back and turn.



2

The next training is for the turning around the other players. Here the player run with ball around the coach who are standing in other end and come back to the starting position



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DEFENDING



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DEFENDING



1

Defending only need side movements. player move to the goal post and defender try to defend the player with side movements . Defender should open his toes. Don't push the player just hold the player to know the movements.



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A large graphic in the center of the page consists of a green rectangle with a white border. Inside, two orange triangles point towards each other from the bottom corners, meeting at a point in the center. The word 'SHOOTING' is written in white, bold, sans-serif capital letters across the green background.

SHOOTING



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SHOOTING



Normal people can lift the foot long back and can shoot because they can see the ball. But this players needs just short lift from their foot and they can shoot. Non kicking foot should be to the focus area.



coach throws the ball to the player and player should stop the ball and get control on it by fixing the non kicking foot to focus area and shooting to the goal post.



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SHOOTING



The second step is the coach drop the ball and player should get the ball and stop the ball with foot on it. And non kicking foot should on focus area and the player is instructed to kick



Third steps is the coach dropping the ball from player's back and player should follow the ball and stop it (foot on it) ,after getting the control on the ball player fix the non kicking foot and shot.



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SHOOTING



The fourth step is the players start running with ball from 6 yard before the goal post. Player should move three steps each to right and left side and shoot the ball.



Fifth shooting is angle go shoot. Player move with ball from the side boards and come to the front of the goal post and stop the ball (foot on it) and shoot.



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SHOOTING

1



The final shooting training is curve model shooting. The player start running with ball from side board. The coach stand in front of the goal post and instructs them to come forward and after the passing him coach instructs them to turn and shoot. The same procedure is carried out without the coach in the second phase. The coach stand back in to the goal post and instructs to them for shooting in the same curve model.