CHAPTER - IV

COACHING FOOTBALL NATIONAL AND INTERNATIONAL LEVEL
CHAPTER - IV

Coaching Football National and International Level

* * Fitness Ability of a Coach
* * Method of Coaching Physical Fitness
* * Training Fitness and Condition
* * Team Tactics
* * Influence of Coaches
* * Tactics of Mid - Field Player
* * Fundamental of the Game
* * Coaching at National Level
* * Coaching Strategies of S. A. Rahim
COACHING FOOTBALL NATIONAL AND INTERNATIONAL LEVEL

To be successful, one must know what aim to achieve. Every coach has to keep in mind his aim, which is to coach good players and teams and that to play the game well. A coach who knows his aim will find the best way to achieve his aim from the experience. It reveals that the success of a coach is determined by his personality. In the ancient classic theatre the actor's wore masks "Through" the mask was "Sounding" the personal character of each actor. In general every coach has the same position and does the same job. This is his "Mask" if he has got strong personality than there is something that sounds through.

A good coach has to keep fit and improve his ability to demonstrate every thing. He is going to teach to his players. He has to be fit not to be fat, and has to prove his talents through demonstration.

The job of a good coach is as difficult as that of a father. It's complicated enough to educate one boy, but a team of 18 players present many problems. One who devotes all his strength to the team, can demand from each players to do his best for the team.

Coach is an employee and he knows more about the game than his employers. The enjoyment of the spectators, and on the other hand needs the public. Therefore a good coach has
to keep contact with the public. These contacts however, may cause dangers and create hindrance, hence a good should aspire to the public, but at the same time he has to keep the necessary distance and co-operate with the press and public and public media.(3)

To be a good coach is 24 hours job of course, it does not mean that a coach has to work 24 hours a day; but he must be prepared and get busy at any hour whenever it becomes necessary. He has to help like a doctor.

FITNESS AND ABILITY OF A COACH

Is to demonstrate and playing experience on one hand at another point is to improve the knowledge of the game concerning every thing. knowledge is power, it gives great confidence to the coach. A good coach has a rich playing experience. He is studying the game and human behaviour vis-a-vis international, development particularly in the game of football. (4)

If the same team under the same circumstances coached by two different coaches result obtained would be different. One coach may be is expert in handling players and manage team, the other may not be.

Now a days it is easy to learn to improve muscles strength and power but at the same time, we do not know how to improve will power and the other psychological factors, Which play a vital role in the game. (5) Coaches need to be acquainted with the study of "APPLIED PSYCHOLOGY" Which help
to understand the players psychology.

According to their ability and resistance power of the body exercises be given physical fitness. It is one of the most important elements which influences on the performance of the game. The basic components of physical fitness are stamina, strength and agility (Quickness).

| PHYSICAL FITNESS |
|------------------|-----------------|------------------|
| Stamina          | Strength        | Agility (Quickness) |
| (More than 100%) | (About 30%)     | (Only 10%)        |

**STRENGTH** : There are different type of exercises which help to achieve the goal. One is "Isotonic" means repeating the same movement and the other is "Isameric" means holding the same position in the best measure for 7 seconds to bring in muscle strength with full power.

Isotonic can be done with the use of middle weight 30 times. Increasing the middle weight and repeating it using the heavy weight 5 to 10 times and practicing jumping exercises 10 to 30 times every week. (6)

**STAMINA** : There are two types of stamina one is the general stamina and the other is local stamina. General stamina is used for running and for heart. Local muscles stamina is to secure will power to get the best stamina in football through interval training, for example running with ball along the penalty area with a pause of 3 seconds and is changed.
In order to improve football it is necessary that training practice is related to match. Training and match have reciprocal effects. The result of the match gives idea of short comings which take place in the match, the essential ingredients needed for the match. Thus methodical coaching is developed on the requirements of match plays the repetitive training required for match play is important.

The best instrument of instruction is the match itself which stimulates better understanding anything to reach required standard.

A coach whose basis of teaching is on the peculiar situation of the match eventually succeed in reaching improvement. Each kind of sports has its respective requirements concerning fitness. In football a very high standard of physical fitness is necessary and a good skills are required do. According to J.V. Butller, "Physical Fitness is not all every thing is nothing without physical fitness."

QUICKNESS:- Improvement of quickness is only 10% for example, use of medicine ball of 3Kg. dumbles of 15 lbs for hands for a days training is required for 2 matches in a week to improve muscles strength and stomach muscles. Physical fitness is classified as:

(a) Endurance, Stamina, Resistance.
(b) Quickness, Speed, Agility.
(c) Strength, Power, Force.
Physical fitness is only one step on the way to becoming a good footballer, much more important is the ability to control the ball in every situation, at maximum speed and under heavy pressure of opponents. Technical skill can be improved by three stages.

1) Standing position or slow motion.
   50% strength and power fundamental.

2) Whistle running.
   Until top speed related to match play.

   Running exercise be provided in standing position and slow motion for development of strength. Second running on the whistle with top speed and slow running as required in the match situation. (9)

It is observed when a player who stands on the ground under the pressure of a opponents as the situation practically occurred in match.

METHOD OF COACHING PHYSICAL FITNESS

There are expert doctors specialized in sport medicine working at various institutions all over the world. Their important suggestions and perceptions have vitally contributed to the systematic and scientific coaching in various games. We can utilize their expertis for evaluating the standard of coaching in advance highest mark. The result of the co-operation between sport doctors and sport coaches is the modern method of coaching. (10)
Scientific researches, however are not yet complete. The dark corners are still being researched, new knowledge, will improve the method. Coaching during the course help to learn simple assured principles, and method to improve required physical fitness for football players.

According to J.V. Rutller "Only that which is efficient can survive". Fitness is competency or preparedness for life. It implies in relation to human being an ability to adjust their life properly to the need of their environment. Fitness is related to the general conditions by which one may judge ones capacity for living efficiently in ones present environment. The coaches adopt the different types of physical fitness, considering age, geographical atmosphere etc. (11)

According to Gehard Bauer "Fitness + condition = capability. He has suggested the following system of training.

<table>
<thead>
<tr>
<th>Heart = Circulation</th>
<th>Muscle</th>
<th>Nervous System</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breathing</td>
<td>Strength</td>
<td>Co-ordination</td>
</tr>
<tr>
<td>Stamina</td>
<td>Maximum</td>
<td>Dexterity.</td>
</tr>
<tr>
<td>Strength</td>
<td>Strength</td>
<td>Agility Reaction.</td>
</tr>
<tr>
<td>Stamina</td>
<td>Strength</td>
<td>Ability to Jump.</td>
</tr>
<tr>
<td>Technique Exercise</td>
<td>Isonetric</td>
<td>Body training with</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Stretching.</td>
</tr>
<tr>
<td>Activity</td>
<td>Exercise Type</td>
<td>Purpose</td>
</tr>
<tr>
<td>--------------------------</td>
<td>------------------------------------</td>
<td>--------------------------------------------</td>
</tr>
<tr>
<td>Jogging</td>
<td>isotonic training</td>
<td>Relaxing</td>
</tr>
<tr>
<td>Passing game</td>
<td>Exercise with medicine ball</td>
<td>Reaction Body training with stretching</td>
</tr>
<tr>
<td>Cycling</td>
<td>Exercise with partner</td>
<td>skill</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Reaction - skill</td>
</tr>
<tr>
<td>Cross country running</td>
<td>Jumping exercise</td>
<td>Balance exercise</td>
</tr>
</tbody>
</table>
Training methods improve certain aspects of body, suggested by Howell, M.L., and Marford, W. F., are as follow.

- Fitness. Suitable training means.
- The sustained achievements method.
- The extensive method.
- The intensive interval method.

### TRAINING FITNESS AND CONDITION.

<table>
<thead>
<tr>
<th>Training Method</th>
<th>Training aims</th>
<th>Means of training</th>
<th>Intensive Ex exercise</th>
<th>Extensive duration of pauses</th>
<th>Arrangement of pauses</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Sustained</td>
<td>Longterm stamina</td>
<td>Runs</td>
<td>Runs</td>
<td>No passive</td>
<td></td>
</tr>
<tr>
<td></td>
<td>General special</td>
<td>forest run</td>
<td>moderate middle</td>
<td>5000 senior</td>
<td>breaks only</td>
</tr>
<tr>
<td></td>
<td>basic stamina</td>
<td>passing game: 40%, 50% game</td>
<td>3000 junior</td>
<td>change in</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>improved capacity: run with</td>
<td>6vs6 small game: 2000 school</td>
<td>intensive type</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>for oxygen intake: tempo change: weight 25,40%</td>
<td>game at least: of exercise</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>through improve-</td>
<td>games 3v/s1</td>
<td>30 minute</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>ment of heart cir: 4 v/s 2 8vs8:</td>
<td>ball work</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>circulation brea-</td>
<td>11 v/s 11</td>
<td>at least 45</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>thing achievement</td>
<td>ball work on</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>the move</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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2. Intensive:

Middle terms: Runs

Runs

Runs

Active breaks

Internal: stamina 2.8 min

Runs with: Middle fast

3-5 series

with gymnastic

Method:

tempo change: 60% 70%

of 4-10 run

exercise in

runs up stop: Game 3 v/s

Game 3 v/s

over 20 -200 technique. (12)

runs up hill: 6 v/s 6

size of: meters game:

game 3v/s 3: pitch 1/4, 1/2

3v/s 5 from:

6 v/s 6

Seconds

Ball Work

Ball Work

on the move:

Complex

with opponent

exercise

with break
3 Incentive: Short term

<table>
<thead>
<tr>
<th>interval</th>
<th>duration</th>
<th>task</th>
</tr>
</thead>
<tbody>
<tr>
<td>45-120 second</td>
<td>start from</td>
<td>fast sub max.</td>
</tr>
<tr>
<td>speed stamina</td>
<td>standing</td>
<td>80% and 90%</td>
</tr>
<tr>
<td>ability to jump</td>
<td>sitting</td>
<td>Games</td>
</tr>
<tr>
<td>into man test etc: lying exercise</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| Intial speed | cise with | |
| partner. |

| Games |
| Games |

| 1:1, 2:2, 1:1, 2:2, 1:2, 5-10 games |

| leg power kick | 1:2, 2:1, 3:3 at top run: |

| kick power. | ping tempo |

| Ball Work | Ball Work |
| Ball work |

| with weight | max-use weight |
| Complex |

| vest with | 50% to 75% |
| exercise 4-6 |

| opponent | exercise with |

| 2-5 repeat. |
Plan should be carefully drawn up considering the capabilities and over all development of a player, such as stamina, strength and speed for example a training plan for 4 week for an active player may be as under.

<table>
<thead>
<tr>
<th>Period</th>
<th>Training aim</th>
<th>Mean of training</th>
<th>Training Method</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st Week</td>
<td>Stamina body</td>
<td>cross county running</td>
<td>sustained method</td>
<td>2-30 minutes</td>
</tr>
<tr>
<td>Monday</td>
<td>loosing exercise</td>
<td>gymnastic with ball.</td>
<td>sustained method</td>
<td>10 &quot;</td>
</tr>
<tr>
<td>Tuesday</td>
<td>regenaration tec-</td>
<td>swimming training</td>
<td>internal method</td>
<td>45 &quot;</td>
</tr>
<tr>
<td>Wednesday</td>
<td>nique agility,stamina individual work with</td>
<td></td>
<td>internal method</td>
<td>90 &quot;</td>
</tr>
<tr>
<td>Thrusday</td>
<td>technique of game</td>
<td>ball</td>
<td></td>
<td>20-30 &quot;</td>
</tr>
<tr>
<td>Friday</td>
<td>Game</td>
<td></td>
<td></td>
<td>90 minutes</td>
</tr>
<tr>
<td>Sat/Sun</td>
<td></td>
<td>match</td>
<td></td>
<td>90 minutes</td>
</tr>
</tbody>
</table>

IIind week

<p>| Monday   | Relaxation                            | sauna gymnastic            |                         | 60 minutes      |
| Tuesday  | Technique strength                    | Training                   |                         | 90 &quot;            |
| Wednesday| Medium stamina                         | Running with               | Extensive internal      | 30 &quot;            |
| Thursday | Tacnique Tactics                      | Tempo change               | method                  | 90 &quot;            |
| Friday   | Body loosing exercise                 | Training with gymnastic with ball. | sustained method | 20 &quot;            |</p>
<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat/Sun</td>
<td>Game</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Match</td>
<td>90</td>
</tr>
<tr>
<td></td>
<td><strong>IIIrd Week</strong></td>
<td></td>
</tr>
<tr>
<td>Monday</td>
<td>Relaxation</td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td>Technique speed</td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td>Training Game</td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td>Technique</td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td>Body stretching, exercise</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Gymnastics sustained method</td>
<td></td>
</tr>
<tr>
<td>Sat/Sun</td>
<td>Game</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Match</td>
<td>90</td>
</tr>
<tr>
<td></td>
<td><strong>IVth Week</strong></td>
<td></td>
</tr>
<tr>
<td>Monday</td>
<td>Body loosening exercise</td>
<td></td>
</tr>
<tr>
<td></td>
<td>regenration</td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td>Medium stamina</td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td>Training</td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td>Technique, Tactics</td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td>Ball Work</td>
<td></td>
</tr>
<tr>
<td>Sat/Sun</td>
<td>Game</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Match</td>
<td>90</td>
</tr>
</tbody>
</table>
THE FOLLOWING TRAINING PLAN IS ALSO RECOMMENDED.

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Distance</th>
<th>Running time exercise period</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 days per week</td>
<td></td>
<td>9.15 Minimum.</td>
</tr>
<tr>
<td>From 10th Week</td>
<td>Each 1.5 K.M.</td>
<td>9.00 Maximum.</td>
</tr>
<tr>
<td>2 days per Week</td>
<td>Each 2.5 K.M.</td>
<td>7.45 Minimum.</td>
</tr>
<tr>
<td></td>
<td>Each 3.00 K.M.</td>
<td>16.00 Maximum.</td>
</tr>
<tr>
<td></td>
<td>Each 3.00 K.M.</td>
<td>11.55 Minimum to 17 minutes.</td>
</tr>
</tbody>
</table>

(15)
The following qualities make successful players such as:

i) will power.
ii) Courage.
iii) Tenacity.
iv) Stamina.
v) Fighting Spirit.
vi) Sporting way of life. (16)

The West German Federal league players adopted the following training for the achievement of the above mentioned qualities.

<table>
<thead>
<tr>
<th>Running</th>
<th>Jumping</th>
<th>Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td></td>
<td>3856 m</td>
</tr>
<tr>
<td></td>
<td></td>
<td>6127 m</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3778 m</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5742 m</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4456 m</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Starting to run</th>
<th>Defender</th>
<th>Mid fielder</th>
<th>Sweeper</th>
<th>Centre Forward</th>
<th>Average</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walking</td>
<td>1636 m</td>
<td>2081 m</td>
<td>1689 m</td>
<td>1795 m</td>
<td>1421 m</td>
</tr>
<tr>
<td>Trotting</td>
<td>2960 &quot;</td>
<td>3010 &quot;</td>
<td>2801 &quot;</td>
<td>3054 &quot;</td>
<td>2521 &quot;</td>
</tr>
<tr>
<td>Run/Medium</td>
<td>843 &quot;</td>
<td>512 &quot;</td>
<td>639 &quot;</td>
<td>452 &quot;</td>
<td>568 &quot;</td>
</tr>
<tr>
<td>Run/Fast</td>
<td>317 &quot;</td>
<td>418 &quot;</td>
<td>175 &quot;</td>
<td>208 &quot;</td>
<td>219 &quot;</td>
</tr>
<tr>
<td>Run/Max</td>
<td>100 &quot;</td>
<td>166 &quot;</td>
<td>163 &quot;</td>
<td>177 &quot;</td>
<td>143 &quot;</td>
</tr>
<tr>
<td>Activity</td>
<td>8 Times</td>
<td>3 Times</td>
<td>4 Times</td>
<td>6 times</td>
<td>5 Times</td>
</tr>
<tr>
<td>------------------</td>
<td>---------</td>
<td>---------</td>
<td>---------</td>
<td>---------</td>
<td>---------</td>
</tr>
<tr>
<td>Jumping</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Starting to run</td>
<td>27 Times</td>
<td>28 Times</td>
<td>14 &quot;</td>
<td>77 &quot;</td>
<td>36 &quot;</td>
</tr>
<tr>
<td>Stopping from</td>
<td>--</td>
<td>Not</td>
<td>--</td>
<td>--</td>
<td>--</td>
</tr>
<tr>
<td>Max. Run</td>
<td>16 Times</td>
<td>Recorded</td>
<td>6</td>
<td>15</td>
<td>12 (17)</td>
</tr>
</tbody>
</table>
Basic Stamina:

For development of stamina the player should run at a speed and run 3-6 K.M. Where the pulse of a player will be settle down to a near normal pulse rate.

Stamina at speed:

Running up slopes and change in speed with and without ball, gymnastics exercise, running in between and jumping over hurdles, will require break to settle down the pulse rate. (18)

Ability to jump:

Running up steps and hills at full strength until thigh muscles are totally exhausted, trot slowly down hill, then break until pulse is down once again to the normal condition.

Pursuit race round 18 Yard area:

It's a relay race positioned at one corner of the 18 Yard area each with a ball relay "A" of the first group runs with "B" and "C" at a distance of about 2 Mtrs each behind.

Each kicks the ball around 18 Yards area as quickly as possible and hands it over one circuit to the second runner. Each group tries to over take those in front or shake off those behind. (19)
Diagonal Runs:
Four players are positioned at each corner of half the pitch. The first player of each group has a ball. When called, the four players run diagonally across the opposite corner. Keeping the ball under control, which helps to make a correct move to achieve the goal.

Types Of Game:
Keeping the ball in the air. According to the ability of an individual, the ball should bounce once or twice not at all. Better players keep the ball in the air while moving forward. (20)

Rocket Launching:
The player should hit the ball straight up in the air as high as possible and stop it the moment it touches the ground or volley it.

Ball Over The Rope:
Play the ball over a rope at about head height. The ball should not touch the ground more than twice or only once on each side.

Ball Acrobatics:
The ball hit as high as possible and do a press up, forwards or backwards roll or kangaroo jump before catching or stopping the ball, the moment it touches the ground. (21)
Types Of Game (With a partner)

1:1 (One against one)

On an area that has been marked out, play either without goal or towards one or two goals. Maximum playing time should be two minutes, due to high intensity, take an active break; play keeping the ball in the air, for example during the break.

Soccer Tennis:

This will be played on a marked out area over a rope at hip-to-head height, two one or no ball contacts with the grounds, according to individual skill technique as preferred. (22)

Drive Ball Game:

This game is played on an area 20 x 100 meters. The opponent is driven back into his own area by playing the ball as far as possible with the instep kicks. Opponent kick the ball back again in the side way.

Practicing Shots:

It will be practiced in a restricted area, player "A" tries to hit the ball and sends it to player "B" with shots in the air or along the ground. Every time he hits and scores a point change roles after two minutes. This game is particularly suitable for a gymnasium.
Team Game

2:1 (Two against one)

On a marked out pitch, two players pass the ball to each other so that a third player can not get it. The ball passing direct or as preferred, after dribbling. It is possible to play to two against one game at goal.

Tag

Number of players stand in a circle and pass the ball directly to one another so that the chasers (up to four) in the middle cannot get the ball. (23)

Three Against Three:

Team "A" attacks first, Challenge to team "B" When "B" team wins the ball and challenge to team "C". The game is played at a goal or over the line.

The eight players stand in a circle and pass the ball directing one another so that the "chasers" (up to four) in the middle cannot get to the ball. (24)

Circuit Training

Circuit training is a modern scientific system to improve fitness. Different practice, or game stages, are arranged in a circuit one after the other. The circuit opposite is made up of technique and fitness exercises.

A medicine ball is used instead of football to intensity the exercises. In a fitness circuit the exercise
period at each stage is between 20 and 60 seconds. The players must repeat the exercise as many times as possible during this period. (25)

In technique, fitness and tactical circuits the exercise period at each stage should be between one and three minutes. The longer exercise or game time at each stage is necessary because some of the game require a certain run up time and the practice effects is only felt after a minimum period. (26)

**Important In General And Specific Fitness**

1) Leg, body and arm strengthening.
2) Strengthening, stomach muscles.
3) Jumping practice.
4) Jumping stamina.
5) Body and arm strengthening.
6) Strengthening shoulder and body.
7) Improving shooting power.
8) Each exercise 10-30 times according to the load or maximum effect required.

**Tactics**

This makes up the third factor of good player after technique and fitness. The aim of football tactics is to score goals, Prevent goals being scored against and beat opponent by skillful correct use of technique and fitness qualities. (27)
The player should keep the following factors in mind.

1) One's own capabilities.
2) The opponent with all his qualities and capabilities.
3) The opponent's tactical plan.
4) The present state of the game.
5) The play situation.
6) The weather, ground condition.

The player must watch his opponent and the play situation closely and then act quickly on the basis of his experience and knowledge.

A player takes in to account the following requirement.

1. A player must watch the run of a play very carefully.
2. He must know how to cope up successfully with certain situation in play.
3. He must be in a situation to put the tactical plan in to action to achieve the goal.

In every game or match, there are a number of situations of play governed by rules such as corner kick, free kick etc. Certain possible solutions have emerged in practice as being particularly effective and successful for the required situation. (28) According to Helmut Schion the famous West German coach, "often pointed out that the training of players depends initially on teaching this is basic understanding of tactics."
Team Tactics
- Offensive game - Defensive game
- Playing for time - Keeping the ball.
- General Strategy - During the game
- Offensive (Attacking) tactics.
- Running off the ball.
- Making Concentrated move.
- Position shifting.
- Break through dribbling, goal shot.
- Play centre forward position.
- Play on the wing counter attack.
- Position attack on the situation i.e.
  (Corner kick, free kick etc.)

<table>
<thead>
<tr>
<th>Attack</th>
</tr>
</thead>
<tbody>
<tr>
<td>Build up in the mind field keep the ball, Change speed, change direction, use the ball, use the space, go through and score.</td>
</tr>
<tr>
<td>Counter attack Rush into open space, Pass into open space, follow the ball on short -cut dribble self concentra- tration and score.</td>
</tr>
</tbody>
</table>

Defence:
The very simple idea was to draw one forward backward and to give him defensive task. Defence line consists of full backs and two centre half back. According to the formation of the team, the position of defence player may be changed. Defensive players immediately chase the attacker, if the defensive player beats, he has to follow up the attacker to take the ball or try to fail the movement of the opponent.
Generally, teams used two backs in football, three halves and five forward. But the coaches have introduced different positional formation for the benefit of the team. (30)

Now a days the experts know the importance of mid-field play. To day, we have to say that the team dominating the mid-field will dictate the game. The most of the coaches insist on to improve football and try to drive the wedge into the mid-field. It is observed that now a days the systems are changing so frequently, that before something is said about a particular systems, it is essential to consider the important factors, why the changes in system take place so often. The following reasons are responsible for the changes in systems.

The other factos are also effect the team work. i.e.

i) Advantage of system of play adopted.
ii) Influence of the coaches.
iii) Physical fitness of the football player.
iv) Technical efficiency of the player.

According to Reilly and Thomas a player, (mid field player) now a days cover a total distance of 10,000 meters in a match. The scientific training method and conditioning of the player has improved remarkably. The capacity of the player now a days as compared to the players of oldens days is much higher, he is capable of doing more labour and can display more tactical variations. These tactical variations and interchange of position are definitely the result of
higher level of fitness. (31)

Technical efficiency of a player is individual contribution of a player to team. The work of an individual player is organised by the coach in such a way that it will help in to an efficient manner to the team work.

The success of the team work techniques is an important factor, which all the players practice now a days, the players are capable of playing in various parts of the field for example, a full back knows how to play as a winger. Earlier there was a little point in sending a full back forward if this crosses of the ball went behind the goals, for the goal kick, so a player who is ready to under take high amount of running and has defensive and attacking techniques proves to be more effective, such players give variation to the system. (32)

The major characteristics of the system was seen in 1994 World Cup. This was observed through the moves performed by Briether of Germany, Deyana of Poland, Ader of Brazil and others.

A system of play is simply a method of arranging players on the field in order to carryout specific duties. Many coach impose a popular system of play which depends on a number of factors such as 1) Technical ability of the players 2) Players under standing in the game. 3) The degree of fitness needed to execute certain system. 4) The system used by the opposing team. (33)
The development of a system of play is the recognition of the strategic importance of space by specific arrangement of players on the field. According to William Thomson, the coach should assess the ability of players in various situations. After the assessment the player should evolve a style of play that allows the players to perform, to the best of their abilities.

The principle of offence and defence are the foundations for the development of systems of play and other tactical considerations. The basic principles of the game, the ball possession of offence (Attack) and defence. Offence depends on depth, mobility, penetration, width and concentration, and control restraint. (34)

Often the people under estimate the role of systems of play and give more importance to the individual players. No doubt individual player is very important and has a great influence on the game, but the same player may not be able to do his best if his role is not fit according to the needs of the system. Hence the coach should determin in advance the role of system in football and position of an individual player. Because a carefully chosen system may help in overcoming some of the weakness of an individual player.

Actually systems in football are changing so oftenly and quickly that, before one can understand a peculiar system, the other system is introduced by the leading teams, specially the professional clubs in Europe and South America. (35)
If we trace the history of football it will reveal that there were some systems of the play which kept on changing, depending upon the circumstances.

These changes are some time in favor of attack and some time in favour of defence. As we observe in a society there has always been some social system and it changes according to the environment, so in football there are various factors which serve as environment and force some changes in systems from time to time. (36)

Csandi Arpad in 1978 described the term of system in various ways, for example, system is a totality of tactical experience referring to all sub-division of forces and the formation of players, system also refer to the purposeful cooperation of the single player with a group of players, which is the base to lead the team.

Mr. R. Klemig, discuss in a more elaborate way, a system pattern of play which results from the use of certain players in a specific and defined way, on the field of play which is quite recognisable to the experts, who understand football as a system of play. (37)

However, it should be sufficiently flexible to enable the players to exert their influence and to allow temporary changes according to the need, system is marked by two aspects of the game, one is attack which should be adopted, and another is to defend the opponents attack.
Before something is said about a particular system, it is essential to draw the attention on an important factor, that is why the changes in systems take place so often, the reason is responsible for the quick changes in system.

The first factor, which is easy to understand is that because of the scientific training method the conditioning of the player has improved remarkably, if we compare the modern player is much higher than the old. (38)

The players are capable of doing more labour and can display more tactical variations. These tactical variations and interchange of position are definitely the result of the players higher level of fitness.

Harre and Matveyew in 1979 has defined that physical fitness is not only required in a match, but also in training the players show greater interest Which is indispensable for sports performance. (39)

How a player contributes as an individual and the work of all individual is organised into efficient team work is largely the subject of systems. The success of team work technique is an important factor, which all the player range of techniques is too great. Earlier for example a defensive players had limited range of attacking skill and their timings was not as good as a forward player.

But now-a days the players are capable of playing in various parts of the field, for example now a full back knows how to play as a wingers. Earlier there was a little point in
sending a dull back forward, if the ball (crosses) went behind the goals for goal kicks, so a player who is ready to under take high amount of running and has defensive and attacking technique proves to be more effective and such players give variation to the system. *(41)* That is figuring themselves in defensive line but going in attack as well. This was the major characteristics of 1974 World cup. Huges Charles in 1978 has observed through the moves performed by Brether of Germany, Deyana of Poland, Ader of Brazil and others. *(42)*

In modern football it is difficult to score a goal in a match by performing simple moves, that means goals are not scored if the move is simple to be anticipated by the opponent.

The team is able to create element of surprise by having numerous variations in their moves but finds difficult in scoring.

These elements of surprise are created successfully if the functioning of the player has been decided well in advance and has become a part of the specific system. *(43)*

It is true that football is based on space and if a team can command space effectively, the problem created by the opposing player need not be too difficult to deal with.

There are twenty two players playing at a time and every player has his own individuality, peculiarity, style, and level and system always is designed to suit the individual,
and it is not the individual to suit the system.

According to Conard Lodziak "History is full of such examples when the system has been influenced greatly by great players." Franz Backenbaur of West Germany can be quoted "He was a natural attacker, for him defence was purely destructive, it means to an end and end was attack." (44)

Henderson Derick (in 1981 was the player) Who not only forced the new system but was capable of gracing the game. According to him an individual keeps on changing and every individual can not have the same functioning on the field. (45)

Influence Of Coaches

Of course, the coach is not actor, but he has to convince his player like the stage actor his audience as to how he is looking, how he is moving and how he is speaking. His movements should be self controlled and not nervous or absent minded at the time, he has to relax his player and draw their attention towards himself and his subject. He should speak in an artless manner, not artificial but loud enough, clear and well accentuated. He should be able to play with his voice in order to stress the most important parts of his instruction. (46)

i) General Criticism,

ii) Criticism in detail and individual criticism.

iii) Encouragement.
George Paterno, who is not only a prominent coach, but also exceptional and admirable person, said appearance and behaviour of coach is most important to analyse the game and encourage the players.

Football did not developed itself, but many thinkers, experts and coaches are responsible for its development. The game grows by leaps and bounds and the coaches who grow with the growth then the game only have the chance of surviving.

There is an increasing demand for more knowledgeable and qualified people to coach the team. According to Beim the development of systems too, there is great influence of coaches, as the change in system did not occur haphazardly, but some sound and logical reasons are evident for it.

Whenever coaches felt that there are some inherent weaknesses in defensive system, they sought to remedy it by pulling more men in defence from attack.

In 1981 Eric Batty defined the team still were able to attack and "WIN." Here it will not be possible to make a mention about every coach, who has contributed towards the change of development of any system.

Mr. Herbert Champman of Arsenal F.C. is credited as the inventor of third back system. He moved the two back to the flanks now to mark the opposing wingers and to adopt a diagonal approach around centre back, so that each back could
have necessary cover when needed in the game.

Kerl Rappon an Australian coach, who coached Switzerland National team introduced this system known as Swiss bolt or Versou, Which later was considered the fore runner of the English sweeper and Libro of the Italian cantenaceico system.\(^{(49)}\)

Jersy Talaga in 1979 discussed this system provided necessary cover in defence and protected the open space infront of goal.

Hungarian coach Mr. Martin Bukovi, While coaching the National team fielded a mid field player at the place of centre forward so his movement were withdrawing, as he was a halfback thus reducing the forward player to four, consequently one of the half back (original) had the chance to still withdraw back and increasing the number in defence to four.

This was initial conception of the 4-2-4 system. According to Csandi Arpad with this system the Hungarians got the prominence when they defeated English National team in a historical match at Wembley by 6-3 and a year later in Budapest by 7-1.\(^{(50)}\)

The Hungarian team initiated this revolutionary change. The center forward was withdrawn to deploying schemes of attack instead of acting as spearhead forward. But the same system was not recongnised until all parts of system were effected.
In 1958 World Cup in Sweden, however, it was revealed that a stage development has reached and Brazilians were given the credit for it, Who demonstrated this system to the world clearly, under the coaching of Viecent Feolo and Won the world Cup. The system 4-2-4 solved the old Brazilian problem of pivotal covering in defence by simply putting the left-half along the centre half. The factors which influence to adopt the specific system for example first it should considered that the completion held at Knock-out or league, whether matches played at home or geographical (climate) condition are important which forced the team to change the system from time to time. (51)

Advantage of 4-2-4 system over 3-2-5 system was seen Brazil when lost the World Cup in 1954 by using 3-2-5 formation. Later in an attempt to build up a winning team in 1958. World Cup When they realised that the 3-2-5 formation is no longer suitable as it showed some inherent weakness particularly in the defensive organisation.

In 3-2-5 formation there is the movement of the full back, while withdrawing back in an attempt to stop the opponents attack, Which inclined towards at the corner of penalty area. (52) Thus leaving a big space unmarked in between the touch line and the penalty area. This area is most important for wingers for the preparation of the attack could be done without interference by the defender. If a
defenders is forced to run into this area, a big gap is created between the wing back and centre back, which means an inside forward could easily penetrate into the goal directory, where as in 4-2-4 the movement of all four defenders are almost parallel to the touch line towards the goal line. The space between touch line and penalty area is reduced. In this way the problem created by winger in this area were solved and weakness of 3-2-5 system is removed. This was an attempt to strengthen then the defence. This was beside the advantage of pivotal covering.

As the radius of an action of two mid field players cannot be stretched to the total width of the field this area was considered as most useful area for attack, as a spring board for the attack, from where every move originated. Problems of this area however in 4-2-4 system were solved temporarily by a wing back, when running forward with the move and is seen in this area. But the permanent remedy to it was only sought out later in 4-3-3 and 4-4-2 systems.

It is significantly notable that switching over from 3-2-5 format open to 4-3-4 is not towards a defensive play alone, this has got significant implication on attack also for example, in 3-2-5 formation the defence showed weakness against every attack. The midfield players had to play a role in defence to help the defenders, and very rarely they could think of attack. But in 4-2-4 four defenders are capable of stopping any type of attack, which
provided greater security in defence as compared to three back system.

Sir Alf Ramsey won the first division championship. The World Cup 1966 was revolutionary for England. He dispensed with the idea of adopting 1-4-2-4 system and successfully tried 1-4-3-3 system. He made further improvement and adopted 1-4-2-4-2 in 1970 but was not successful. (55) It does not mean that the defeat was due to 1-4-4-2 system. As a matter of fact success or defeat depends on the player availing the chance. If the players are able to materialise the chance, which they create the chance of victory becomes positive.

Some coaches force the players to play according to certain preconceived tactics. The players should be permitted to rely upon third natural flier and instinct for doing the right thing at the right moment otherwise, the players will play mechanically and it will be easy to counter the moves of such players. For success it is essential that the pace of the game is changed. A team which is capable of "Changing pace" puts a lot of pressure on the opponent. (56)

The players should cover the midfield. It is not advisable to dribble in the midfield because it slows down the game. It will give time to the opponent to strengthen their defence as the players will get time to withdraw to their positions.
It is essential for successful play that the team should adopt attacking tactics. All the top teams in the World Cup i.e. England, Brazil, Argentina, Germany, Holland etc. play attacking football. They create more serving chances and are able to score goals. (57)

The attack starts at the moment, When any player of the team has got the ball e.g. the goal keeper or any other player to kick off, free kick, throw-in, corner kick, the ball or first pass. The first pass is an important as the last pass and must be well prepared, Because the team's attack begins with the first pass and has to finish by the last pass and the final goal shot.

The successful attack is developed step by step according to the following patterns:

1) Running into the open space.
2) Playing with-out ball....Mobility.
3) Combination play.... Depth, width, penetration.
4) Dribbling.......Improvisation.
5) Goal shot.... Finishing.

Running into open space:

There are two spaces 1) Dead space 2) Open space.

In order to keep the ball under control every player has to run out of the "Dead" space into the open space. Mobility keeps the ball moving nobody is faster than the ball. Better endurance helps to co-ordinate the ball moment.
Playing without ball

Running free into open space is of course, playing without ball. But in general the player who runs at free wish to receives the ball. Therefore we differentiate between these two actions i.e. playing with the ball and with out the ball. (58)

Combination of play

Running free into open space and playing without ball is the preparation for combination play.

According to the organisation of opposite defence. There are two different style of attack opponent side is well prepared to stop the attack through the midfield players and to keep the ball under control until the other player of his side find open space for successful passes. if the opponent defence is lost organized combination, counter attack helps to beat them.

There are different ways of attacking. Following are the two different systems when practicing combination play. The coach teaches both the methods. (59)

Dribbling :- Match practice is teaching three types of dribblings they are:

1) To hold the ball until the team mate is in a free position to receive the pass.

2) One player is dribbling, beats his opponent, to pull them in their half.

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3) One player beats one or two opponent and scores or lets his team mate to score with out dribbling and all types of improvisation, a football match becomes too schematic and will never be a good Game. (60)

**Goal Shot**

Whatever is done is nothing without finishing. There is no substitute for goal. Asian teams have to improve considerably their ability to score goals. This is rather a weak point of all Asian teams.

**General Defence Tactics**

The international league quickly recognizes the dominant role of the defence in modern football. International top teams scored more than three goals, per match the average is less than 2.5 goals. Its generally speaking means, if the back line lose two goals, the team can not win the match. Put in another way, if the forward line score one goal, this should be enough for a draw match; if they score two or three goals this must be sufficient for the victory. (61)

In the history of football, the predominate of attack or defence was going up and down. At present defence is still dominant but top teams have already reached at a balance of attack and defence. This is the intention of modern football.
The defence is the necessary strong hold form which the attack can commence. One who is weak in defence can obviously not stop the opponent further more, the team cannot control the pace of the game, and the team can not launch successful attacks.

Defence starts the moment when any player of opponent team has lost the ball. Organized defence develops step by step according to the following patterns:
1) Immediate chase ..... Delay.
2) Full back.
3) Man to man concentration, Balance
4) Zone defence.
5) Attack man and ball... control, restraint. (62)

**Immediate Chase**

The valuable team player has to do his job in attack and defence without any break. That means as far as defence is concerned a player who has lost the ball has to chase immediately after his opponent, may be he gets the ball back, may be he makes his opponent nervous, and the result is a mispass, but in any case, he engages him to chase the player and gets the ball.

**Full Back:**

When the team loses the ball, the forwards are the first defenders, they have to chase immediately their opponents. The next defenders are the mid field players.
Thier job to delay the opposit attack. They move back as for as shooting distance is concerned in order to caution the opponents to waste time in the mid field. At the same time the defence gets organised for the coming batter. (63)

**Man To Man :**

A defence player has to control man and the ball. He has to stay in between man and the goal, and he must be sure that all passes towards his opponent are running in front of him and not into the open space behind the defence players.

**Zone Defence :**

In general a well organized defender marks man to man on the ball side and cover on the other side. The combination of man to man marking and covering is the best way to organize a defence line effectively. That means every defender controls all the time man and the ball and is prepared to cover his opponent.

Tight man to man marking is some times very important, but not every time difficult. Clever zone defender needs more abilities, experience and training.

**Attack Man and Ball :**

The best back players are not only strong and tough but also clever and masters in feinting the opponent, and attack resolutely and vigorously. In other situation, they
prepare traps for the forwards and snatch the ball some times, without body contact. Good defence never attack blind. they master i.e. timing control and restraint. When they get the ball they start immediately for a promising counter attack. (64)

Tactics Of Mid Field Player:

Since 1948 year by year from one Olympic football tournament to the other, from one World Cup competition to the other there is remarkable development in almost every respect. Physical fitness has tremendously improved, ball technique is shown at top speed under the pressure of opponents tactics. A top team has a good balance of attack and defence. (65)

The teams are using different systems of play, but the best teams have found their own system and style depending on the abilities and personalities of their players. In these cases the formation is not a necessary base. The tactical aim always remain to reach an elastic balance of attack and defence depending on the actual match situation. (66)

But as for as the performance shown in the mid field it is not quite satisfactory in neither match situation. In this respect all coaches in the world have still to do a lot.

Karl Rappen a coach from Vienna, coached a club team in Switzerland and also the national team. He knew the
weakness of the team, the defence should be stronger from that of tactics. Therefore, he strengthened the defence following the new "Swiss Bolt System". The team were surprisingly successful for thirty years.

In this system inside forward was taken back to mark the opposite inside forward. The former offensive centre half marked the other inside forward. Both side halves were very tightly mark their respective outside forward. (67)

The teams are adopt different types of play but the best teams have found their own system and style depending on the abilities and personalities of their players. In these cases, the formation is not more than necessary. The tactical aims always reach an elastic balance of attack and defence depending on the actual match situation. (68)

In old style, when the two backs, three havles and five forwards were used, there was a talk "Show me a good half line, and I will show a good team." That time experts knew the importance of mid-field play. To day, we can say that the team dominating the mid-field will dictate the game. Those who want to improve football has to drive the wedge into the mid-fields. (69)

The factors which have influenced the style i.e. physical and mental fitness of the players, their body, their character, temperament, personality, and the style of team is also influenced by climatic and ground conditions. Consider the above facts that coach has to decide, the style
of game which suite according to situation.

The success of a team more or less depends on the type of coaching. The standard and performance of the players improved immensely.

When we compare present Indian Standard with international standard. We find it for below the mark. It is because of lack of coaching. Though India has more population than European countries, but we could not win as many prizes as other European countries i.e. Finaland or sweden etc.

According to K.K. Agarwal and R.K.Jain the word "coaching" has been interpreted by different ways. Even the persons are connected with sports and games do not agree with this definition. Most of the technical persons use teaching in place of coaching and coaching in place of teaching. Actually coaching differs very much from dupcating. (70) Teaching implies educating the technique of the skill, coaching aim at perfecting technique, coaching is ahead of teaching; it helps in learning the various points involved in a skill, but coaching stresses for superior results of training.

The following aspects of coaching are covered for each activity.

1) Conditioning exercises :- Its a fact that every expert agree that physical conditioning is a pre requisit of a performance at play field. It is difficult to a player to
pursue and continue the game unless he is physically fit. All the time players are running for which only powerful legs can withstand this load, a hard hit can only be made with powerful arms. Abdominal Strength is needed to meet the jumping strain. Conditioning exercises, heavy gymnastics, weight lifting, wrestling and sprint running, are good strength developing activities.

In addition to strength the players also need the endurance. Endurance is of two types muscular and cardio-respiratory. Muscular strength contains the qualities of muscular strength and efficient working of capillaries. The exercises needed to develop the muscular endurance are the same as those indicate under strength. The only way cardio respiratory endurance can be developed by running.

Due to running the efficiency of heart and lungs is increased. The players are also required agility for the competition. The ability to change the direction and position of the body with speed is known as a gility. All running, twisting, tackling, dodging etc. it is a result of good agility.
The tables of conditioning exercises are given below.

1. Warming Up.

<table>
<thead>
<tr>
<th>Exercises</th>
<th>Body movement</th>
<th>Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Jogging</td>
<td>Easy and slow running with fully relaxed body running with flat foot</td>
<td>100 to 150 Yards</td>
</tr>
<tr>
<td>2. Trotting</td>
<td>Running with high knee action, landing on toes arms flexed fully.</td>
<td>60 - 80 Yards</td>
</tr>
<tr>
<td>3. Striding</td>
<td>Running with relaxed body and taking natural and striding.</td>
<td>100 - 150 Yards</td>
</tr>
<tr>
<td>4. Wind sprints</td>
<td>Walking easy and Jogging on curves and first running at the straights.</td>
<td></td>
</tr>
</tbody>
</table>

Suppling Exercises

Each exercise of the following table is to be done 4 to 6 times.

i) Head
   a) Head pressing downward.
   b) Head pressing backward.
   c) Head bending left and right.
   d) Head rotation.

ii) Shoulders
    a) Shoulder rotating forward & Backward.
    b) Shoulder rotating backward & forward.
    c) Shoulders rotating forward, backward with elbow parallel to the ground.
    d) Shoulders rotating backward, forward with elbow parallel to the ground.

iii) Arms.
     a) Arms swinging sideways shoulder touching with opposite hand.
b) Arms swinging sideways, with trunk-twisting towards leading arm. Keeping eyes on the leading hands. Shoulder touching with opposite hands.

iv) Trunk
a) Arms stretching upward, slightly trunk pressing backward and trunk bending forward, downward touching the ground with hands.

b) Stride standing, hands on hips trunk rolling left and right.

v) Hip
a) Hip rotating both ways.

vi) Legs
a) Hands on hips-knee raising, thigh parallel to the ground, leg stretching forward and bringing back to the original position, starting with left each leg.

b) Hands on hips-knee raising and leg stretching to the left side and bringing back to the original position.

c) Standing - Heal raising and lowering with straight body.

Cooling Down:

i) Easy jogging and shaking the whole body.

ii) Loose walking.

Fundamentals of the game:

A player can only become a good footballer if he masters the fundamental skills of running with speed, turning quickly, kicking a ball well, coming from any angle, trapping, dribbling, possess, tackling, heading etc.

The coach inculde the small games in a coaching scheme is very essential, because the players were tired due to the monotonous repetition of mechanical exercises. This break may eliminate dullnes and help to practice the fundamental of the game. (75)
The coaching programme becomes efficient, if the trainees are fully motivated to learn the activity, and feel confident, they are ready to pay attention towards coaching. If the trainees are not motivated properly they feel frustrated.

Simple to complex method should be in the beginning so that the trainees should not feel discouraged and lose their interest in the coaching. Therefore the lesson of coaching should be carefully developed from simple activities to complex activities. Sufficient exercises must be given for individual and group practice. Coach should give clear picture of skills thus the correct picture of the skill is engraved in the mind of the trainee through demonstration and avoid unnecessary description avoided. Fault correction is very necessary at the proper time. (76)

Coach has to observe the level of skills learnt and they are tested in the competition and, if any defect found a new programme is planned to remove the defect. Considering the competition situation.

Perfection in required in fundamental skills of the games they are as under:

1) Kicking
2) Heading.
3) Trapping and ball control.
4) Dribbling.
5) Volley and Half volley.
6) Tackling.
7) Throw-in
8) Goal Keeping.

While learning a skill one should follow the process, simple to complex. Important steps to learn basic skill (i) Approach (ii) Stance (iii) Execution, and (iv) Follow-through, skill perfection can be acquired through the different lead-up game according to the respective skills.

According to S.S. Chawala, Simarjit Singh, and Hardayal Singh department of G.T.M.T. faculty of sports sciencers, sports Authority of India and Netaji Subhash National Institute of sports patiala. The playing ability of a footballer is the result of several complex factors. The ability to run fast or to achieve high speed is one of the factor which is needed in football.

It seems that a football player has to sprint repeatedly, with or without ball. The distance of the sprint normally ranges from 10 m. to 50 metre.

A study conducted to get a closer look at the speed performance of football player such study was rarely examined. This study was conducted on 35 male football players selected from various schools. These boys were selected to under go training in preparation of Asain school football tournament of 1986. The following test were conducted.
1. 60 Metre-sprint test for speed.
2. Standing broad jump test for leg strength.
3. Leg split test for hip flexibility.

The following parameters were recorded used for the 60 metre.
1. Total number of steps taken to cover the 60 m distance.
2. Maximum stride length between 45 metre and 55 metre. (78)

Apart from this parameters the standing height, body weight and leg length of the subject was also measured and recorded. The mean values of parameters performance recorded in the table.

**TABLE**

The mean values of various parameters and Performance in tests

<table>
<thead>
<tr>
<th>Sr.No.</th>
<th>Variable</th>
<th>Mean</th>
<th>S.D.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>60 m. Sprint (Sec.)</td>
<td>08.78</td>
<td>0.35</td>
</tr>
<tr>
<td>2.</td>
<td>Total No. of steps</td>
<td>27.78</td>
<td>1.72</td>
</tr>
<tr>
<td>3.</td>
<td>Leg Length (cm)</td>
<td>94.09</td>
<td>3.55</td>
</tr>
<tr>
<td>4.</td>
<td>Leg split (cm)</td>
<td>157.20</td>
<td>11.97</td>
</tr>
<tr>
<td>5.</td>
<td>Stride Frequency</td>
<td>03.28</td>
<td>0.25</td>
</tr>
<tr>
<td>6.</td>
<td>Standing Broad Jump (cm)</td>
<td>220.09</td>
<td>15.05</td>
</tr>
<tr>
<td>7.</td>
<td>Weight (kgs)</td>
<td>54.43</td>
<td>4.27</td>
</tr>
<tr>
<td>8.</td>
<td>Height (cm)</td>
<td>168.86</td>
<td>5.49</td>
</tr>
<tr>
<td>9.</td>
<td>Max. stride Length (cm)</td>
<td>189.49</td>
<td>13.52</td>
</tr>
</tbody>
</table>

According to Gundlach 1963, and Zaciorskij 1971. The maximum stride length of the Indian footballer in
considerably lower than the world-class sprinters. It reveals from the training for Asian Schol football champion ship. The stride length depends on leg strength, hip flexibility, running, technique, speed etc. Due to these factors it can not be compared with the world of a footballer it is poor than the sprinters.

The world's best sprinters in 100 metres sprint which ranges from 4.55 to 5.02 per second. According Jonow and Tschernjajew 1969 data recorded that stride frequency of 100 metres. Sprinters ranging from 5.03 to 5.43 per second.

The co-efficient of correlation between different parameters tests are presented in the printed following table.

<table>
<thead>
<tr>
<th>No.</th>
<th>Variable</th>
<th>Total No. of steps</th>
<th>Leg Length</th>
<th>Leg split</th>
<th>Stride Frequency</th>
<th>Standing Broad Jump</th>
<th>Max stride Length</th>
<th>Weight</th>
<th>Height</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>60m. Sprint</td>
<td>-.4</td>
<td>-.2</td>
<td>-12</td>
<td>-.56</td>
<td>-.17</td>
<td>-.05</td>
<td>-.2</td>
<td>-.11</td>
</tr>
<tr>
<td>2</td>
<td>Total No. of steps</td>
<td>-.16</td>
<td>-.19</td>
<td>.85</td>
<td>.02</td>
<td>-.01</td>
<td>-.23</td>
<td>-.06</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Leg Length</td>
<td>.61</td>
<td>-.1</td>
<td>-.17</td>
<td>.44</td>
<td>.22</td>
<td>.62</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Leg split</td>
<td>-.22</td>
<td>-.19</td>
<td>-.40</td>
<td>.31</td>
<td>.36</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Stride Frequency</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Standing Broad Jump</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Weight</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>Height</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

In this table the coefficients of correlation between different parameters tests are presented. That the time required to complete 60 meters sprint shows negative correlation with the number stride per second. (Stride frequency) i.e. the higher frequency is lesser than the time.
It is observed that frequency is an important determinant of sprint performance. This can be used as index of talent for sprint as it is less dependent on factors like leg strength, hip flexibility speed etc. as stated by tochgraber 1982. (81)

The possitive co-relation between hip flexibility and leg length and height. It shows that a logical postulate that in order to increase the authenticity of leg, split test, the score should be divided by height or preferably by leg length.

It seems that the sprint in football is essentially different than the sprint disciplines of an atheletic. As the footballer has to maintain constant stanina and speed during game of 90 minutes.

Coaching at National Level

Now let us turn our attention to the national coaching science. We have not any significant achievement all these years. The performance of the game depends very much on training and coaching.

Indian universities coaching camp of football was conducted by the university of mysore in 1970. A camp was coached by Capt. H. Veeraraj urs. Director of Physcial Education and Syed Iqbal Ahmed football coach of mysore University. Duration of the camp was 20 day from 20-5-1970 to 9-6-1970. The practice divided in to two session i.e. Morning 6.30 a.m. to 8.30 a.m. and evening 4.00 p.m. to 6 p.m. Morning session began with preparation means warming up exercise to
make the muscles actively participate in the activities. Daily 8 exercise were compulsory prescribe, which help to improve the physical fitness of the body. (82) The part of the body which was commonly involved in playing football, i.e. legs, hand toes, arms, knees, chest hips, head etc. The compulsory exercises effects of these part and a specific time given for respective exercise. In which some exercise required some rest and them to performed continously, some in sitting position on and ground.

The practices and drills were an ideal basis for coaching of young players. It was observed that time devoted to exercises brought a marked improvement in the play of the individual.

It should be noted from this coaching programme that good class players can be expected to keep this drills going for several minutes with first-time pass. less skilled players may be granted one touch to control the ball before passing and in a special case two touches, the coach, changed from two touches to one and finally it will be played first time passing. If skill practice is the major objective, simultaneously the players have learnt that ball control makes an accurate pass. The drill was used to improve speed and hard sprinting in the place-changing and kept longer periods than 3 minutes. It is an interesting way of developing stamina. (83) It will be clear that with in this frame work the coach desired to to develop the ball sense.
among the players, through different drills. After three minutes of the simplest of all place-changing drills the players move on to another more complicated but skill simple drills.

Modern conception of team play demands, that players should be mobile. This changing of place drill help to develop the sense of mobility and the players know he importance of changing place.

Here the players are given another opportunity to improve their turning ability and in addition, a player is change the place with the man to whom he pass the ball.

Observation will show that pass from the player in the middle to the lone player at the starting end will be more accurate than those from the middle to the other end. (84)

Practice in pairs keeping the ball between the legs and jumping and throwing as high as possible. Jumping in the air-stop, body bending with hands and legs behind to get more power and throwing the ball such types of practice was given to goalkeeper, in addition to this practice running and jumping and punching with two hands and daily morning session and after the completion of 8 compulsory coaching programme. Such compulsory exercises were helpful in development of physical fitness, quickness, agility etc. Small games were practiced for under standing of shifting of place to make a move and ball control these are the most important elements of good football. The coaching programme inculded to practice
all types of trapping. Practice was given during this training i.e. Feinting and trapping, with inside of foot, outside of the foot, heading and controlling without dropping or commencing the ball on the ground, chest trape and thigh trape etc.

Ball shooting practice for long distance was given, which will be used in match situation i.e. long clearance and corner kick goalkick etc. Shooting practice was given by the out side of the foot, inside of the foot and instep kick etc. Heading practice in pairs straight, side way backward etc. (85) The skill which practice during this training it will be evaluated in the match, hence during this camp many match was arranged to assess the short coming of the team.

Daily 8 exercises which were compulsory prescribed in the coaching programme are as under.

a) Jumping and stretching the leg alternately with timings 10 to 15 times.

b) Standing on hands and toes by keeping the body flat and doing press-up only bending arms for 30 times and holding the arms half way for 7 seconds.

c) Jumping and raising the knees to the chest as high as possible with timing for 10 to 15 times.

d) In sitting position on the hips, raising the leg-up doing the leg-beating for 30 times and holding for 7 second.

e) Jumping and touching the toes with hands with timing doing 10 to 15 times.
f) In sitting position on the hips, raising the legs and crossing (scissoring) for 30 times and holding straight for 7 seconds.

g) In sitting position jumping in the air bending the leg and the body to get power and doing 10 to 15 times.

h) In sitting position on hips, stretching and bending of the leg by doing 30 times and holding straight for 7 seconds all these exercises must be done continuously without any rest. (86)

These compulsory exercise help develop the strength, through isotonic exercises, which means repeating the same movements and other Isometric exercise, which means holding the part of the body in the same position in the best measure of 7 seconds to bring in muscle strength with full power isotonic exercise through the use of middle weights - 30 time, later on the middle weight increase and repeatation 5 to 10 times, jumping exercise 10-30 times week by week. muscle power is not the only factor for the execution of perfect skill of the game.

Hence simultaneously the coach has to concentration general stamina and local muscle stamina. General stamina helps for long distance running and helpful for heart local muscle stamime helps to get the with power. (88) These interval training helps to get the best stamina, which is required for football player. In addition to this quickness is one of the most important factor. Improvement of quickness
through the use of medicine ball weighing 3 Kg. and dumbles of 15 Lbs. for hand exercise. During this coaching camp 4 days training for one match in a week and 3 days training for 2 match in a week is prescribed in coaching programme.

Quickness training was also given through running with the ball in pairs, back fast running in the restricted area i.e. 10-12 yards.

Different team games were provided in coaching i.e. 5V5 7V7 8V8 etc. This game played an one touch for 15 mts. making moves on one side and scoring the other side shifting the ball with the use of short or long passes.

The movement must be match with the practical situation occured in the match.

Such types of short coaching programme can only help polish the players and - develop the understanding among the players, as they have selected from the different teams. Result of the coaching camp that, mysone university stood hummer up position. (88)

In the last Asian championship, Indian football team suffered at the hands of Indonesia. National football coach Mr. Rustam Akramov then come in for severe criticism from all quarters of the country.

While coach Akramor has been the main target of attack the All Inda Football Federation is equally culpable for the chaos in the coaching camp, selection of the players and scheduling of local tournaments. Which give the International
attached to a major clubs, and the players cannot recover from injuries. According to "Mario Mendes, coach Akramov or any top coach for the matter cannot accept unless the system is geared assisting him in raising Indian football standards. (89)

Mr. Akramov was entrusted with the job of coaching the national team on recommendation from FIFA the world body. All India football federation occupied him with the national team, with a hike in his contract fees regardless of results.

Mr. Akramov has to keep himself occupied with the national team for the simple reason that he is being paid to do so.

Akramov has proposed a series of coaching camp for senior players of two weeks duration each month, which leaves little time for the players for rest and recuperation. The first camp started from 10th April at Bangalore, this camp. Just be a bitness camp, not a competition camp.

The players will get enough time to rest. According to the players they have been warned with disciplinary action increase they fail to report for the national camp, evoking extreme reactions from players, coaches and from those association associated with Indian football. "who is Akramov and who authorised him to do so, such type of questions were raised. (90)
Rustam Akramov outburst against the Indian football setup is the first sign of despair from one who has come to grieve against a system which functions like whirlpool, sucking everything within its range. He blamed that the national team coach does not have a wide talent base to choose the players.

According to Bruno Countinho (skipper of the national team) "The players who are good enough to play competitive soccer and also attend the selection trails are just getting burntout. There are for too many matches right through the season. Then they join the camps. He felt guilty for not being able to justify to his club salgaocar. He was away touring with the national team in between he asked to attend the camp, as the boys are all exhausted. They didn't feel to join the camp. They felt that such camps should be scheduled two weeks prior to the departure of the Indian team for any international competition." (91)

Mr. Baichung Bhutia (India's best known striker) expressed his reactions about Bangalore camp. "It's has played over 70 matches in a season. He burntout. He need to keep away from football for some time for a brief rest as his body is not willing to take the toil. He requested for a release from the Bangalore camp has been turned down by the coach.

Mr. Brahmanand Shankwalkar (former India goalkeeper). There has been too much talk about laying emphasis on
youngsters. But the sudden move to ignore some of the established senior players and including inexperienced players, instead for international tournaments is one of the reasons behind our poor performance in the recent past. (92)

Syed Naeemuddin (former India coach) expressed that “Everything is wrong with our administrative system. We are relying too much on foreign coaches. A foreign coach is not more important than knowledge of foreign techniques. Even noted German coach Deitter crammer had suggested that India must groom its own coaches. He had remarked that there is plenty of coaching talent, only it had to be tapped and groomed properly.

Former National coach Deryek de souza expressed that: We are not going in the right direction now. We are just picking up players from national championships and calling them for camp. There is absolutely no purpose in it. What we need is to go to the grassroot level. Each state association should appoint a good coach and spot talent. Thereafter, the foreign coach can visit these states and after scrutinizing finalise the youngsters for the nationals under 21 group camp.

In our country even boys in the 25-26 age group lack the basics though with notable exceptions like caitinho. The foreigners pick up the same at a tender age of 16. But few states like, Bengal, Goa, Maharashtra, and Kerala, which have long drawn out league programmes, where there is for too much play and different times of the year due to climatic
conditions. The rest of the states do not have any football activity at all. All these factors are worth noting. (93)

According to Sukhainder Singh (assistant coach to Joseph Gelei for the pre-olympic soccer from 1991 to 92 and present coach of JCT and Punjab). "First of all, we should make our own circle of good coaches. There is talent a plenty, what we lack is know how about where we should start serveously. We lack planning. We talk about coaching for under 16 and 19 but the implementation is zero.

As regards planning a coaching camp, the players are definitely not in favour of Bangalore camp, because they are tired after playing over 70 matches in a season. The players could not get the rest after the inter-state. This is nothing but killing a player.

The camps should be for new comers, who are keenly interested to play at India level, the senior players, who have been part of the previous national squad, for e.g. our striker to paul resting after a knee operatin. He has not attended a single practice session. He spent all his time attending coaching camps and representing India. The All India football federation should also take the blame for not preparing their annual calendar in advance so that the clubs and state associations can plan their programme. Considering the players will get the sufficient rest before the national camp. (94)
Henry Britto (Ex-Assistant National Coach) express that "The long coaching camps for the senior players is a sheer waste of resources. Instead they should utilize the expertise of the foreign coach to groom the under 10 and under 12 years player with an eye on the future. I do not blame Akramov totally. He has to justify his brief and do the job or which he has been brought here.

The all India football federation lacks planning, programming and vision.

They are killing that hen which lays golden eggs. It is the clubs who spend huge amount which attract the players and pass them on to the All India football federation. Let the federation start a nursery and produce players. Then they will understand the pains of doing so."
COACHING STRATEGIES OF S. A. RAHIM

As Mr. Rahim describes the aims of football training and coaching as under.

1. Training: Training is commonly used for two separate spheres in football i.e. Training and coaching, training in real technical sense is a science which deals with the basic requirements of physical fitness (good condition) and treatment of athletic injuries.

2. Coaching: coaching is a science which deals with the basic skill (technique or fundamentals) and tektites of the game.

In England and other European countries a man who is qualified in training is called a "Trainer". He is a man, who gives physical training to the players for the development of their physical fitness and who treat athletic injuries under the direction of a doctor. (96)

And a man who is qualified in coaching is called "Coach". He is a man who teaches the technique and tactics of the game to the players for the betterment of the game.

According to Rahim, in India the word coach is used for the person, who imparts physical training and teaches the technique and tactics in football. Therefore, in view of the two fold duties of the coach, footballer's training is divided as under.

(i) Training for good condition (physical fitness)
(ii) Training in technique (skill) (97)
(iii) Training in tactics or strategy.
THE AIMS OF FOOTBALLER'S TRAINING.

The aims of the training should be:

(i) To help in the physical, mental and moral development of a player and to enable him to acquire agility and co-ordination of body and mind. (Neuro muscular co-ordination fitness.)

(ii) To teach the fundamentals movements and first principles of the game (technique)

(iii) To develop the power of the player to co-operate with other's (tactics)

(iv) To give practice in small games, which require similar skills to association football, which lead up to it (fitness, technique and tactics)

Rahim provided the training for condition, according to him the definition of good condition is that condition or physical fitness means the degree of preparedness and of the player's body and mind. A footballer is in good condition when his physical abilities, mental faculties and moral qualities are developed to a high degree (can adequate level). Physical fitness is of great importance as it provides the form basis on which technical and tactical knowledge can be built. (98)

ESSENTIALS OF GOOD CONDITION

(1) Strength

(2) Stamina

(3) Speed

(4) Skill and Agility.
There 4"S" are developed by physical training which includes.

(a) Movement without Apparatus.
(b) Movement with Apparatus.
(c) Movement on Apparatus.
(d) Movement on Foot or Mat Exercise.
(e) Movement and formal game, i.e. Tag circle, Relay and Ball.

**DEVELOPMENT OF STRENGTH:**
Strength is the faculty of coming resistance by contraction of the muscles. The strength exercise can be divided into two groups.

(i) Exercise which require slow and continuous efforts to over come resistance, such as pull up, pushing, weight lifting etc.

(ii) Exercises which require quick and immediate efforts and which draw on strength for fraction of second, such as putting the shot, standing, jumping and kicking etc. (99)

Rahim provided the different lead-up game, which help to develop the strength.

(1) Tug of war (with and without rope.)
(2) Pull in pass.
(3) Cock fighting.
(4) Pull and push in pass.
(5) Tug of war (knee full bend) with a short slide jump and pull.
(6) See - saw in pairs.
(7) Pull up (long sitting with a stick body/position.
(8) Lifting the sag.

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(9) Jump and kick. (1)

Strength is one of the potentialities, which can be developed to the maximum with a planned work system.

(i) Exercises that develop the trunk muscles should be included in the table to avoid disproportion between the muscles of the trunk and upper and lower extremities.

(ii) Exercises which require excessive strength should be avoided as they may be harmful to the players during the period of their growth.

(iii) Exercises which develop strength and speed are preferable and suitable to the football as they make them strong and agile. Agility is the mixture of strength and speed.

(2) STAMINA : According to Rahim stamina is the faculty of performing movements of exercises effectively and for quite a long duration. (100)

EXERCISES AND GAME, DEVELOPING STAMINA.

All the exercises there are included, in a training serious can developed the strength, speed, and skill.

Practice of the elements of technique and tactics.

The coach should consider the age of the players, in case the players belong to junior group the coach should not order the players to run 2000 to 3000 yard's.

Even the compactness of the training period will help to develop stamina, the will power and the fighting spirit should be brought up to a high level to increase stamina and
to postpone the feeling of fatigue.(101)

(3) SPEED: According to Rahim speed may be the result of the rapidity of action or rate of motions. In the other words, it means the executing more movement in a little time.

EXERCISES AND GAME TO DEVELOP SPEED

(i) Running on the spot.
(ii) Zig zag running.
(iii) Running and turning.
(iv) Running and jumping.
(v) Hops on both feet, and on one foot.
(vi) Relay games.
(vii) Tag games.
(viii) Running without and with ball.

The coach should consider, the speed of start and velocity (rate of motion). This is most important during a game. speed of training, jumping and changing direction and ball control (trapping, passing, dribbling) are also important.

(i) Short sprints must be practiced, too often.
(ii) The proper method and technique of sprinting should be taught from the very beginning.
(iii) It is easier to correct motions of ruining of the young than to correct the faculty movements of the adults.
(iv) Teach the players how to run fast with muscles because a spasmodic, struggling run impedes speed.
(v) Always try to develop fresh and agile players, who can produce high speed over a short distance. As modern football
demands speed, and more speed. (102)

**TECHNIQUES OF JOGGING AND RUNNING:**

The running motions are correct when the trunk bends forward, head is held normally, the arms are bent at right angle.

The movement is made from the shoulder joints elbows close to the rules, one arm goes back not further than thighs and the other not higher than Chin. The posture is wrong if the player bends forward too much or sways back, if his head bows low during the run or thrust back and back arched.

He is at fault if he bends his arms too much but is equally wrong if he presses than down along his body because this will call stiffness and impede speed. (103) The player should practice by way of holding trunk while making time. Stiffness is the result of bad body posture and hinders a quick advance.

With the motions of the leg, the most important thing is that the foot should be parallel to the direction of the run and touch the ground always, with the middle part of he toes, later the heels sink down too. Each step should be vigorous. Players make frequent mistake of reaching ground with heels. They run in too great strides and their feet are not parallel to the direction of the run.

In this case, the force of take-off of each step will diminish and speed will be less. During the run, leg and arms work should fully harmonise.
Start of exercise are the first class means for developing speed. (104)

**JOGGING:**

Arms held loosely by sides, hand are open and than shake the arms up and down to loosen up the muscles of the arms and shoulder. Step should be small, easy and slow, run slowly on the whole feet, and not on toes, with the body fully relaxed. Through which the muscles gets the shape. According to him it helps to warm up the various systems of the body and ensures endurance also.

**Limbering Up Exercises:**

The preliminary exercises that are undertaken before the players enter the field are called limbering up exercises.

**Purpose:**

1) To raise the temperature of the muscles.
2) To increase the speed at which they will do their work.
3) To increase the flow of blood and therefore the supply of oxygen to the muscles.
4) To prepare the circulatory and respiratory system effectively footballer is just like a (motor car engine) who can not run at maximum speed immediately starting from cold. He should be first be warmed up before they are set for race. (105)
Constituents:

Jogging a few laps, stretching of the major body, running on the spot, jumping, kicking without and with balance are the constituents. These exercises should be performed in warm clothing.

Result:

The performance would improve 3% to 8% after limbering up exercises. The temperature of muscles is raised by 2-3 degree centigrade. If the temperature is higher the performance is expected better. The limbering up exercises period of 20-30 minutes would produce the least result. For a footballer 10 to 15 minutes exercises enough.

Mr. Rahim took practice in skills for various position. He defined the aim of kicking as under.

Tips about kicking:

(1) Do not pass ball when you can kick.
(2) Kick is always judged by the length and not height.
(3) Kick should be long.
(4) Kick from 18 yards.
(5) Slow and accurate kicking is better than strong but inaccurate kicking.
(6) Every kick should be a pass.
(7) A kick in time saves the situation.
(8) Kick the ball and not the opponent.
(9) Kick diagonally.
(10) Kick the ball, when a player having complete control
Mr. Rahim coached the player in skills in various position.

Practice in Skills In Various Positions:

<table>
<thead>
<tr>
<th>Skill</th>
<th>Forwards</th>
<th>Half back</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kicking</td>
<td>a) Goal shooting, volley, half volley, running back, special attribute.</td>
<td>a) Feeding (inside, push, flick, outside push.</td>
</tr>
<tr>
<td></td>
<td>b) Centering the ball.</td>
<td>b) Cross pass.</td>
</tr>
<tr>
<td></td>
<td>c) Corner.</td>
<td>c) Volley &amp; half volley</td>
</tr>
<tr>
<td></td>
<td>d) Cross passes (inside, left to outside, right.</td>
<td>d) Goal shooting ability</td>
</tr>
<tr>
<td>Heading</td>
<td>a) Pass.</td>
<td>a) Pass.</td>
</tr>
<tr>
<td></td>
<td>b) In to goal (downward)</td>
<td>b) Feeding, short, long with accuracy.</td>
</tr>
<tr>
<td></td>
<td>c) Nod back.</td>
<td>c) In to the goal.</td>
</tr>
<tr>
<td>Dribbling</td>
<td>a) Special attribute much practice of all kinds.</td>
<td>a) Special attribute much practice of all kinds.</td>
</tr>
<tr>
<td>Trapping</td>
<td>a) all kinds of trapping.</td>
<td>b) All kinds of trapping.</td>
</tr>
<tr>
<td></td>
<td>b) Trapping and passing in one movement.</td>
<td>b) Trapping and passing in one movement.</td>
</tr>
<tr>
<td>Passing</td>
<td>a) All kinds of passes special attribute much practice.</td>
<td>a) Feeding pass to forwards.</td>
</tr>
<tr>
<td>Throwing</td>
<td>a) Quick throw in for outside player.</td>
<td>a) Long, short throwing with accuracy.</td>
</tr>
<tr>
<td>Tackling</td>
<td>a) General practice.</td>
<td>a) All kinds of tackling.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>b) Shoulder charge.</td>
</tr>
</tbody>
</table>
Running

- Speed (outside forwards and centre foreword.)
- Side stepping.
- Swerving.
- Special Attribute
  Much practice.

a) Speed.
b) Side stepping.
c) Turning.
d) Swerving. (108)

Practice Of Tactics According To positional Play

Forewords.

Tactics: a) "W" formation and its variation; Attacking and defensive roll, positional play and switching on, space finding, marking and using free kick, and corner kicks, moves from standing and moving position, combination, with halves.

Matto: a) When the ball in not in possession, to get in to always free; finish it from 10 yards, so that you may not be finished follow the opponents every kick should be a pass.

When ball is not in possession get into position, get always free tackle first time forcibly; every pass should be dribble
dribble should be a pass delay if necessary.
Ever kick should a pass or finish don't delay.

<table>
<thead>
<tr>
<th>Backs</th>
<th>Goal Keeper</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Kicking:</strong></td>
<td>a) Put half volley.</td>
</tr>
<tr>
<td>a) volley, half volley</td>
<td>(special to attribute).</td>
</tr>
<tr>
<td>b) kicking a stationary ball</td>
<td>b) Kicking a stationary ball.</td>
</tr>
<tr>
<td>c) Kicking a moving ball</td>
<td></td>
</tr>
<tr>
<td>d) Feeding long passing.</td>
<td></td>
</tr>
<tr>
<td><strong>Heading:</strong></td>
<td>a) General heading practice.</td>
</tr>
<tr>
<td>a) Defensive header out of danger.</td>
<td></td>
</tr>
<tr>
<td>b) Pass and feeding heads.</td>
<td></td>
</tr>
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<td><strong>Dribbling:</strong></td>
<td>a) General dangerous.</td>
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<tr>
<td>a) General dangerous.</td>
<td>b) Feinting (with hands).</td>
</tr>
<tr>
<td><strong>Trapping:</strong></td>
<td>a) General (with hand) gathering the ball gripping, punching, catching.</td>
</tr>
<tr>
<td>a) General (occasional) special practice, but seldom have time to trap.</td>
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<tr>
<td><strong>Passing:</strong></td>
<td>a) General passing practice.</td>
</tr>
<tr>
<td>a) constructive passes .</td>
<td>b) Back pass to goal keeper only in danger.</td>
</tr>
<tr>
<td>b) Back pass to goal keeper only in danger.</td>
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<tr>
<td><strong>Throwing:</strong></td>
<td>a) Throw out.</td>
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<tr>
<td>a) General ball through practice.</td>
<td>b) Sling with hand and too distinct throwing with accuracy.</td>
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</tbody>
</table>
Running: a) General, turning and receiving quickly run and jump.

b) General burst of 10 to 15, 2 to 3 yards.

Tackling: Special attribute.

General tacking practice.

a) All kinds of tackling.

b) Changing.

Tactics: 'W' Formation and its variation defensive and offensive roll, positional and covering play, space finding using and making, free kicks, corner kicks, moves from, moving and standing position combination with halves and Goal-Keeper.

'W' formation and its variation defensive and offensive roll, positional play space finding and using free kicks corner kicks moves combination with back and halves. (III)

Motto: a) Mark your opponent When the ball is not in possession, get into position every kick and head should be pass tackle forcibly first time; delay when necessary give cover to the team mate; don’t dribble last weapon resort. or pass back kick in time to the proper situation.

When the ball is not in possession get into position. Every kick & throw should be a pass, advance only when the ball is away from the opponent diving is the last weapon resort. punch when you can’t catch the ball first side ward only in emergency. don’t bounce the ball unnecessary kick and throw should
be long and low. use your brain and don't get nervous when there is no one to tackle. (112)

**TRAINING IN TACTICS:**

A) Definition :- According to Mr. S.A. Rahim tactics in football means team work to a plan of coordination the abilities proficiency condition, power of anticipation cooperation and understanding among the members of the team.

In order to ensure that eleven player will successfully play and pave the way of their further development. It is necessary that various technical conceptions should be made clear to them. (113) They should know, above all tasks to be fulfilled in the modern football system, i.e. third back or stopper and technical variations which came into being in recent years. They should be able to carry them as an art and as act in unison against the opponent. So the players should be able to under take the tactical aspects of the game, and adopt the variation according to the demand of the situation of the game.

According to S.A. Rahim the system of play will determine the position and the playing area (the area of movement) of the players on the pitch, further it will define the particular tasks of each player and by coordinating these it will shape into the unity of the team. (114)
The area and the tasks determined by the system for the players in various positions differ so widely that the players have to possess stamina, speed and proficiency in ball control and the other fundamentals to varying degrees depending on the positions they play in.

(b) Classification :- According to Mr. Rahim, tactics may be classified into -

1. Individual tactics (2) Team tactics.

1. Individual Tactics are the technical problems solved by the individual players.

2. When the ball is not possession get into position (positional play and switching on position.)

3. Every kick or throw should be a pass and every pass a dribble.

4. Don't dribble when you can pass and do not pass when you can kick.

5. Find make and use the open spaces.

6. Let the ball play.

7. Plan your play and play your plans.

8. Complete understanding and perfect co-operation among the team mates.

9. Team spirit.

10. Scientific and methodical type of play.
(d) Means of learning and developing tactics.

(1) By learning the science of strategy.
(2) By practising passing, heading, kicking and tackling in-groups of 2, 3, 4, 5, etc. Every player has to reply to the question of four W and one H, decide and act in the last accordingly. These question are, when where what and why and how. The player of each position has his own problems and therefore the answer of the question of 4 W one H will also be different.

(ii) Team Tactics.

When the individual solutions of the tactical problems are co-ordinated, it is called team tactics. Eleven players work together and carry out the plan to achieve the aim. This collective effort is called team or strategy.

(c) Tools Of Tickets : The following elements may be considered as the tools or essentials of tactics.

(1) Quick thinking, quick action and quick ball control.
(2) By playing competitive minor games.
(3) By playing irregular football (five a side etc.)
(4) By playing one goal practices.
(5) By playing two goals practice of two defense and one common affiance.
(6) By practicing various moves from, standing and moving positions.
(7) By two goals practice of the game.
(8) By playing practice matches.
(9) By witnessing the matches of the good teams.

(10) By discussing with the class various moves of the previous game.

(11) By practicing walking football.

THE WORK OF THE COACH:

According to Mr. S.A. Rahim, the task of the coach varies according to the age of the players. There are some tasks which are common and essential to all age groups. The principle is to develop healthy good spirited sportsmen, who can subdue their personal interests to the interest of the team.

But the practical methods and objects vary with every stage of instruction. At the first stage with children the emphasis is on organising and integrating their abilities and teaching them certain elements of technique in great detail.

The coaches have a through job here this stage talent for technique already shown itself and the primary task is to conduct and develop it correctly.

FOOTBALLER'S MAKE UP OR BUILD-UP:

(a) Physical elements or factors.

(1) Running with speed and determination.

(2) Running quickly and swerving.

(3) Jumping and heading with judgment.
(4) Kicking well and accurately with either foot, a ball coming from any angle.
(5) Controlling the ball by means of trapping, passing and dribbling.
(6) Throwing correctly.
(7) Tackling well.
(8) Doing all bodily movements quickly, gracefully and economically.

(B) Mental Elements or Factors:
(1) Rapidly thought (quick thinking).
(2) Alertness and attention.
(3) Anticipation.
(4) Judgment.
(5) Cleverness or dexterity.
(6) Will power or firm determination.
(7) Ingenuity or initiative.
(8) Technical and tactical knowledge.
(9) Ball sense and sense of timing.

(C) Moral Elements or Factors:
(1) Discipline.
(2) Co-operation.
(3) Self confidence.
(4) Self control.
(5) Courage.
(6) Sincerely.
(7) Health habits.

(8) Faith in God in coach.

(9) Sportsmanship (obedience, self-respect, respect to others, honesty, straightforwardness, loyalty, truth etc.

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<th>Subdivision</th>
<th>Duration</th>
<th>No. of days</th>
<th>Characteristics</th>
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<td>Preliminary</td>
<td>One week</td>
<td>6 Days</td>
<td>It is concerned with the attainment of physical fitness. The development of various muscles and general season of motion. It is the players introduction to the field for coming season. Gymnastics, running, varieties floor exercises hand ball, volleyball, basketball, and various other games, which develop qualities and faculties useful as needed in football which sense should from the plan of this period, training should be started gently and should be move increase gradually at first the muscles every stiffen up but the stiffen can be run of in a day or two.</td>
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<tr>
<td>Transitional</td>
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| Sub Division | Duration | No. of days a week | This is the period for laying out founda
tion. strength speed stamina and skill should be aimed at many vigorous exercises, floor exercises in pairs groups competition games exercises on rings and bar etc, penalty of ball practice, relay race. Better to use as many ball as possible ball control should be aimed at specially. Training should take place on the field for development of agility and nearo muscular co-
ordination should also be furthened by minor games. (120) |
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<td>2) Early Season</td>
<td>Two Weeks or laying out</td>
<td>5 days</td>
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Mid season  4 week  a week
or Acquiring  5 days

good condition

The purpose of the training improving physical qualities and ball control is to work up and up to the date team tactics and the type of the game. Emphasis should be laid on the elements of team work, (quickly thinking, positional play switching on, and combination,) and speed and stamina. Greater part of the runs will be carried on with ball practice match once a week should be played polishing the team tactics is the main objectives of this period. This period may be said as the period of acquiring
Peak season 1 week 4 days
or preparing
top from.

The real aim in this period is the all round development of the various abilities. This is period for prepare the players to achieve top form. The training objectives should still be the constant repetition of elements of technique, the practice of advanced feinting tackling shooting at goal mid an lacking (when the common ball in the air) and reading etc.

The elements of the various combination of team work, the correction of execution of special tactical ideas and a constant improvement of speed skill and force fullness should attended to achieve the aim.
During this period players should not let themselves unfit. The player should be direct to continue the stretching and strengthening exercises. In this off season the players will be always away from the game but keep fit by walking jogging physical exercises and other light games. (123)

This is the period for physical and mental relation from the game. But our motto should be "keep fit."
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