



# GRASSROOTS FOOTBALL CLUB OF THE YEAR

## *Key Note*

Paro FC was founded by a group of family and friends all with a deep affection for the sport of football. They have made massive investment in developing infrastructure and facilities to create enabling conditions for people from all walks in realizing the slogan 'Live Your Dreams'. Just four years after inception the club has had an exponential growth. The Grassroots program has been a trademark program for Paro FC.

**Name of the nominee:** Paro Football Club

**Category:** Club & Academies

**Award:** Grassroots football club of the year

**Year :** 2022



*'Live your dreams'*

**Image:** A Grassroots Session



# *Justification to entry*

The philosophy and training program of the Paro Football Academy offers boys and girls, from 4 to 14 years old, an opportunity to improve their football skills, stay healthy, make friends and have lots of fun in a positive and friendly learning environment, under the guidance and supervision of fully qualified coaches. Around 168 children train for two hours each on weekends and government holidays. During the summer and winter breaks, participants undergo rigorous training for four days a week. The recent addition to the existing program was the introduction of specialized training for U6, U8, U10, U12 & U14 categories where they will have to attend additional training of two additional days during weekdays.

The club has also created a unique Grassroots model, blending international best practices suited to the progressive pattern of growth and development of children. Different tiers to the coaching program exists, which now has specialized coaches for all the different levels. Ball mastery, a key component in the training plan has progressive links to technique, skill, and a tactical framework to the coaching model. Technical periodization of training is a mandatory requirement to be fulfilled by each grassroots coach at the academy. The pre and post conference is lead by Technical Director before and after each session.

The ability of Paro FC Grassroots program to maintain the principle of, 'one child one ball' and 'one coach 20 children' has really helped to retain a good standard in our progression. In 2021 Paro FC branched out the academy to Thimphu. The club currently has 12 fulltime coaches, 10 volunteer coaches who look after the grassroots activities, and the majority of coaches possess a Diploma in Physical Education and Sports Coaching and BFF C Certificate.

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**Image:** Engaged in a Small Sided Game

*'Live your dreams'*



# Justification to entry

We have frequently been in the positive radar of the Bhutan Football Federation (BFF) for conducting standard Grassroots sessions and contributing players to the BFF Academy. In the Year 2021, Paro FC was lauded for having 9 players selected in the residential academy of the BFF. The first edition of the BFF Mini Dragon League saw Paro FC sweep all the trophies in the Grassroots Category with its contenders mostly loosing in double digits. Within a year of inception Paro FC won one of the highest awards in grassroots football. In the next few years of the AFC Best Grassroots Club Award Paro FC has never stepped back which reflects the commitment, hard work and dedication that Paro FC is putting in to professionalize football with proper planning, organization and execution.

Currently Paro FC without doubt commits to provide the best opportunity to children who aspire to be good footballers and great human beings. The following features provide us an edge to be counted on.

Multiple GR Training fields	Training Equipment	Short term program
Coaching Model	Paro Jr. League	Long Term program
Quality Coaches	Scholarships for underpriveledged	Non-football program
First Aid & Safety Amenities	Training of coaches	Specialized training

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# Indicators of momentum

We have all of these



1 Full Time Technical Director



9 Full Time Coaches



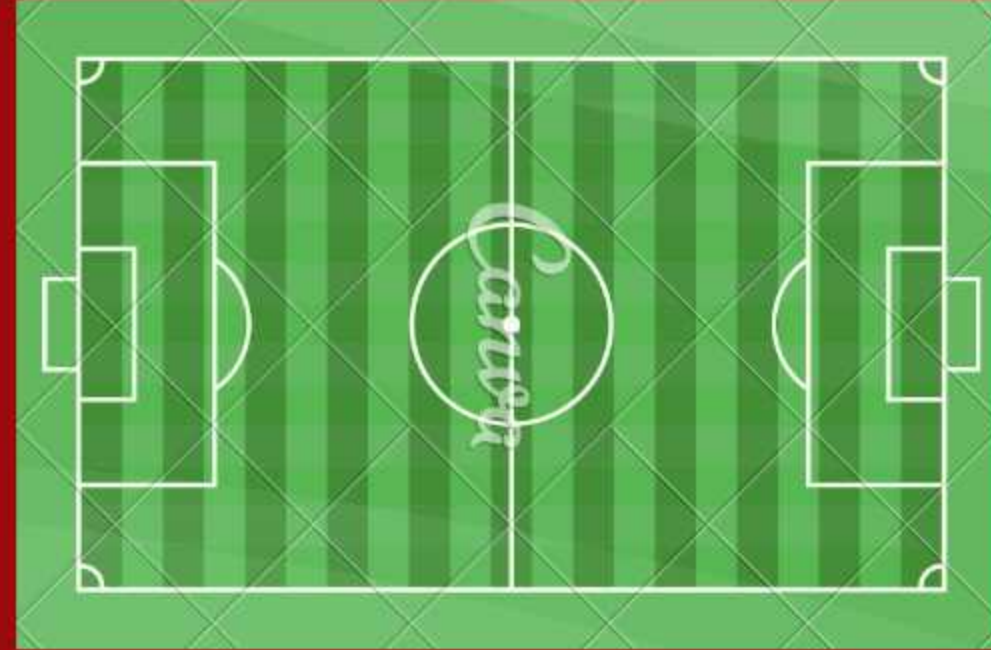
10 Volunteer Coaches



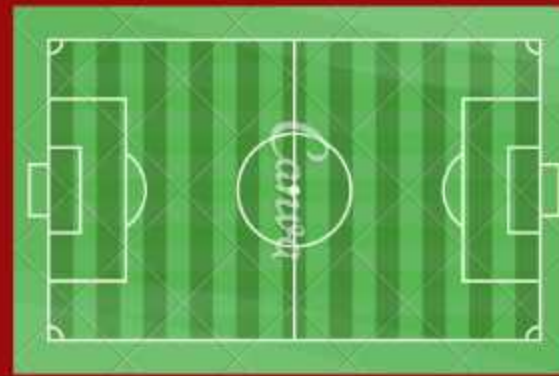
168 Grassroots Players



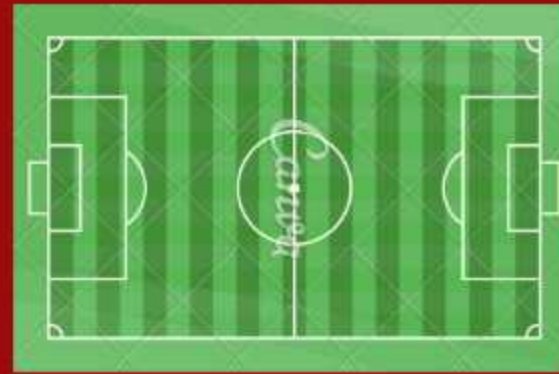
53 On Scholarship



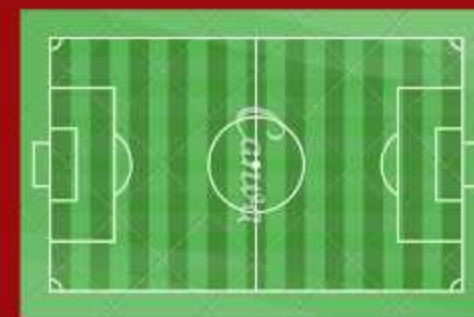
(105m/64m)



(55m/26m)



(55m/26m)



(38m/28m)



(12m/6m)



MODEL



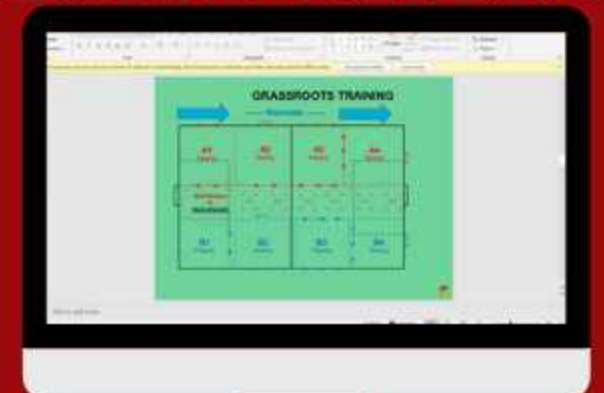
CURRICULUM



INFRASTRUCTURE



SESSION PLANS



ORGANIZATION



EQUIPMENT



TRAINING

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# PARO FOOTBALL ACADEMY NOMINATIONS, 2022

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**THANK YOU**

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