



GRASSROOTS FOOTBALL COACH OF THE YEAR

Key Note

A grassroots coach should look to create a fun, safe learning environment for young people to learn and prosper within a sporting environment. Children participating in grassroots football will have different motivations – but what is important is that they enjoy playing football. That's why for any grassroots coach, you have a responsibility for developing an environment where young people can participate in football feeling safe and enjoying it. At Paro FC Gopal does it best

Name of the nominee: Gopal Rai

Designation: Grassroots Head Coach

Category: Clubs & Academies

Award: Grassroots football coach of the year, 2022

Year : 2022



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Justification to entry

Gopal Rai currently is the Grassroots Head of Paro Football Academy and looks after the U12 academy team. He has a Diploma in Physical Education and Sports Coaching from Paro College of Education and along with it holds the BFF-AFC Grassroots and A Technical Certification. He has a very good language competency along with excellent ICT skills which has enabled him to develop and maintain a strong database for the Grassroots players. Gopal has been successfully coaching the Grassroots children for the last 4 years accumulating almost 1000 Hours of active coaching. He is punctual, dedicated and committed. He has a strong devotion for the assigned task of coaching and teaching children. As a Grassroots Head Coach he has successfully completed models of development for Paro FC Grassroots Programme



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His responsibilities

- **Coordinate GR planning meeting every Friday**
 - **Collect GR session plans and distribute to the GR Coaches**
 - **Discuss and approve promotion of players in different levels**
 - **Collect and punch test data every two months in PFA database**
 - **Collect and punch anthropometric data in PFA database every three months**
 - **Communicate to players and parents on session and events through Heja App**
 - **Collect fees and maintain accounts book for PFA Grassroots program**
 - **Conduct and coordinate the Paro Jr. League by drawing fixtures, maintaining point table, and related statistics**
 - **Propose and procure GR related books and digital resources to be used for GR**
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His strength

- **Application of Technical- Tactical plans and executing in the practical sessions.**
- **Individualised training based on specific observation**
- **Progressive planning of sessions based on principles of training**
- **Use of ideomotor and visual learning for players development**
- **Ability to learn and adopt new changes based on contemporary practices.**



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PARO FOOTBALL ACADEMY NOMINATIONS, 2022



THANK YOU

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