



GRASSROOTS FOOTBALL PROJECT OF THE YEAR



Key Note

The many changes we have brought to the hardware as well to the software component of our Grassroots program after the COVID 19 pandemic gives us enlivened hopes for the football in our country. Right after the nationwide relaxation post COVID19 pandemic, it was the intention of Paro FC to bring back football to the lives of our children as soon as possible. Thus, we initiated the 'Catch Them Young' (CTY) & 'Keep Them Moving' (KTM) expansion projects to provide for as many of the demographics of the people in the community, to allow them to exercise, interact, make friends and improve their mental health.

Name of the nominee: Paro Football Club

Category: General

Project Title: CTY & KTM Expansion Project , 2022

'The HOPE in the Valley'

Award: Grassroots football project of the year

Year : 2022



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Image: The Grassroots Academy Centre in Thimphu
'The HOPE in the Valley'

PARO FOOTBALL ACADEMY NOMINATIONS



Introduction

Paro FC in less than a year's resumption to the new normal, completed the curriculum model design workshop alongside professional development program for coaches on the grassroots football curriculum. The draft curriculum was pilot tested and incepted late April, 2022. Paro FC went on to build in two new academy football pitches, drew a detailed schedule of use and started specialized training for all grassroots age categories on two additional days on weekdays. For the specialized training specific coaches/assistant coaches were designated in for each age category. The club now boasts of extending the Paro Football Academy Grassroots Model to Thimphu on a larger scale after the successful completion of the much awaited artificial football ground and mini pitch opposite to Ramtoktoktok, Thimphu; as it stands in the design image on the cover page, it is definitely targetted to be, 'The HOPE in the Valley'. The acronym **HOPE** was crafted from the intention to bring **H**appiness in the lives of children by providing equal **O**pportunity through player centred **P**ractices to develop an **E**mergent players unique to Paro FC, Bhutan and the world at large. It is the clubs intention to find more permanent homes in the Bhutanese communities and hopefully set up football for the younger members to continue on this exciting adventure of football development. The process of the project



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Image: A place to advocate and practice HOPE



Project process outline / timeline



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1. Curriculum workshop for coaches

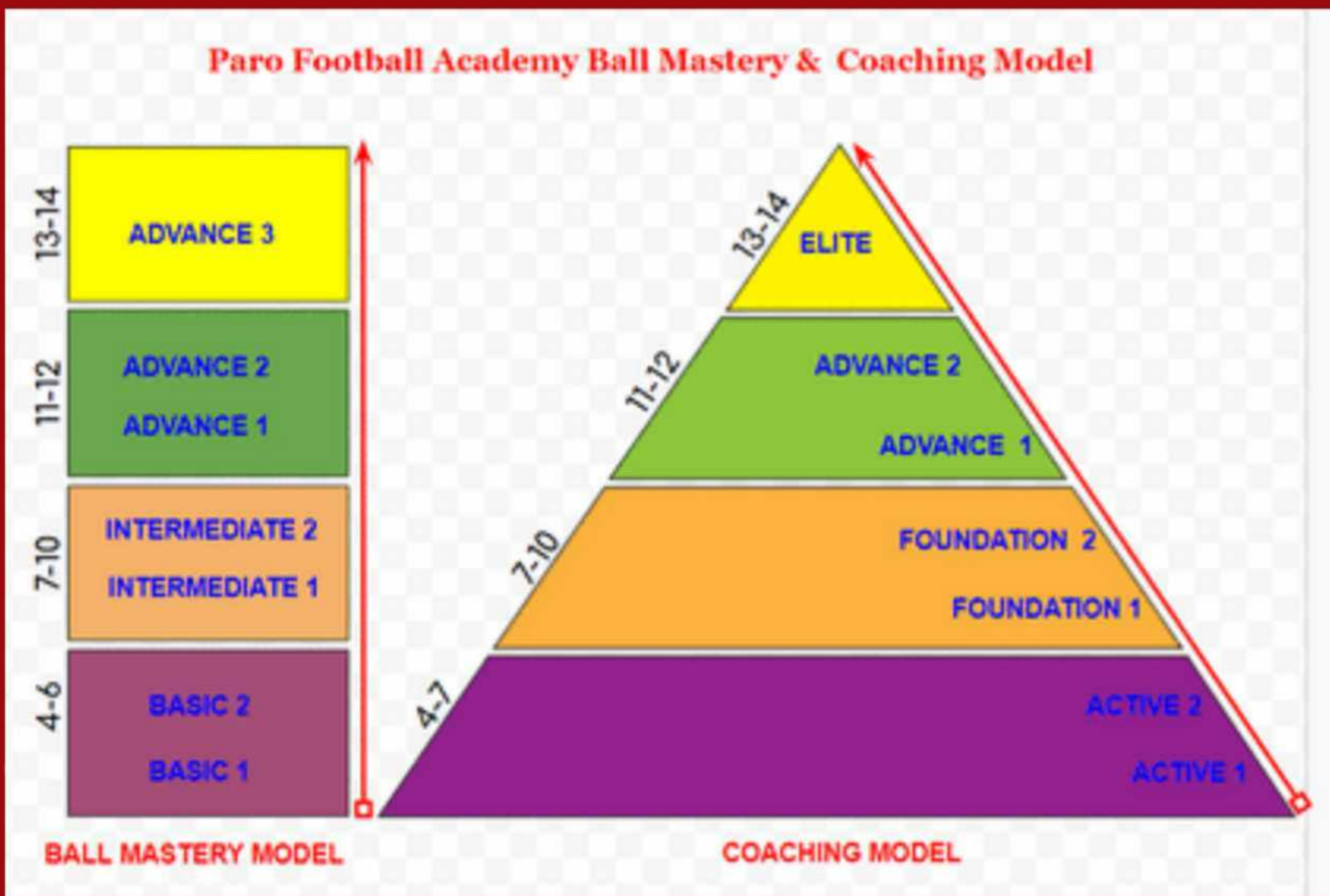
Here at Paro FC, Professional Development for Coaches is critical. The best coaches know that to be the best, they must continue to develop professionally. But with the many types of Professional Development available, it can be difficult to discover the most effective way to improve coaching skills. However, the one that we conducted in January had a big idea at the back of the mind. We first wanted to introduce them to the idea of a football curriculum. An extensive 3 blocks of 5 days workshop was conducted which mainly encompassed content enhancement on the Development Curriculum. Here are some glimpses from the curriculum workshop conducted in January.





2. Drafting the GR Curriculum Model

Designing a curriculum unique to Paro FC was not an easy task. It was a complicated process that needed to be carefully thought through, and involved much strategic decision-making. However, with 4 years of experience supporting over 250 Grassroots children through the CTY and KTY program, we identified six crucial steps of effective curriculum model. We followed the following steps; 1. Set out the intent of our GR curriculum 2. Develop our players entitlement 3. Curate the content of the GR curriculum 4. Plan the delivery of GR curriculum 5. Source high-quality resources to deliver GR curriculum 6. Decide what works well and where there is room for improvement. We finally decided on the model structure for the GR curriculum as follows.



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3. Pilot Testing the GR Curriculum

Pilot Testing in the Grassroots setting allowed us to reflect on the critical areas of our coaching method or curriculum. It provided insights into the required coaches, preparation time, resources, and the group process skills we would need to achieve the learning goals. Pilot tests helped us create better understand the program for Grassroots Children. Some of the processes involved were trying different modalities and content sequencing to adopt to different age groups.

Topics for Training Sessions			
1 Warm Up	- 1 Technique	- 1 Passing	- 1 side spin
2 Main Part		- 2 Cross ball	- 2 back spin
3 Regenerat.			
		- 3 Control	- 1 low
			- 2 high
			- 3 short. Distance
		- 4 Striking	- 1 with laces
			- 2 inside
			- 3 out of turn
			- 4 „specials“
	- 2 Tactics	- 5 Heading	
		- 6 Feints	
	- 1 Attack	- 1 Duration Meth.	
	- 2 Defensive	- 2 Extens. Int.	
	- 3 Fitness	- 3 Playing Meth.	
		- 2 Speed	
		- 3 S-Endurance	
		- 4 Quick Power	
		- 5 Power	
		- 6 Coordination	
		- 7 Stabi/Stretch	

Paro FC																															
1 Team:																															
2 Coach:																															
3 Month:																															
Topics / Date / Duration (x = 10 Min.)		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
1 Techniques	1 Passing																														
	2 Cross ball																														
	3 Control																														
	4 Striking																														
	5 Heading																														
	6 Feints (1 - 14)																														
2 Tactics	1 Attack																														
	2 Defense																														
3 Fitness	1 Endurance																														
	2 Speed																														
	3 S-Endurance																														
	4 Quick Power																														
	5 Power																														
	6 Coordination																														
	7 Stabi / Stretch																														
Intensity	very high																														
	high																														
	medium																														
	low																														



Structure of a Training-Session (U6, U8, U10)

The structure of a training-session depends on the age-group

Grassroots Training-Session (until puberty)

- Play 7' to 18'
- Exercise 7' to 18'
- Play 7' to 18'
- Exercise 7' to 18'
- Play 7' to 18'

=> 35' to 90'

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4. Refinement and application of the GR Plans

The curriculum content was transferred into session plans and delivered to the GR children in different age categories. The sessions were delivered to all age categories as per the schedule reflected in the images below. Each session was led by a head coach of the each age category assisted by a designated assistant coach. Every session progressed with a routine of pre-conference, coaching session and a post-conference. Every session plan was presented by the individual coaches and discussed in a common forum which was led by the Technical Director of Paro FC. The session plans were amended accordingly and stored as curriculum content to serve as suggested session plan samples.



WEEKLY TRAINING SCHEDULE				
CATEGORY	DAYS OF WEEK	FIELD ALLOCATION	TIME	COACH
Senior Men	Mo, Tu We, Th Fr, Sa	MAIN PITCH MAIN PITCH MAIN PITCH	04.00PM-06.00PM	PUSPALAL BHARMA-GOPAL RAJWORA GURUNG
Senior Women	Sa Su We, Fr	MAIN PITCH MAIN PITCH MAIN PITCH	08.00AM-10.00AM 11.30AM-01.30PM 04.00PM-06.00PM	TANJIN BIHA-DANA ZANGPO
U16	Tu, Fr Sa Su	ACADEMY PITCH ACADEMY PITCH MAIN PITCH	05.00PM-07.00PM 04.00PM-06.00PM 11.30AM-01.30PM	INDRA GURUNG-DANA ZANGPO
U14	Tu, Fr Sa Su	ACADEMY PITCH ACADEMY PITCH ACADEMY PITCH	05.00PM-07.00PM 02.00PM-04.00PM 09.00AM-11.00AM	GOPAL RAJ-TANJIN BIHA
U12	Th Sa Su	ACADEMY PITCH MAIN PITCH MAIN PITCH	05.00PM-07.00PM 02.00PM-04.00PM 09.00AM-11.00AM	AITA RAJ GURUNG-GOPAL RAJ
U10	Th Sa Su	ACADEMY PITCH MAIN PITCH MAIN PITCH	05.00PM-07.00PM 02.00PM-04.00PM 09.00AM-11.00AM	DANA ZANGPO-INDRA GURUNG
U8	Th Sa Su	MINI PITCH MAIN PITCH MAIN PITCH	05.00PM-07.00PM 02.00PM-04.00PM 09.00AM-11.00AM	TANJIN B & UGVEN D

N.B: Conditions apply where if a training schedule falls on a public holiday all sessions will be convened in the morning (09.00AM-11.00AM) except for U16 & Senior team.

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Program: 'Keep them moving' v 'Catch them young'

Team: U-14 Date: 13/10/2022 Time: 5:15 pm

Coach: Aita Raj Gurung Number of players: 26 Gk: 4

Warm Up:

- Passing and Feints (14mins) (2*7) 2*7Mins
- Shooting (20mins) 2*10Mins
- 5v5 Game

Main Part: A

- 6v3 (10mins)
- 1/1+1/3/1+1/6+1/4/1
- 2/1

Cool Down:

- 3
- Cooling Down

PARO FOOTBALL ACADEMY NOMINATIONS



5 & 6 Completion of Thimphu Centre and Application of the model

The club would be ready by January 2022 in extending the Paro Football Academy Grassroots Model to Thimphu on a larger scale after the successful completion of the much awaited artificial football ground and mini pitch opposite to Ramtoktoktok, Thimphu; worth 54 million. Paro FC by then would have launched our ambitious new strategy for grassroots football in Bhutan, providing clear direction for the next few seasons addressing the short, medium and long-term challenges to serve and lead the game for the many Grassroots children that play football nationwide.

APPROXIMATE COST ESTIMATE FOR PROPOSED SPORTS CENTER, THIMPHU

SL.NO.	ITEMS DESCRIPTION	PROVISIONAL QTY.	UNITS	RATE (Nu.)	AMOUNT(Nu.)	REMARKS
1	EARTH WORKS: Excavation and levelling	23500	CU.M	65	1527500	
2	RRM WORKS	1650	CU.M	3500	5775000	
3	GROUND FLOOR :SPORTS BAR + SHOW ROOM/STORES	8610	SQ.FT	2200	18942000	
4	MEZZANINE FLOOR : CAFÉ+MEETING ROOM	2690	SQ.FT	1500	4035000	
A. TOTAL (Nu.)					30279500	
5	LANDSCAPING: PARKING, COURTYARD, G.I CHAIN LINK, ETC.					
B.TOTAL (Nu.)					3027950	
6	FOOTBALL TURF	80700	SQ.FT	150	12105000	
7	FUTSAL TURF	10222	SQ.FT	150	1533300	
8	LED LIGHTS	8		300000	2400000	
9	POLES	8		600000	4800000	
C.TOTAL (Nu.)					20838300	
TOTAL :A+B+C (Nu.)					54145750	

FIFTY FOUR MILLION ONE HUNDRED FORTY FIVE THOUSAND SEVEN HUNDRED FIFTY NGULTRUM.



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PARO FOOTBALL ACADEMY NOMINATIONS, 2022



THANK YOU

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