

# **BHAWANIPORE FC PROINDIA FOOTBALL ACADEMY**



## About Us

**Bhawanipore Football Club** is an Indian professional football club based in Kolkata Maidan, (Heart of the City). The club was established in 1910, and competed in the I-League 2nd Division, then second tier of Indian football league system. Bhawanipore currently competes in the Calcutta Premier Division. It is also nominated for the newly established I-League 3, 4th division national league in India.

They have also participated in domestic tournaments such as IFA Shield, and Durand Cup. In 2013, Bhawanipore clinched the Bordoloi Trophy, defeating Aizawl 1-0. They achieved third place in the 2013 I-League 2nd Division. In next season, the club participated in 2014 I-League 2nd Division and moved to the final round of I-League qualifiers, and achieved second place with 17 points in 8 matches. In May 2018, they officially announced that legendary defender **Subrata Bhattacharya** was appointed as new head coach.

**Bhawanipore FC operates several youth teams (U-13, U-15 and U-18) and academy. Under-18 team of the club previously took part in Youth I-League.**

### Home Stadium :

Bhawanipore Football Club currently plays at the 20,000 seater Kalyani Municipal Corporation Stadium in Kalyani. They also use Rabindra Sarobar Stadium for some of their home matches.



## *Honours :*

- **I League 2<sup>nd</sup> Division :**  
Runners Up : 2014-15, 2019-20  
Third Place : 2012-13
- **CFL Premier Division :**  
Runners Up : 1952, 2016-17, 2017-18, 2022
- **Coach Behar Cup :**  
Champions : 1923, 1927, 1929
- **Ogilvie Cup :**  
Winners : 1944
- **Bordoloi Trophy :**  
Winners : 2013
- **IFA Shield :**  
Runner Up : 1948
- **Naihati Gold Cup :**  
Winners : 2022





*Bhawanipore FC Proindia Football Academy will have 2 pathways for the kids: FOOTBALL & FUTSAL Pathways*



**FOOTBALL PATHWAYS:**

- **Bhawanipore FC Proindia Football Academy** will participate in the IFA approved Youth Football Tournaments.
- Participants can be scouted by different Football Clubs for either **AIFF U13 Youth Leagues** or **IFA U13 Nursery Leagues** once they turn 10/11 years.
- They can be scouted by different Football Clubs for either **AIFF U15 Youth Leagues** or **IFA U15 Nursery Leagues** once they turn 13/14 years.
- Talented U16 and above players will be sent to trials of different Division Football.

**FUTSAL PATHWAYS:**

- **Bhawanipore FC Proindia Futsal Academy** - Spanish Methodology for skill development.
- Opportunity to participate in **IFA Futsal Tournaments**.
- Privilege to participate in other **State Futsal Tournaments** for exposure.
- Talented players will be scouted by different Futsal Clubs to play in the **AIFF Club Championships**.
- Talented players will be scouted by AIFF to be in the probable "**Indian Futsal National Team**".

India participated in the AFC National Futsal Championship in 2023.



# Bhawanipore FC progression pyramid



I League 3



Under 17 Youth League



Under 15 Youth League



Under 13 Youth League



Bhawanipore FC Proindia  
Football Academy



Elite Player Development Centers  
with better standard players



Various Players Development Centers / Schools





*AIFF website shows the pathway we detailed earlier*

<https://www.the-aiff.com/club/8070?type=academy>

Spotlight: Vision 2047 - The Indian Football Strategic Roadmap (2023-2047)

ALL INDIA FOOTBALL FEDERATION

MEN'S FOOTBALL WOMEN'S FOOTBALL DEVELOPMENT ACTIVITIES WHO WE ARE FAN ZONE CAREERS

# Bhawanipore FC

★ 4.5 (10)

ClubFent, Maidan Kolkata - 700059

Technical Staff

Age Group  
U-13, U-15, U-18

## Our Teams

Second Division League	Hero Elite League	Hero Junior League	Hero Sub Junior League

Spotlight: Vision 2047 - The Indian Football Strategic Roadmap (2023-2047)

ALL INDIA FOOTBALL FEDERATION

MEN'S FOOTBALL WOMEN'S FOOTBALL DEVELOPMENT ACTIVITIES WHO WE ARE FAN ZONE CAREERS

# 19 Himangshu Kahar

Date of Birth: 18 Jun 2006  
Position: Defender  
Place of Birth: West Bengal  
Nationality: INDIA  
State Association: Indian Football Association  
Current Club: Bhawanipore FC

*Kids will have individual Registration number under AIFF once they get into U13 Team*

<https://www.the-aiff.com/club/players/8070/5>

Lifetime This Season

Lifetime Match Played	Lifetime Minutes Played	Club Details
Lifetime Goals	Lifetime Cards	Club: Bhawanipore FC
		Basis: Permanent
		Contract Period: 1 Years

# PAUL NEARY



- *Technical Head, Bhawanipore FC (I League 3)*
- *Mentor, Bhawanipore FC Proindia Football Academy*



Coach Educator,  
2014 - Present



Coach Educator,  
2016 - 2018



International Lead Coach,  
2014 - 2023



Coach Mentor,  
2017



Coach Educator,  
2015 - Present



Head Of Football,  
2018 - 2023





## *International Mentors*



**MIGUEL  
ANDRES**

### **Chief Mentor, Department Of Futsal**

Head Coach, Netherlands National Team (2013-15, 2022-present),  
Asst. Coach, FC Barcelona Futsal Team (2016-2022),  
Coach, German National Team (2016-2017),  
Asst. Coach, Spanish National Team (2008-09),  
Futsal Coach Level III (Max. Level) By RFEF (UEFA-FIFA).



**DUSAN  
JAKICA**

Head Coach,  
U.S. Futsal National Team



**DUJE  
MARETIC**

Head Coach,  
U19, Croatia National  
Futsal Team



**LUIS  
ESTRELA**

Futsal Senior Women Coach, SL Benfica,  
Technical Coordinator Youth Futsal  
Teams, Sport Lisboa E Benfica.



**SILVIO  
CRISARI**

Head Coach,  
Norway National Team



**LINO  
GOMES**

Head Coach,  
Bahrain National  
Futsal Team  
(Men & Women).



**MICHAEL  
PETROS**

GK Coach, Iran National Futsal Team,  
AFC Elite Instructor Of GK Coaches.



**MART IN  
PERCLAVALLE**

UEFA Futsal B,  
UEFA Football B.



**MARCOS  
ANTUNES**

Head Coach,  
Angola National Team



## Upcoming Plan

We plan to target the “kids”, provide them with well-trained faculties, one of a kind playing analysis technologies & data sheets, & turn them into a professional level trained player..

- We will provide them with a training schedule & curriculum from some of the Global brands / Elite Coach.
- We will conduct technical workshops from the globally recognised renowned football clubs once a year.
- We will scout & prepare a under 13, under 15 & under 17 team from these Schools & give them an exposure to participate in the State Association & AIFF competitions.
- We will also give them a global exposure when we think they are almost ready to compete against the renowned academy / club teams.
- We will arrange coaches' workshops & monitor the domestic coaches whether they are following the methodology / curriculum of the Global club.
- We will try to provide with training methodologies from different continents so that they get acclimatized with the different formats & strategies of the game.

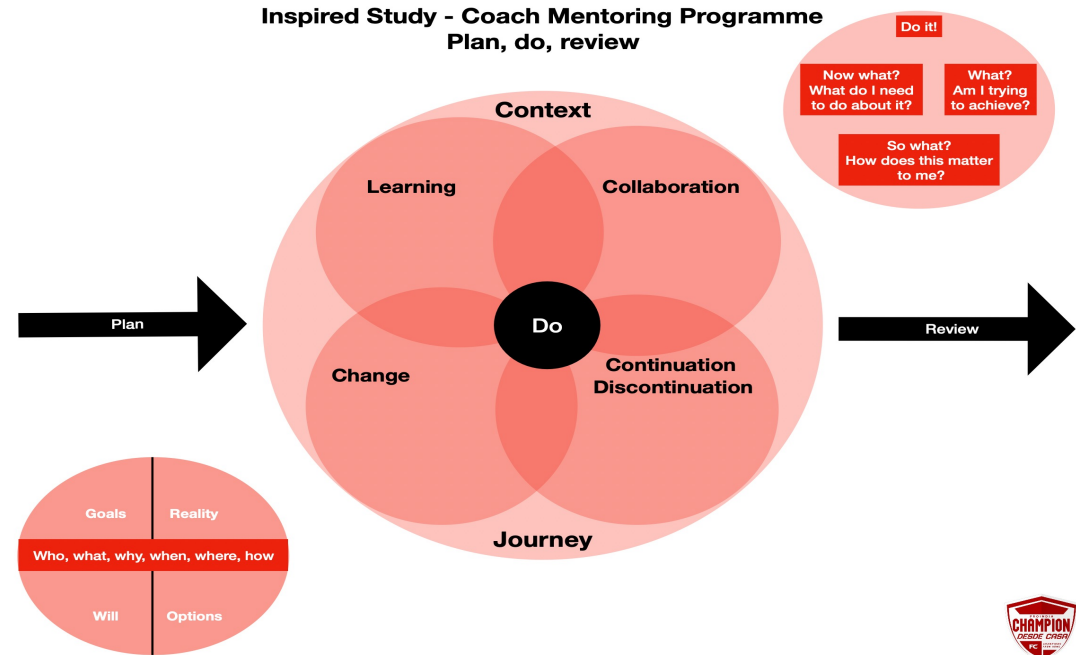


## Inspired Study - Coach Mentoring Programme

The environment	The player	The coach	The game
Managing mistakes	Holistic approach	Role of the coach	Attacking principles
The learning / developing player	Player development model	Coaching philosophy	Defensive principles
Motivation	Roles and responsibilities	Practice spectrum	Moments in the game
Bias	Developing skill	Interventions	Game realistic practice
Managing difference	Player ownership	Organisation	Ball manipulation
Positivity	Psychological 5c's	Observation skills	Dealing with 1v1



## Inspired Study - Coach Mentoring Programme Plan, do, review





AN INITIATIVE OF



**ALL INDIA  
FOOTBALL  
FEDERATION**

## 6. BLUE CUBS LEAGUE

THE BLUE CUBS LEAGUE, AN INITIATIVE BY THE ALL INDIA FOOTBALL FEDERATION, INTRODUCES AGE-APPROPRIATE GAME FORMATS FOR CHILDREN AGED 4 TO 12. THESE ENGAGING GAME STYLES, RANGING FROM 2V2 TO 7V7, AIM TO MAXIMIZE PARTICIPATION AND ENJOYMENT AMONG KIDS ACROSS INDIA.

UNDERSTANDING THAT CHILDREN DEVELOP AT DIFFERENT RATES PHYSICALLY, MENTALLY, AND EMOTIONALLY, THE BLUE CUBS LEAGUE OFFERS TAILORED PLAYING FORMATS SUITABLE FOR EACH AGE GROUP. WITH A FOCUS ON FUN AND LEARNING, THE LEAGUE ENSURES THAT CHILDREN HAVE AN ENJOYABLE EXPERIENCE WHILE DEVELOPING THEIR FOOTBALL SKILLS.



*THE PATHWAY TO THE NATIONAL TEAMS*

## Activities

Time: Games Period  
Type: Structured and Unstructured  
Personnel: Physical Education Teachers, Coaches  
Place: School indoor hall or field or playground  
Aim: Develop fundamental movements and skills with the futsal ball.

## Small-Sided Games

Time: Before school starts, during break times or after school  
Type: Unstructured  
Personnel: Children leading organisation and playing games with minimal adult guidance  
Place: School indoor hall or field or playground  
Aim: Let the game be the teacher

## Festivals

Time: During or after school timings or during weekends  
Type: Structured  
Personnel: Physical Education Teachers, Coaches, Senior school students, Parents  
Aim: Enjoy, learn and make friends through Futsal

## Competition

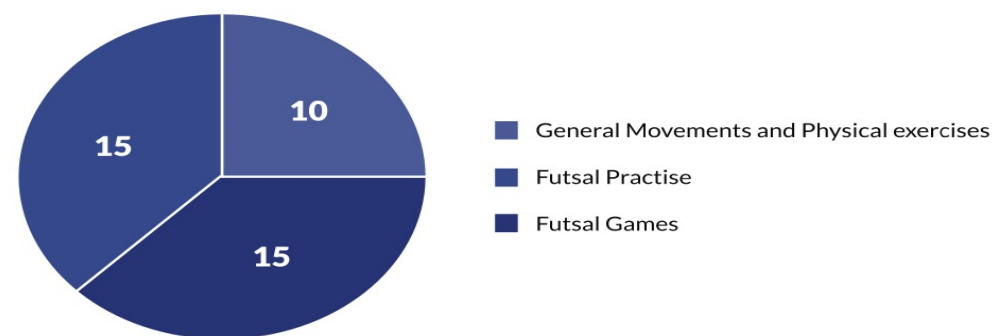
Time: Before or after school timings or during weekends  
Type: Structured  
Personnel: Physical Education Teachers, Coaches, Senior school students, Parents  
Aim: Enjoy, learn and make friends through Futsal

## Activities

### Futsal Activities can have the following elements

- 30-40 minutes of physical activity
- Minimal setup or equipment requirement
- Minimal guidance from physical education teachers or coaches
- Maximum playing time for children
- Safe, inclusive activities with a focus on enjoyment
- Children of all abilities and genders play together

Keep the sessions simple. All you need are futsal balls, bibs and cones to organise the session.



**General Movements and Physical exercises (10 minutes):** Fun activities that develop basic locomotor skills while complementing futsal skills development. Exercises may involve jumping, hopping, balancing, plank exercises, rolls etc. You may also consider FIFA 11+ for Kids.

**Futsal Practise (15 minutes):** Futsal activities that provide players to perform skills with added elements of timing, decision making, manoeuvring and creativity.

**Futsal Games (15 minutes):** Allowing players to participate in futsal games to explore learnt skills and use their creativity.



## Regular Monitoring with Match Analytics

StepOut  
Live The Game

### Player Development

1. Data-driven coaching assistance
2. Match wise form and progressive analysis

### Opposition Analysis

Understand opposition playing patterns and stay ahead of the game

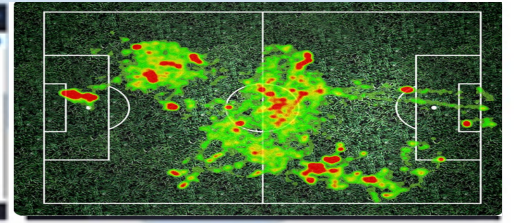
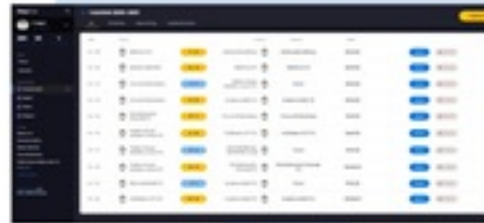
### Scouting

1. Access to data of all the Indian players across all the regions of the country
2. Data-driven solution for talent identification and acquisition at early stage.
3. Modern player resume powered by exhaustive data analysis and video library

StepOut  
Live The Game

## Technology For Organizations

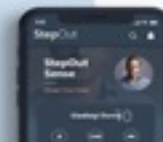
proindia



**StepOut TMS** Total Management System is an easy to use player, team management application powered by StepOut Sense analytics. TMS is an one stop application for tournament management, match analysis, opposition analysis, video analysis, scouting and advance data visualization and analytics. It also enables sports organisations become responsive towards the training and development of their players.

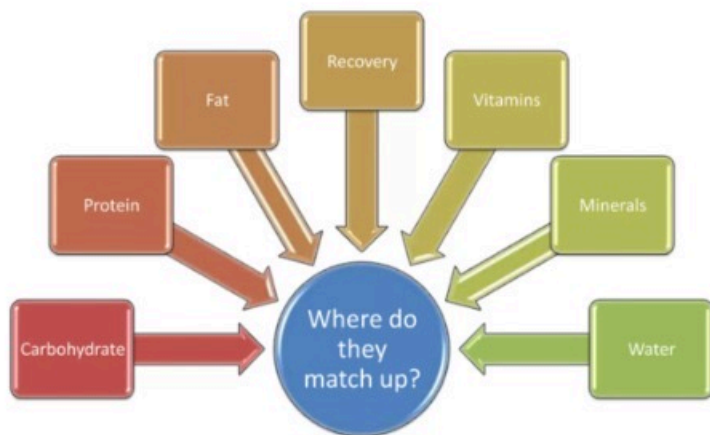
StepOut  
Live The Game

proindia

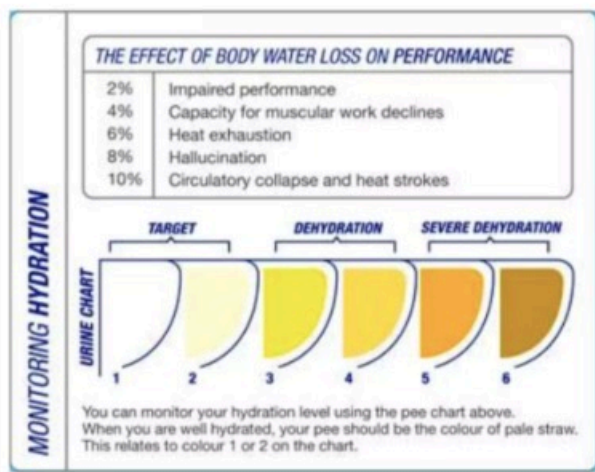


# Monitoring of Football Specific Nutrition : Catch early to nourish early

## Nutritional Recommendations



## Dehydration



## Energy Expenditure Vs. Intake

Training Day (German Football Club, 2006) :

- Energy Expenditure = 3,859 ± 823 kcal/day
- Energy Intake = 2,780 ± 823 kcal/day
- CHO Expenditure = 444.57 ± 18.2 g/day
- CHO Intake = 327.00 ± 168.3 g/day

Match Day (German Football Club, 2006) :

- Energy Expenditure = 5,021 ± 1,269 kcal/day
- Energy Intake = 2,809 ± 1,178 kcal/day
- CHO Expenditure = 663.93 ± 338.57 g/day
- CHO Intake = 318.62 ± 132.87 g/day

- Energy expenditure was significantly higher during the second half (717kcal) vs. the first half (622 kcal)
- CHO expenditure was significantly higher during the second half (152g) vs. the first half (125g).

Rest Day (German Football Club, 2006) :

- Energy Expenditure = 2,985 ± 434 kcal/day
- Energy Intake = 2,485 ± 857 kcal/day
- No significant difference between CHO intake & expenditure

## Nutrition Chart

	High	Medium	Low			
	Breakfast	Snack	Lunch	Snack	Dinner	Pre-Sleep
Single Session Training	3 egg omelette, onion and mixed peppers Small bowl of granola with milk	Post AM training: Smoothie: whey protein, 200ml milk, mixed berries, peanut butter	Chicken pilsa bread with dressing and mixed salad, sweet potato wedges	40g portion of bittoo/jerky	1-2 grilled chicken breasts Garlic bread Tenderloin broccoli Casseroles Chopped pepper	Greek yogurt (150g) 1 tbsp honey (can also stir in 1 scoop of whey protein)
Double Session - Train + Gym (hard)	Breaker meal 4 tbsp yogurt 4 tbsp berries Additional piece of fruit	Post AM training: Smoothie: whey protein, 200ml milk, mixed berries, peanut butter	Chicken and black bean burrito with rice and side salad	Post PM training: Carbohydrate-protein shake or 40g portion of bittoo with additional bananas and peanut butter	100g wholemeal pasta 1 tin chopped tomatoes 4 chicken thighs herbs and spices 1 sliced pepper	AFLA protein yogurt with honey
Off-day (recovery)	4 Eggs (poached) 1 slice of brown toast Additional yogurt with 1 tbsp honey	Trail mix with nuts, seeds and 70% dark chocolate	2 grilled chicken breasts Oatmeal (small portion) Chopped peppers, tomatoes and dried fruit e.g raisins	Bittoo/ jerky (40g portion) or 1 AFLA protein yogurt	Spaghetti bolognese 5% fat mince (250g) chopped vegetables fried tomatoes Handful spaghetti pasta	Casita protein shake
Match Day -1	Breaker meal 4 tbsp yogurt 4 tbsp berries Piece of fruit 1 bagel with peanut butter	Post AM training: Whey protein shake Additional bagel with peanut butter and jam	200g pasta 1 tin chopped tomatoes 1 chicken breast herbs and spices e.g garlic 1 sliced pepper	Piece of fruit and oat based bagpack	Mild curry with rice	Yogurt with 40g granola
Match Day	Bagel with 3 eggs 1/2 tin of beans Small bowl of granola with greek yogurt	Fruit smoothie with additional granola	Pre-match meal: Chicken tarta with rice Bowl of fruit with yogurt and honey	Pre-match: Banana bread + fruit Half-litre: sport drink + gel	Post-match meal	Glass of semi-skimmed milk or AFLA protein yogurt with honey and granola



# Special actions to be taken care of



## ❑ Cardio check & Monitoring



## ❑ Yearly Eye & Dental check up



*MRINAL  
CHAKRABORTY*

Sports Psychologist, Indian Olympic Teams  
includes Hockey, Archery etc.

- Provide one of the best Sports Psychologist specialised in Neuro Linguistic Program (NLP).
- Provide interactive technical sessions with budding players.
- Provide insurance coverage to all the players & coaches.



## WHY CHOOSE US?

Complete Sports Solutions specialises in arranging **group sports tours** and producing **tailor-made itineraries** to suit the specific requirements of our clients. We offer tours to all the main sporting destinations.

The Complete Sports Solutions team has been involved in the sports arena for a number of years and has many **established partners**, allowing us to provide a unique and memorable tour for your Federation.

### Professional Clubs Associations we have provided tours for;

Chelsea FC u21's, u18's u16's  
Liverpool FC u21's, u18's  
Derby County u18, u16's, u14's  
Stoke City FC u21's, u18's  
Crewe Alexandra FC u9-u18's  
MK Dons u15  
Peterborough United u15, u14, u13 & u12's  
England ISFA National u14, u15, u16 & u18's  
FC Luzern u16  
Malmo FF u16, u18  
Sydney United u18  
IMG Academy Florida

### UK Independent Schools we have provided tours for;

Millfield School  
Harrow School  
Eton College  
Charterhouse School  
The John Lyon School  
Lancing College  
Chigwell School  
Dulwich College  
Shrewsbury School  
King's School  
Harrow School

<https://www.mancity.com/news/club/city-announce-partnership-with-complete-sports-solutions-63798157>







# ENJOY PROFESSIONAL TRAINING SESSIONS AT FC BARCELONA

Included in your tour are professional training sessions at Ciutat Esportiva Joan Gamper or Mini Stadi, FC Barcelona training base. All sessions will be conducted by official coaching staff.



# ENJOY PROFESSIONAL TRAINING SESSIONS AT CHELSEA FC

During your time in London you will go to the official training facility of Chelsea FC for a 2 hour training sessions for your players and behind the scenes tour of the Academy.



# ENJOY PROFESSIONAL TRAINING SESSIONS AT RCD ESPANYOL

Included in your tour are professional training sessions at Ciudad Deportiva Dani Jarque, RCD Espanyol training base. All sessions will be conducted by official coaching staff.



# GAMES AGAINST SUITABLE SPANISH OPPOSITION



Professionally managed : Update after every match  
Baby League album with 833 photos

**LIGA PRODIGIO U-9**  
FINAL LEAGUE TABLE

	M	W	D	L	GD	PTS	
1	BMSA ROYALS	16	14	1	1	53	43
2	BARRACKPORE SPORTS ACADEMY	16	14	0	2	69	42
3	WUK PEACE	16	10	3	3	83	33
4	BMSA PANTHERS	16	8	1	7	36	25
5	UFCC RIDERS	16	7	4	5	27	25
6	BMSA LIONS	16	5	3	8	5	18
7	MOHANA SPORTING	16	5	2	9	-14	17
8	BMSA UNITED	16	2	0	14	-107	06
9	HP JAGRATHA SANGHA	16	0	0	16	-152	00

**LIGA PRODIGIO U-11**  
FINAL LEAGUE TABLE

	M	W	D	L	GD	PTS	
1	BMSA TIGERS	14	12	1	1	59	37
2	BARRACKPORE SPORTS ACADEMY	14	11	3	0	47	36
3	UFCC RIDERS	14	10	0	4	14	30
4	MOHANA SPORTING	14	6	2	6	-8	20
5	BMSA BULLS	14	6	1	7	-3	19
6	BMSA WARRIORS	14	4	1	9	-29	13
7	HP FOOTBALL SPORTS ACADEMY	14	3	0	11	-32	09
8	BMSA TITANS	14	0	0	14	-48	00

**LIGA PRODIGIO U-13**  
League Table of Week 16

	M	W	D	L	GD	PTS	
1	BIDHANNAGAR MUNICIPAL SPORTS ACADEMY	14	14	0	0	82	42
2	UFCC RIDERS	13	8	3	2	23	27
3	BELGHARIA ATHLETIC CLUB	14	5	4	5	-23	19
4	BMSA RESERVE	13	4	3	6	6	15
5	BELGHARIA CULTURAL ASSOCIATION	13	3	3	7	-24	12
6	MOUCHAK ATHLETIC CLUB	11	3	2	6	-1	11
7	UFCC TIGERS	13	3	1	9	-28	10
8	BMS / BIRATI	13	2	4	7	-35	10

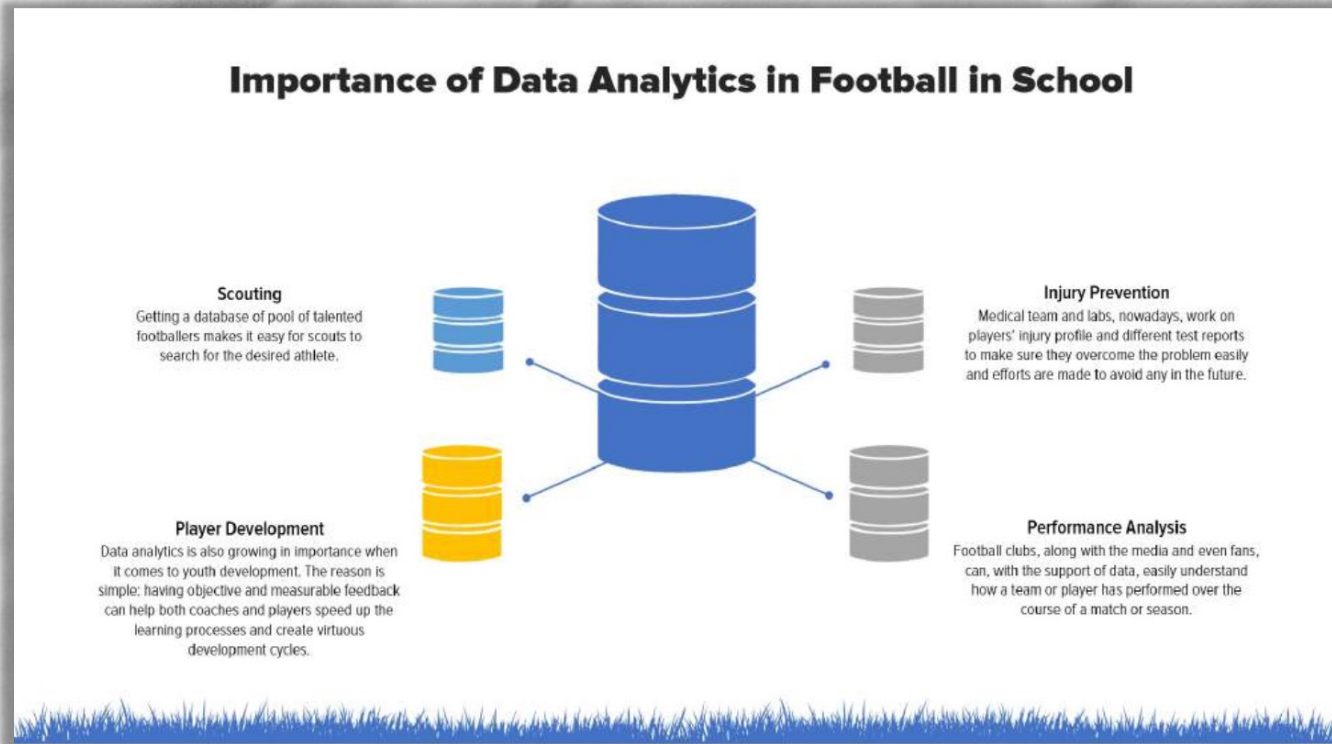
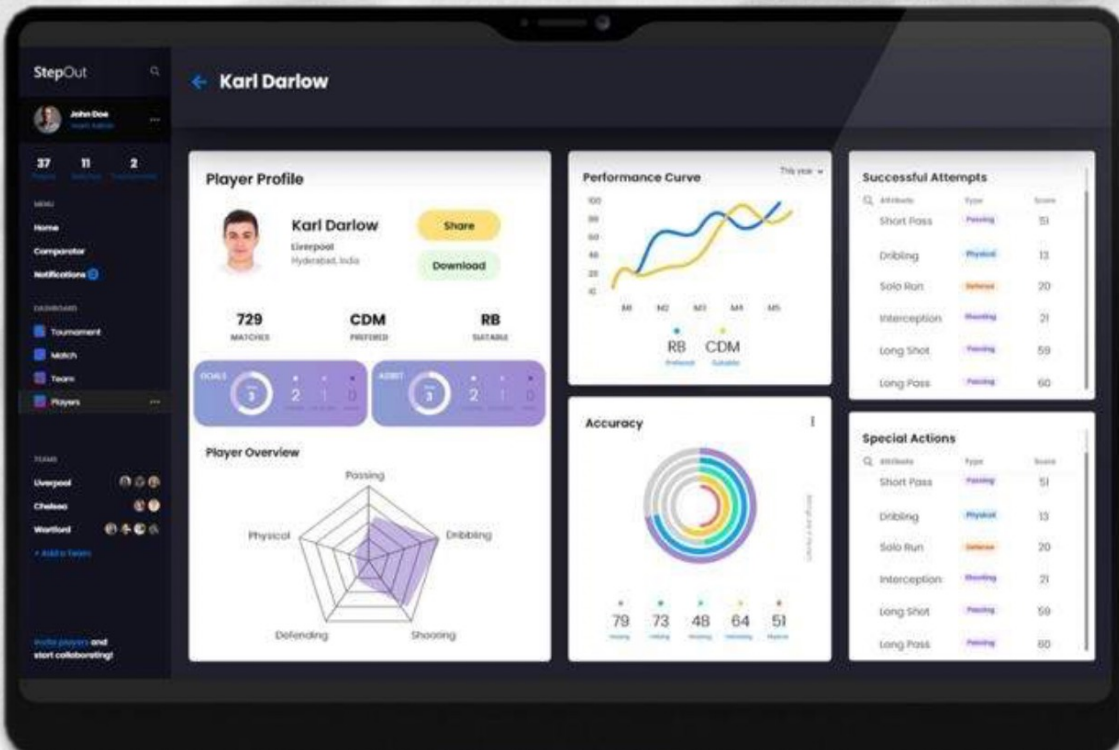




@ aparup charkraborty ★ ROCKY SPORTS ★



ROCKYSPORTS



# Introduced **FUTSAL ANALYTICS** in **AIFF Golden Baby League** & **English Futsal League**

2019-present

# স্কুলে স্কুলে ফুটসলের পরিকল্পনা



অপরূপের অ্যাকাডেমির টেকনিক্যাল ডিরেক্টর মিগুয়েল অ্যানড্রেস। ফাইল ছবি

## আজকালের প্রতিবেদন

ফুটবল নয়, ফুটসল!

রোনাল্ডিনহো, মেসি, রোনাল্ডোদের প্রতিভার বলক প্রথম দেখা গিয়েছিল ফুটসলেই। ক্রমশ তাঁরা মুগ্ধতা ছড়ান ফুটবলবিশ্বে।

লক্ষ্য সেই ফুটসলের প্রসার। একদম ছোটবেলা থেকেই বলের সঙ্গে সখ্যতা গড়ে তোলা। আর তাই স্কুলে স্কুলে ফুটসল ছড়িয়ে দেওয়ার উদ্যোগ নিয়েছে অপরূপ চক্রবর্তীর প্রাইভিয়া ফুটসল অ্যাকাডেমি। যা ভারতের প্রথম ফুটসল অ্যাকাডেমি। গত বছর থেকে কালিম্পাঙে ৩৯ জন শিক্ষার্থীকে নিয়ে শুরু হয়েছে এই ফ্রি অ্যাকাডেমি। এবার কলকাতায় চার জায়গায় শুরুর অপেক্ষায়। কৃত্রিম টার্ম-সহ সব পরিকাঠামোই তৈরি। অপরূপ চাইছেন, গণ্ডির সীমাবদ্ধতা উড়িয়ে দিয়ে ফুটসলের প্রসার। তার জন্যই বিভিন্ন স্কুলের ক্রীড়াশিক্ষকের সঙ্গে যোগাযোগের ভাবনা। যাতে একেবারে কম বয়স থেকে স্কুলে পড়াশোনার ফাঁকেই পায়ে বল নিয়ে দৌড়ানোর আনন্দ খুঁজে পায় কচিকাঁচার।

ফুটবলের সংক্ষিপ্ত সংস্করণ হল ফুটসল। পার্থক্য মাঠের আয়তন, বলের ওজন, খেলোয়াড়ের সংখ্যা, খেলার সময়ে। এতে

অনেক বেশি বার বলের স্পর্শ মেলে। পায়ে বল বেশি আসায় বাড়ে স্কিল। লাতিন আমেরিকা, স্পেনের ছোট ছোট পাশে স্কিল নির্ভর স্টাইলের উৎপত্তি সেখানেই। মেসি-রোনাল্ডিনহো যার উদাহরণ।

কম জায়গায় বল-দখলের লড়াইয়ের ফলে বাড়ে একাত্মতাও। কয়েকগুণ হয় ভালবাসা। আর সেটাই ফুটসলের মূলধন। তবে শুধু ভালবাসা নয়, অপরূপ জোর দিচ্ছেন পেশাদারিত্বেও। অ্যাকাডেমির টেকনিক্যাল ডিরেক্টর করেছেন বাসিলোনার ফুটসল কোচ ও পাঁচ বারের উয়েফা ফুটসল চ্যাম্পিয়নশিপ জয়ী কোচ মিগুয়েল অ্যানড্রেসকে। জার্মানির ফুটসল দলেরও তিনি কোচ ছিলেন। মার্চ থেকে তিনি অনলাইনে ক্লাস নেবেন। যুক্ত আছেন ইরানের জাতীয় ফুটসল দলের কোচের পদে থাকা মাইকেল পেট্রো। আইএফএ-র ফুটসল কমিটির টেকনিক্যাল ডিরেক্টর অপরূপ চাইছেন আইএফএ-র পূর্ণাঙ্গ সহযোগিতাও।

অর্থাৎ, শুধু আন্তর্জাতিক পর্যায়ে সাফল্যের রেসিপিই থাকছে না। জেলায় জেলায় ফুটবলের পরিকাঠামোও ব্যবহারের ভাবনা রয়েছে এই অ্যাকাডেমির। শুধু শিশুদের নয়, কোচদেরও দীক্ষিত করা হবে।

