

LALIGA ACADEMY



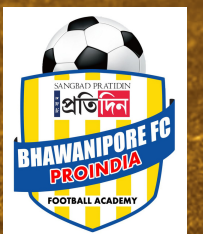
# SCHOOLS INDIA

FOOTBALL TRAINING PROGRAM

THE POWER OF OUR GRASSROOTS *FÚTBOL*

AFFILIATE PARTNER

Bhawanipore FC ProIndia  
Center of Excellence





## Spanish Coaches in Indian Super League (ISL)

In the ISL, the Spanish football influence extends beyond the field, enhancing the tactical skillset of Indian football. Notably, Bengaluru FC's technical consultant is **Albert Roca** while the head coach of East Bengal Club is **Carles Cuadrat**, assisted by **Dimas Delgado**. **Manolo Márquez** directs FC Goa, with **Juan Ferrando** and **Antonio Lopez Habas** in charge at Mohun Bagan. Finally, Northeast United operates under head coach **Juan Pedro Benali** with **Sergio Lobera** doing the same for Odisha FC.

# IOT - LALIGA Academy Schools India

- ✓ **Football training program for budding athletes.**
- ✓ **Program is designed with a mix of Spanish flair.**
- ✓ **Expert-Led Training and ensure maximum technical, tactical and physical development.**



## Technical Director India

**MIGUEL CASAL**  
Pro Licensed Coach



# 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





## *Bhawanipore FC Proindia Football Academy will have Football Pathways for the kids*



### **FOOTBALL PATHWAYS:**

- **Bhawanipore FC Proindia Football Academy** will participate in the **IFA approved Youth Football Tournaments**.
- 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 U13, U15 and above players will be sent to trials of different Division Football. They will also play in international tournaments.



### **CURRICULUM:**

- We will provide footballers with a training schedule & curriculum from some AFC & AIFF Qualified Coaches.
- Kids will have individual Registration number under AIFF once they get into U13 Team.
- With the help of professional Analysis Partner, we will provide them video analytics to improve their performances.
- We will provide them one of the best Sports Psychologist specialised in Neuro Linguistic Program (NLP).
- Trained nutritionist will provide customised diet chart for each players for energy, muscle recovery and injury prevention.





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



**Bulletin** 

Ongoing Upcoming Past

West Bengal Search League  





**EBFC BLUE CUBS LEAGUE**  
🕒 14-03-2024 to 31-03-2024  
📅 Age Groups - U7,U10  
📍 Kolkata

**Belpukur Girls Blue Cubs League in association with Bhawanipore Proindia Football Academy.**  
🕒 03-02-2024 to 31-03-2024  
📅 Age Groups - U12  
📍 Nadia

**Ashrafunnisa EduSports Academy AIFF Blue Cubs League(4th Year)**  
🕒 26-01-2024 to 30-03-2024  
📅 Age Groups - U12  
📍 Murshidabad

**S R MEMORIAL BLUE CUBS LEAGUE 23-24**  
🕒 31-12-2023 to 07-04-2024  
📅 Age Groups - U9,U10,U11,U12  
📍 Nadia

**Gostha Paul Champions Blue Cubs League- 2023-24**  
🕒 24-12-2023 to 08-04-2024  
📅 Age Groups - U10,U11,U12  
📍 Kolkata

 Leagues  Matches  **Bulletin**  Profile



## 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

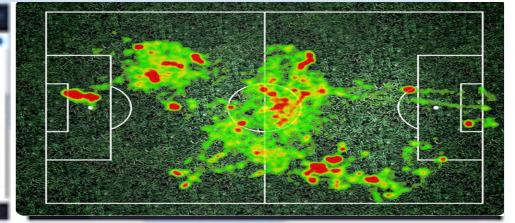
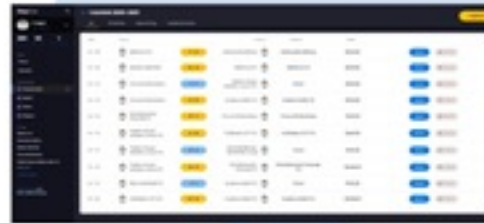
### Scouting

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

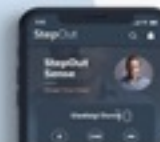
proindia



**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

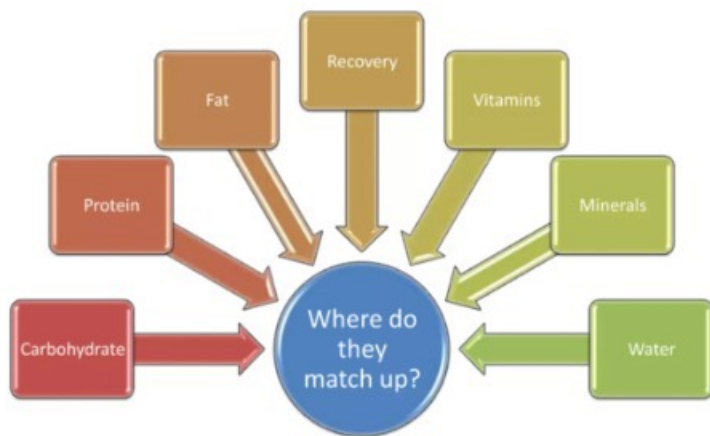
proindia



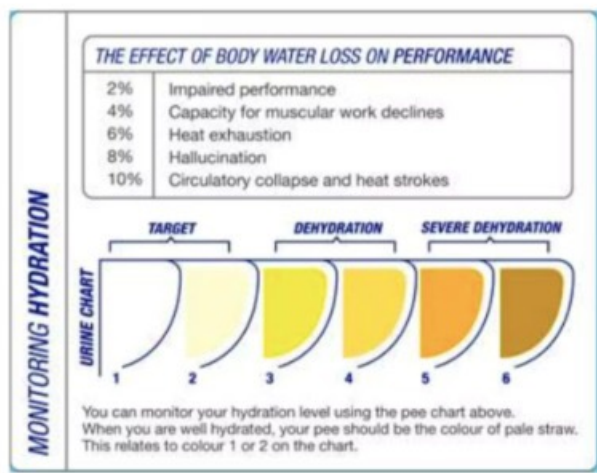


# Monitoring of Football Specific Nutrition : Catch early to nourish early

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