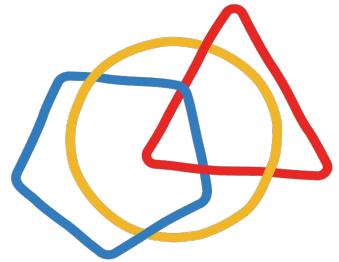
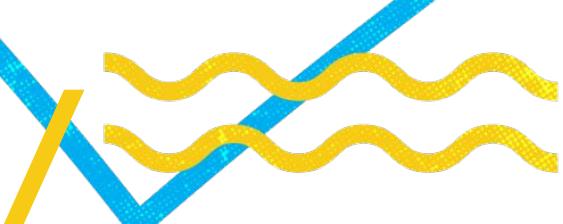


May REPORT



FORCA GOA
FOUNDATION



ONGOING INITIATIVES

Coaches team building

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Nutrition Workshops at Soccer Schools

–

End of Soccer Schools

–

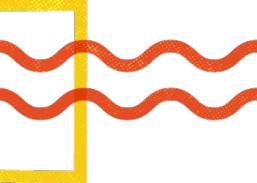
Football Festivals in honour of AFC Grassroots day

–

Summer Internship at Forca Goa Foundation

–

Premier Skills Phase 2



COACHES TEAM BUILDING



Forca Goa Foundation organised a special 3 day team building workshop for all it's Grassroots coaches in South Goa recently. The workshop was organised for the coaches to review the season gone by and to prepare themselves for the new season ahead. The Forca Goa Foundation firmly believes in building coaches as role models not only for the children they train, but for the community as a whole. The three day program had activities on team building, workshops on coach education and sessions on self-introspection and meditation.

Guest speaker, Fr. Milchester, held talks on being good representatives to young children and how to use football as a means to teach children good values so that they develop into conscience individuals when they grow up.

Some of the coaches that went on different learning opportunities through the year like the Premier Skills Coaching program and the Scouting Training, used the opportunity to share what they learnt with the entire group so all the coaches could benefit. The Foundation also prioritizes child safety and in this regard a special session was organised that helped coaches understand the different types of abuse a child can go through and the steps coaches need to take to identify and report that abuse.



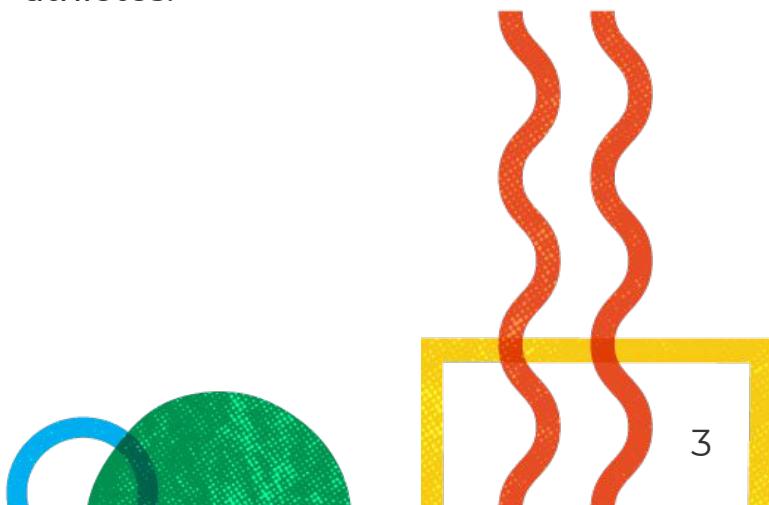


NUTRITION WORKSHOPS AT SOCCER SCHOOL



An integral part of the FC Goa Soccer schools were the nutrition workshops that we put together for the children. Children who play sport, train long hours and in order to optimize their training, they require the right nutrition. Keeping this in mind, we created a nutrition programme for the children from Soccer Schools. After every training session, children were given a healthy post-training snack. We broke down this snack to explain to the children the benefits of the snack and what nutrients and vitamins it gave them. We also discussed healthy eating options and had a pop quiz after every nutrition workshop to see how much knowledge the children retained.

The post training snack includes a fruit, milk and brown bread with jam, peanut butter or eggs. Our snacks have a mix of healthy fats, complex carbohydrates, proteins, vitamins, and minerals, all of which are crucial for muscle development, rehydration, and reducing cramps. The choices of post-training snacks have been selected keeping in mind the nutritional requirements of young athletes.



END OF SOCCER SCHOOLS

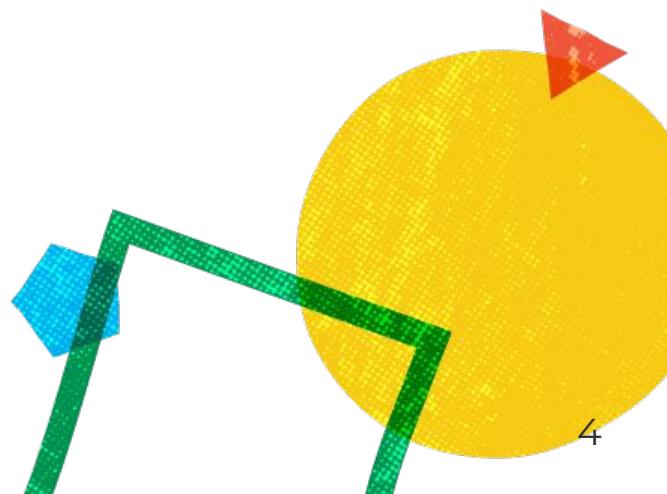


The FC Goa Soccer Schools in association with the Forca Goa Foundation organised a month long football summer camp in order to continue building and developing young Goan talent. The school was open to girls and boys between the ages of 7 to 14.

The Soccer School, which ran for 30 days had over 120 students register and gave children the opportunity to enjoy and learn from certified grassroots coaches from Forca Goa Foundation. Keeping in mind FC Goa's unique possession based playing style, a special training plan was put together for the Soccer School by Derrick Pereira.

The children went through passing, shooting and defending sessions over

the course of the program. Match days were conducted at the end of every week so that children could put their knowledge into practice in match situations. First team players regularly joined in for the training and match days and even gave sessions to the children on healthy eating habits and discipline. On the last day we had Ali Mohammed join the kids in the North and Seriton, Brandon and Kattimani join the kids from the South.

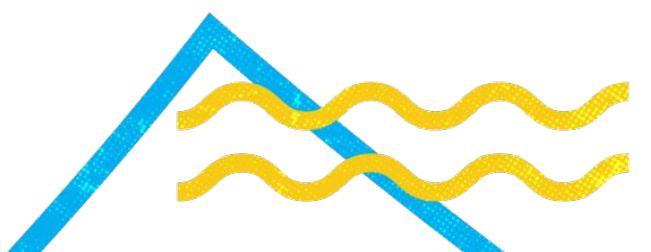


FOOTBALL FESTIVALS IN HONOUR OF AFC GRASSROOTS DAY



In our endeavor to make football accessible to children from all corners of the state, we conduct Pop-Up Football Festivals at schools and villages that are not part of our grassroots program. The festivals are open to girls and boys from the ages of 6-14 and are conducted in a tournament format. AFC Grassroots day is celebrated on the 15th of May every year and to commemorate the same the Forca Goa Foundation organised 3 football festivals. We had two festivals in the South, one organised by Coach Milagres and the other by Coach Benjamin.

Each of the festivals in the South saw around 60 children participate. The festival in the North was rather special, we had 120 plus children, this also included a group of children from an orphanage in North Goa. The festivals gave these children an opportunity to do some football drills as well as play some quick 4 v 4 and 5 v 5 matches. The foundation provided the students attending a post game treat of watermelon and bananas.





SUMMER INTERNSHIP AT FORCA GOA FOUNDATION



The Forca Goa foundation had two dedicated interns through the months of April and May. Our interns, Hemant and Monica are pursuing their Masters in Sports Management from Symbiosis School of Sports Sciences (SSSS) and it is a mandatory for them to do an internship of their choice in the sports sector.

Over the duration of the two months, the two of them worked on a number of projects. Hemant and Monica assisted in the overall organization of the Soccer Schools. Hemant is a football player who represents his college at various tournaments and leagues and was thrilled to be able to assist with the coaching at the FC Goa Soccer Schools.

Monica is keen on working towards empowering women through football. One of the assignments given to her was to research on organisations working towards women's development through football and put together a presentation with best practices and how we can implement them.

It was very important for us at the foundation to ensure that interns learn and grow in our organisation. An internship is successful when you learn more about the field or industry that you are studying in and gain valuable work experience while developing and building upon your skills.

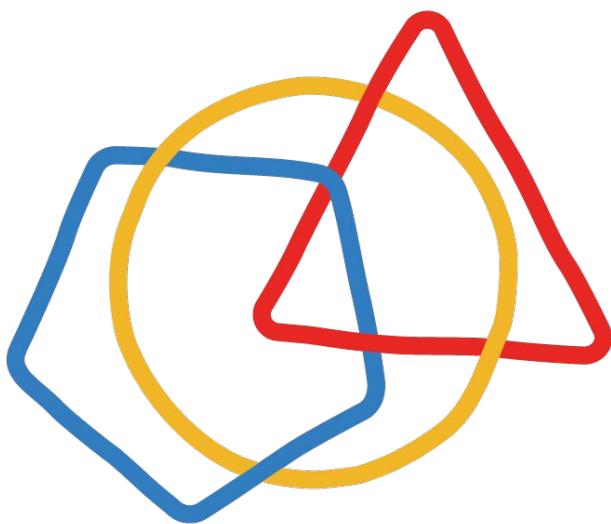


PREMIER SKILLS PHASE 2



Four coaches from the Forca Goa Foundation made it to the list of 39 coaches selected from different ISL clubs and NGO's across the country to attend the Phase 2 of Premier Skills at Beverly Park in Navi Mumbai. More than just a follow-up program to Phase 1 of premier skills, Phase 2 was about equipping the coaches with the skills required to go into communities and make football the tool to educate and bring people together. This immediately tied up with the kind of work we aim to do at Forca Goa Foundation. There were sessions where our coaches learnt how to make the training pitch accessible for everyone. For our coaches, the highlight of these sessions were training drills where they were blindfolded and taught how to create and deliver sessions for blind athletes.

The coaches were also trained to use football as a tool for education inside the classroom and out on the pitch. To be able to teach children subjects like Math, Geography, English, and Science using football as a base was an eye-opener for our coaches. They were given different scenarios ranging from including a wheelchair-bound individual in a session, to teaching a group of 11-year-olds Math and were made to create and conduct those sessions on the pitch. Our coaches were constantly forced to question and adapt so as to understand and improve their way of delivering sessions.



FORCA GOA FOUNDATION

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