



## FAQs

### **Q1. What are the main functions of coach educator?**

**Ans.** The main functions of coach educator are as follows

1. He uses activities as a tool to shape and develop participants
2. He helps participants develop according to their development level
3. He helps young participants to mould themselves as men/women
4. He supports, guides, mentors and is a role model
5. He is willing to listen to the young participants
6. He deals with the player's families, schools
7. He assumes all pedagogical duties
8. He handles all areas of training: technical, tactical, physical and mental

### **Q2. Distinguish between shooting and heading in football play.**

**Ans.** Shooting is an action with the objective of dispatching the ball into the opponent's goal. It is the logical conclusion, the culmination of an attack. It is what football is all about. Shooting requires technical qualities (striking the ball well, accuracy), physical qualities (power, coordination, balance) and mental qualities (determination, audacity, self-confidence). On the contrary heading the ability to head the ball is a vital skill to have - whatever positions the player play in. The forehead is the safest and most effective part of the head to use. So get them into the best position and get the timing of their headers right.

### **Q3. How many basic techniques can the grassroots football be divided?**

**Ans.** In grassroots football, the basic techniques can be divided into five categories:

1. Controlling/ tapping the ball
2. Running with the ball
3. Passing the ball
4. Shooting
5. Heading

### **Q4. What are the main objectives of FIFA grass root sessions?**

**Ans.** Main objectives of the session are:

1. To play football
2. To learn
3. To have fun

**Q5. Write few points of FIFA grassroots football philosophy?**

**Ans.** Few points of grassroots football philosophy are-

1. Everyone has the opportunity to play
2. Football can be played anywhere
3. There is no discrimination
4. The game must be simple, exciting and rewarding
5. Fair play must be respected.