



FAQs

Q1. Write some exercises that should be practiced, lifting the ball without the use of the hands.

Ans. The exercises are as follows.

1. Drop the ball out of the hands and kick upwards.
2. Catch the ball on the foot while moving forward.
3. Kick the ball higher than the head and catch it again with the foot.

Q2. What are the conditions of safety and security of young players?

Ans. The safety and security conditions at several levels are as follows

1. The child's insurance
2. The medical check-up
3. The football session
4. The football session environment
5. Festivals, tournaments and competitions
6. Prevention

Q3. What are the essentials planning that should be kept in mind before training session?

Ans. Before planning a training session, certain essentials must be kept in mind.

1. Training objectives
2. The players
3. Training methodology
4. Phase and time
5. Venue
6. Review

Q4. What do you mean by Fair play in the grassroots football session?

Ans. Fair play is part of the behaviour to be promoted at every football event. Respect for the opponent, respect for the rules of the game, respect for the referee, no cheating, etc.

Q5. Write a short note on Insurance in the grassroots training programme.

Ans. It is mandatory to take out accident insurance. Depending on the country and the specific programme, the insurance cover may have different aspects:

1. Schools: the children are insured to practice the sport
2. The club: registered with a national federation, the club must be insured for all events it organizes.
3. Children's licenses: all children playing football within a club must have a license.
4. The event: the organized festival or tournament is covered.