



SYLLABUS YEAR 2017-18

SUBJECT:-PHYSICAL EDUCATION (FOOTBALL)

CLASS:- XI

APRIL,MAY, JUNE

- ❖ Physical conditioning training(Endurance run, speed, take of power, strength and mobility)
- ❖ Compound technical exercises(Receiving a ball & kicking, Kicking & heading, dribbling & shooting)
- ❖ Group tactics in attack & defence
- ❖ Game

JULY,AUGUST, SEPTEMBER

- ❖ Physical fitness training(Endurance aerobic & anaerobic & strengthening)
- ❖ Compound technical exercise(Dribbling & shooting, receiving a ball, Dribbling, Feinting & kicking)
- ❖ Group tactics(combination play to maintain possession)
- ❖ Goal keeper training
- ❖ Save play & functional training
- ❖ Game

OCTOBER,NOVEMBER, DECEMBER

- ❖ Physical fitness training (Endurance with & without ball, strength, speed)
- ❖ Goal keeper training & functional training
- ❖ Crossing & Shooting into the goal
- ❖ Attacking tactics and defensive tactics
- ❖ Match practise and game
- ❖ Sports Day practice

JANUARY,FEBRUARY, MARCH

- ❖ Conditioning training
- ❖ All kinds of technical training
- ❖ Team tactics
- ❖ Match practice