

The latest News and Updates from Forca Goa Foundation

APRIL REPORT

ONGOING INITIATIVES

THE WAY FORWARD

SOCCER SCHOOLS

A VISIT FROM THE FIRST TEAM

NUTRITION WORKSHOPS

CLEAN UPS TAKE FULL FORCE

TEACHERS MEETING AT CHOWGULE COLLEGE

COACHES BEAT THE HEAT

The Way Forward

With only a month left before we begin our second year of operation, it is time for the Foundation to review all that we have accomplished and create a plan for our future.

While we are all incredibly proud of what we have managed to accomplish in the last 11 months; we know this is just beginning. We want to make our grassroots programs one of the best in the country, and to do that we need to continuously look at how we can improve. How we can do better for the kids we work with. Moving forward we want to improve the quality of all our programs. To do this we will be focusing a lot of our attention on building the capacity of our coaches.

Our Coaches play an incredibly important role in the Foundation. Not only do they coach the children we work with within the beautiful game of football, but they also act as Role Models, Mentors, and Educators. Moving forward we will be working toward making our Coaches the lifeskill facilitators as well as Center Coaches. We will be creating personal development plans for each of our Coaches to help them become the best Coach they can be. **1.**

Soccer Schools

FC Goa in association with Forca Goa Foundation launched its inaugural Soccer School program with two special summer camps earlier this month. The camps, which kicked off on the 20th of April will last a month. The camps are being held at two locations, Sangolda Panchayat Ground in North Goa and Raia Sports Ground in South Goa.

Over the course of the last ISL season, FC Goa excited football fans all over the country with its unique brand of attacking and possession-based football. With the launch of the Soccer School program, FC Goa is reiterating its strong desire and vision to make Goa a hub for football and to train young children in the style and values that the club follows.

In this regard, Derrick Pereira, Assistant coach to the First Team, designed a special training program for the summer camp. The training sessions are conducted by AIFF certified coaches from the Forca Goa Foundation.

The training sessions focus on developing the technical skills of children while ensuring they enjoy the game. Shooting, passing, dribbling and the finer nuances of defending all have a part in the program while one session a week is reserved exclusively for match days, where kids can put their learnings into practice.



Visits from the 1st Team Players



The camp also had special sessions conducted by first-team star players like Brandon Fernandes, Mohammad Ali and Serition Fernandes.

The players took great care to exhibit the do's and don'ts on the field, allowing children to watch, learn and develop their skills.

Having young local homegrown heroes come and take part in training inspires and motivates children to dream big and work hard towards it.

The summer camps have participation from girls and boys between the ages of 7 to 14.

Nutrition Workshops



In addition to training drills, nutritional workshops are conducted weekly so that children may know the value of eating right.

The first week's workshop broke down the post training snack that we give the students. We wanted the kids to understand that food is fuel, and to be a prepared athlete you must give your body the best food possible.

Goa vs. Garbages

Keeping up our commitment to help Clean Up Goa and teach our young Goans about proper waste management, we held 16 more clean ups throughout the last month.



We are incredibly overwhelmed by the enthusiasm our Junior Goans have shown in taking on our Goa Vs. Garbage Challenge. The kids feel good about being able to keep their communities clean and honor the fields that they get to practice on every day. When we first started these cleanups the kids did not necessarily realize how bad of a littering problem the space around their schools and football pitches faced. Now by organizing regular cleanups we are making them more aware of the growing garbage crisis Goa faces and giving them the know how to face it.

Chowgule College Teaching Circle

After seeing our progress with the Youth Council, the Principle at Chowgule College invited the team from the Forca Goa Foundation in partnership with the Circle Wallas, to conduct a workshop for the faculty and staff. The goal of the Circle was to help draw connections between the various teachers and identify ways in which they could foster a more fun working environment for everyone. It was also designed to help give the faculty insight into how participatory leadership can work.

The session lead by Circle Wallas lasted three hours and presented opportunities for those who joined to form deeper connections to their fellow teachers. It has created space for the faculty to identify the elements of a working environment that helped them be most successful. The hope is that this brief workshop was just the beginning of the faculty learning journey and inclusion of participatory leadership in their planning.

Coaches Beating the Heat



With the summer months bringing the heat. Grassroots Manager, Orlando Viegas decided to organise some coaches team building swimming trips.

After the Soccer Schools were completed in the morning the coaches from each center went out for a nice picnic and swim. We want our team of coaches to feel like they always have a community behind them to support them in all their efforts both on and off the field. 5.