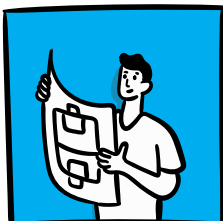


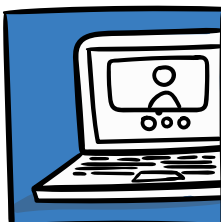
# Annual



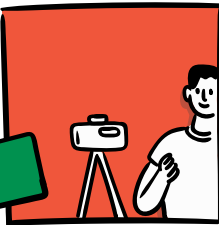
# Report



# 2020-21



**FORCA GOA**  
FOUNDATION







**FORCA GOA**  
FOUNDATION







# Table of Contents

	Letter from the Non-Executive Chairman	06
	Highlights for the Year	10
1	Webinars, Workshops and More	12
2	UNESCO Grant & Recognition	20
3	The At Home Football Program	24
4	COVID Awareness & Assistance	32
5	TEDx Countdown	36
6	Impact Stories	40
7	The Foundation at the AFC Champions League	48
8	Future Plans	52
9	Meet the Team	56
10	Statement of Accounts	66
	Acknowledgments	70

# Letter from the Non-Executive Chairman



**AKSHAY TANDON**

Founder and Non-Executive Chairman,  
Forca Goa Foundation  
President and Co-Owner, FC Goa



Dear Friends,

I hope you are all doing well. The last year has been challenging to say the least but we are proud to say that we have faced those challenges and tried to lead from the front in assisting our community in these trying times.

As the first wave came in, we at the Foundation joined volunteer relief efforts across Goa to link people in distress to resources and supply chains. The Foundation also raised funds to provide food and medical packages for families that needed them.

As lockdown continued we launched the At Home Football Program to reach out to children across the state through a WhatsApp video based coaching program and help them continue to train, get physically active and enjoy the game we all love. We had 60 children sign up for the pilot batch of the program and they received over 20 technical sessions, masterclasses from FC Goa players and a nutrition workshop.

The success of our pilot saw us get a grant from UNESCO to continue the program which further allowed us to reach out to 120 more children for phase 2 of the program. The At Home Football Program also helped us gain valuable insight on the needs and requirements of children locked down at home and gave us the base to kick-off the Online Soccer Schools with FC Goa which had 4500 registrations across India!



Our focus on coach development remains steadfast and we used the lockdown to connect with various stakeholders in the football fraternity and learn from them. We were lucky to learn from thought leaders in the Premier League, and clubs like Wolverhampton Wanderers and of course our technical partners Red Bull Leipzig.

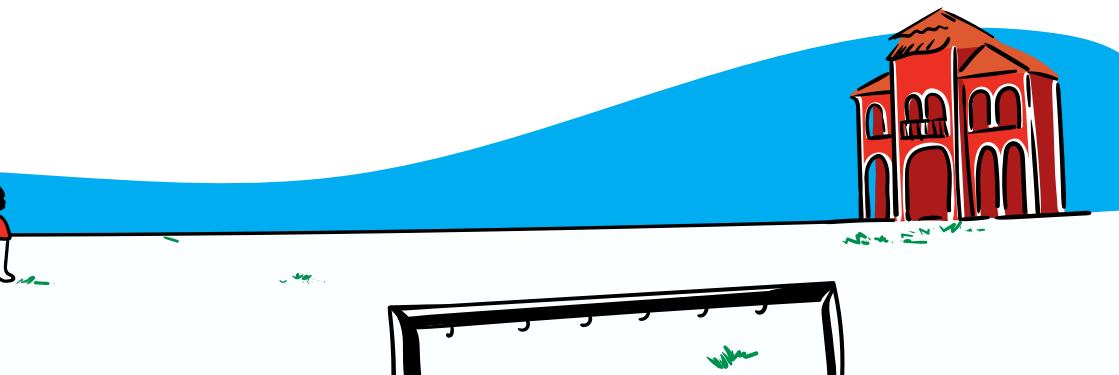
The lockdown also gave us the time to regroup and structure projects based on our vision for grassroots development for India. The Grassroots Leaders Fellowship Program, a unique grassroots coach development project that will not just train coaches, but create leaders that will lead the grassroots movement across India in the coming years. Our flagship project, the Little Gaurs League too is poised to take off in a way that will change the grassroots ecosystem in Goa.

As the country and our state prepares to move out of lockdown and into normalcy, we believe we are perfectly placed to pick up where we left off and get back into the game. We invite partners and collaborators to join us in our mission to grow the game and take grassroots football forward.

Sincerely,

Akshay





# Highlights from the Year

In a year that saw most social activities come to a standstill - how did a sports based organisation fare? With most business and social interactions taking an *online* turn, sports too found a way to take root, in the digital sphere. As a Foundation, we continued to enrich our off-the-pitch efforts like knowledge sharing and coach education while adapting our on-the-pitch endeavors to *the new normal*. If there's anything that the pandemic has taught us, it's that football always finds a way!

13

Learning activities participated in, covering a wide array of sports development topics.

121

Players aged 5-16 trained within the safety of their homes using the At Home Football Program

30

Reports compiled to assist COVID relief efforts with various volunteer associations in Goa.

220k

Grant received through UNESCO's support for youth and community led COVID recovery.



I

**Webinars,  
Workshops  
and more**





During the pandemic and subsequent lock down, it was important for us to stay engaged and continue to learn, grow and develop. Our team attended a number of Online programs whilst also hosting a number of workshops where we touched upon topics relevant to football and social development.

## AIFC Football Coaching Program

PARTICIPANT, April 2020

In April 2020, The Association of Indian Football Coaches (AIFC) organised an 8 module webinar to give Indian football coaches the opportunity to continue learning from the comfort of their own homes due to the onset of the Covid-19 pandemic.

The modules covered topics such as conduct, scouting, motivation and goal setting to technical coaching as well as health and fitness.

## Grassroots Football - A Panel Discussion by 1 Play Sports

PANELIST, June 2020

Nathaniel D'costa, the Foundation's Senior Manager was part of a panel put together by 1 Play Sports, discussing the importance of growing the game at the grassroots level.

This discussion was led by a diverse set of panelists from the ISL, I-League, State Associations as well as from an International League.

During the conversation, I stressed on the importance of making grassroots football as inclusive as possible and spoke at length about the Foundation's 'Girls Score Goals' campaign.

***"We need to encourage as many girls to play the game and make it an equal playing field. For that to happen, we need to invest in football infrastructure, providing the basics - changing rooms, washrooms and ensuring adequate security measures."***

**- NATHANIEL D'COSTA**

## Sports & PE in a Post-COVID world, Marcos Quay

PARTICIPANT, June 2020



The COVID-19 pandemic limited everyone's movement and interaction and had forced everyone to stay home. All of the coaches and program coordinators at the Foundation attended an array of informative webinars and courses across various platforms.

Jhonal and Hemant attended the workshop conducted by Marcos Quay, a premier UK based sports management and education company that aims to partner with schools to promote structured grassroots sports and physical education.

During the webinar, the speakers touched on the necessary precautionary measures to be taken post the pandemic ensuring that children attending the activity are within a safe environment. Later, topics like roles and responsibilities of the organisers, age appropriate session planning, activities based on space and time constraints, etc were also spoken about.

The webinar was extremely insightful and helpful as our program coordinators enhanced their knowledge and were guided toward a clearer path of how to resume regular activities keeping in mind all of the COVID appropriate precautions and safety measures to ensure a safe and enjoyable experience for all participants and stakeholders.

## **Mental Health Awareness & Care during the pandemic, Sangath**

PANELIST, May 2020

In May 2020, during the Mental Health Awareness week, we hosted a live session with Devika Gupta from Sangath, Goa. The aim of the webinar was to equip people with knowledge and tools to help them navigate through the unprecedented and overwhelming effects of the pandemic. We addressed a number of questions from our online audience. Her guidance and advice for young athletes as well as their parents were insightful and helpful.

## **Premier Skills Refresher Course**

PARTICIPANT, November 2020

The Premier Skill Primary Stars refresher course was organised by the British Council and the Premier League team to go through the Primary Stars course material. As the pandemic brought the project to a halt in Goa, this course was a great way to bring everyone together and keep the participants engaged.

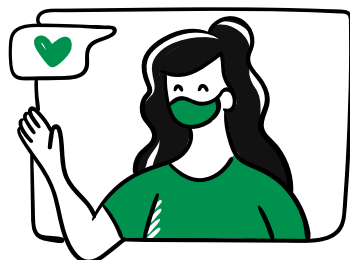
## **MENTAL HEALTH GOOD PRACTICES**

### **FOR YOURSELF**

1. Stay connected through messaging platforms and social media, but be cognizant of your time spent on these apps.
2. If you are feeling low, reach out to your friends.
3. If you feel particularly overwhelmed, reach out to a therapist for professional guidance.

### **FOR EVERYONE AROUND YOU**

1. Reach out to friends and family. Send a text to check in, or make a quick call.
2. Donate to organizations that are working towards minimising the negative impact of COVID-19.
3. Many small businesses, especially those in the service sector have been hit badly, patronise these businesses and help them bounce back.
4. Be kind to your home delivery person, tip them and have conversations from a safe distance.
5. If you feel someone around you is going through a tough time, speak to them about getting professional help



## **COVID Safe Sports Coaches & Officials Certification**

PARTICIPANT, July 2020

The webinar gave an in depth insight into the management of space and facilities for sports during the pandemic. They were briefed on the *do's* and *don't s* of conducting sporting activities to ensure maximum safety standards for the players as well as the coaches. Ideas like avoiding commonly used facilities like water dispensers and bibs and players steering clear of celebrating after scoring or winning were discussed. The physiotherapists were also briefed on how to maintain hygienic practices to avoid further spread of the virus.

## **Football for Friendship Award Participation**

PARTICIPANT, November 2020

Gazprom's International Children's Social Programme, Football for Friendship, took place between November 27-December 9, celebrating its eighth year by going online for the first time in its history with a new multi-user football simulator, Football for Friendship World.

The International Football for Friendship is an International Award that focuses on identifying and promoting the best cases in the field of digital technologies aimed at promoting children's football development. We participated in day 4 of the program wherein our entry for the award was the 'At Home Football Program'.

There were participants from all over the world, and over 1,000 people joined an online practice session with footballing legends Roberto Carlos, Andreas Cetkovic and Anton Pavlinov.

## **Generation Amazing Workshop**

PARTICIPANT, December 2020

The COVID-19 pandemic has affected sport for development programmes, and the ways in which young people can engage meaningfully and safely. With an urgent need to share tools and resources which organisations could use to continue to positively impact young people during a time in which they are increasingly vulnerable and alone, Generation Amazing organised a workshop for individuals from the sector to share their learnings.

The workshop was coordinated by the International Platform on Sport and Development (sportanddev) and featured contributions from youth from the following networks:

- Commonwealth Youth Sport for Development and Peace Network (CYSDP)
- Foundation for Sport, Development and Peace (FSDP) Youth Network
- UNESCO Youth and Sport Task Force

Ishita Godinho represented the Foundation and the UNESCO Youth and Sport Task Force, discussing the online shift and best practices to ensure minimum negative impact on individuals from our program.



The pandemic hasn't dampened the Foundation's desire to engage in conversations of football and social change. If anything, it has made this resolve stronger - Our Grassroots Manager, Nathaniel in conversation with the girls of Parcham Collective.

## Gender Sensitisation: A Premier League Initiative

PARTICIPANT, February 2021

A course organised by the Premier League Primary Stars team for coaches and physical education teachers part of the Primary Stars Project in Goa. The workshop spoke about bringing gender equality onto playgrounds and into classrooms and how to make sport more accessible to young girls.

## Introduction to the Wolverhampton Wanderers Academy

PARTICIPANT, June 2021

As part of their international outreach, Premier League club Wolverhampton Wanderers organised a digital introductory course on the workings of their academy and coaching philosophy. Nathaniel D'costa attended this workshop that broadly covered,

- Fundamentals of Football
- Player focused Drills
- Adaptive Style of Football and player motivation



## Online Grassroots Workshop with Parcham Collective

ORGANISER, February 2021

The Forca Goa Foundation organised a workshop on football fundamentals for the young girls of Parcham. The purpose of the workshop was to help the girls of Parcham who had just got into football training, to understand more about the game.

The workshop delved into a few basic football rules and then broke down the various positions on the pitch. Through this workshop the girls were educated on the roles of each position on a football team. They were also taught about basic tactical formations and the standard Laws of the Game.

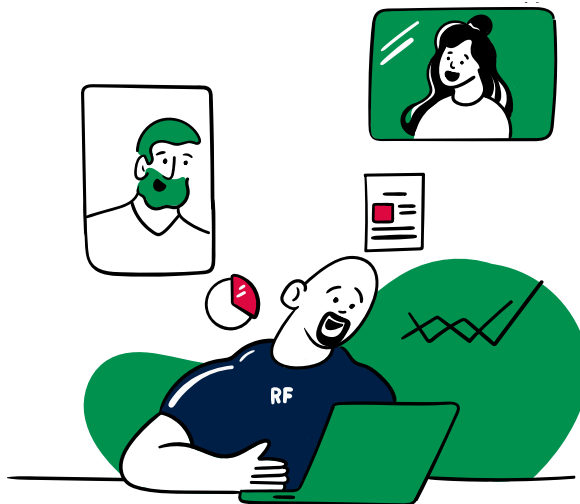
## Golden Baby Leagues Refresher, AIFF

PARTICIPANT, July 2021

The Golden Baby Leagues remain one of the most crucial initiatives of the All India Football Federation (AIFF) in association with FIFA's development programme – FIFA Forward.

This long-term player development initiative that aims to grow a new generation of players -boys and girls, that start playing football from their formative years.

In August of 2020, the AIFF put together a total of 10 webinars to explain the intricacies of the Golden Baby Leagues in different states across the country.



## FC Goa x RB Leipzig's Coach Education Exchange

PARTICIPANT, June 2021

The coaches of the Foundation had the opportunity to participate in 3 different Coach Education Series organized by RB Leipzig x FC Goa.

### Introduction to RBL Academy by *Jan Schaefer*

The session was a deep dive into the workings and operations at the RB Leipzig academy. It touched upon various aspects of the Youth Department, School & education and Video analysis.

### Developing Coaching Relationships by *Andy Borchert*

The second part of this series saw our coaches connect with Andy Borchert - RB Leipzig's in house sports psychologist on the importance of creating and fostering relationships on the football field.

The workshop encouraged coaches to reflect on their ability to nurture relationships with their players and engage in self-reflection. Andy discussed the importance of asking good questions and what they can do at the start of the season to build relationships on/off the pitch.

While tactics for coaching individually and in groups were discussed - the focus remained on developing social competence, not technical expertise.

### Physical Development in Youth Players by *Robert Friedrich*

As Head of RB Leipzig's Performance and Fitness Team, Robert shared the German club's philosophy of encouraging and monitoring physical development. He stressed on age appropriate load management and the club's methodology at incorporating physical development into football training and complete athletic competency.

# II

## **UNESCO Grant & Recognition**





In response to the Corona-virus outbreak, UNESCO offered support to youth-led and community-oriented projects that use sport to promote human rights-based and inclusive COVID-19 response. As the Forca Goa Foundation is a part of the UNESCO Sport & Youth Task Force, we had an opportunity to apply for this grant.

As a result of the COVID-19 pandemic, community members were disproportionately affected by the virus and by the measures to contain it, including seniors, people with disabilities, people experiencing homelessness, women and girls, victims of domestic violence, sexual minorities, religion and/or ethnic minorities, and other people experiencing social or economic exclusion or inadequate access to basic services.

In response to the Corona-virus outbreak, UNESCO offered support to youth-led and community-oriented projects that use sport to promote human rights-based and inclusive COVID-19 response and socio-economic recovery. Organizations from the Asia-Pacific region were eligible to participate in this call.

**As an outcome of the lockdown, children were vastly impacted by the pandemic. As the Forca Goa Foundation is part of the UNESCO Sport & Youth Task Force, we had an opportunity to apply for this grant.**

While the call targeted members of the Youth and Sport Task Force who had already demonstrated their capacities for using sport for positive social outcomes, UNESCO also accepted and considered submissions from any non-profit youth/sport organisations registered in these countries.

UNESCO's Jakarta Office invited non-profit youth/sport organisations to submit a proposal that contained the following indicative actions :

- Training and setup of volunteer-led service networks for general assistance (i.e. disbursing food, medicine, etc.)
- Medical advice and mental health support for vulnerable groups
- Protection of women and girls
- Use of sport to promote physical and mental health
- Support communities and vulnerable groups ease back into their daily lives in a post-crisis context

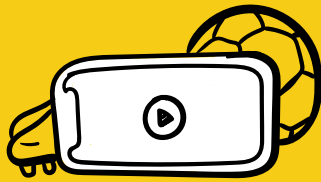
One of the most crucial elements of growing up is sport and play, but the lockdown made it difficult for most kids to meet or physically interact with friends. Thus we conceptualised the At Home Football Program, which was specifically designed to give children the opportunity to learn and enjoy football while being at home using minimal space and equipment. The program contained a series of instructional videos that guided children towards the development of specific football skill sets.



**A Positive Impact: Laxmi Devi Singh, - a participant of The At Home Football Program from one of the Forca Goa Foundation's 'focused community' schools.**

III

**The  
At Home  
Football Program**



In August 2020, against the backdrop of the COVID-19 pandemic, the Forca Goa Foundation launched the At Home Football Program - a chance for young players to train and stay connected with the game in the safety of their homes.



## At home football program

The COVID-19 pandemic resulted in a nation-wide lockdown spanning an entire year. This stoppage of our daily routine was difficult for everyone around the world but had a significant impact on children and adolescents. Schools and colleges were shut and worked remotely during this time.

A lot of children were missing out on any form of physical activity and playing football (outdoors) during these times was tough and nearly impossible. Times were uncertain and it was difficult to gauge when children would be able to play outdoors and on the pitch again.

This is why the Forca Goa Foundation initiated the 'At Home Football Program' that allowed and facilitated children to work on their football skills all in the safety of their homes or backyards. The program was designed to teach these young footballers the basics of football in a very safe environment.

The main objective of this program was to keep the children active and engaged and to provide them with a healthy outlet to channel their energy.

**The program was specifically designed to make it easy to access, and so that any child could practice football with minimum equipment or makeshift equipment with items that they could find at home (like water bottles for cones).**

The program had a registration cost of Rs. 2,000/- for the entire 3 month program and each child received one Fair trade football that was sent to them once they signed up.

The Foundation launched a three month pilot program in August 2020. The program consisted of technical training sessions that covered topics like balance and coordination, passing, ball control, dribbling, defending and goalkeeping. The participants were also taught about nutrition, waste management and other social skills. Every month the participants had the chance to learn from FC Goa Development team player.

- 29** Participants across Goa
- 06** Grassroot Coaches as educators
- 30** NGO Scholarships with 1 school
- 33** Learning Resources as videos and e-books.



The sessions were delivered via Whatsapp through a recorded session, this allowed the sessions to be easily accessible to everyone. We opted for this method of recorded sessions to ensure that every child could learn the drills at their own pace and so that no child would miss out on any session owing to data or network problems.

There were a total of 29 participants in Phase 1 of the 'At Home Football Program'. We also tied up with one focused community school, Kiran Niketan school. The students of the school were offered the same program but free off charge.

Each coach was assigned to a group of children that they had to look after. Videos were sent to the children via whatsapp, twice every week, on different sessions. The children watched the videos and practiced the same and then recorded and sent back videos of them doing the drills. Based on the videos that the children sent back, the coaches would give them individual feedback and correct them if required. Progress of each player was tracked by the coaches and at the end of the program each child was provided with the report card of their performance over the 3 months.







# Renewed for Phase II

**August 2020 - February 2021**

**The Foundation's work resonated with UNESCO's vision and a grant facilitated the launch of the next phase of the 'At Home Football Program'.**

The pilot project of the At Home Football Program was successfully completed by the month of October. As the COVID 19 pandemic continued this meant that schools were still working online and social distance was still being maintained, UNESCO launched a grant scheme for organizations that were working towards the development of children during such times. The Foundation's work resonated with UNESCO's vision and thus the grant was awarded to the Foundation. This facilitated the launch of the next phase of the 'At Home Football Program'.

In phase 2 of the program, we were able to reach out to 2 schools in Goa, namely Regina Mundi High School and St Thomas School (Girls School). The online program was delivered to over 60 students that were from these schools.

For the most part, the Program was similar to that of Phase 1, with a couple of new additions. Videos were sent on the designated Whatsapp groups, twice a week. The participants had to watch, replicate and practice the drills.

They then were asked to record it and send it back to the group. We wanted to ensure maximum engagement throughout the program so we decided to add in an element of competition. A rule guide was formulated and sent to all the participants. It included rules like replicating the drill without any mistakes for which the participant could score 2 points, if there were a few mistakes then they were awarded 1 point. The coaches decided the points that were to be awarded and each participant was awarded these points after their videos were analysed.






- 62** **Participants**  
across Goa
- 05** **Grassroot Coaches**  
as educators
- 33** **Learning Resources**  
as videos & e-books
- 18** **Sessions**  
covering 10 footballing concepts

At the end of each month, the top 3 participants with the highest points (from both the schools) were sent a prize (A Fairtrade Football). With the help of the UNESCO grant we were able to successfully run the program from December to February.

# Taking on-ground training *online*



## 33 LEARNING ACTIVITIES

-  Technical Video Sessions **21**
-  Football Masterclasses **03**
-  Football Theory **03**
-  Value Sessions **03**
-  Workbooks **03**

Resources were conceptualised to help young players take advantage of whatever their surroundings had to offer and continue to grow with the game.




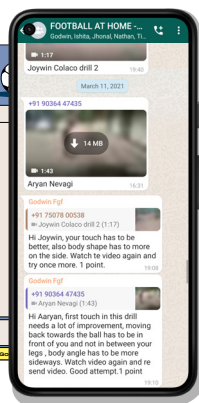
“Creating these videos has improved my ability to communicate as a coach.”

**Josline D'Souza**

FORMER GOALKEEPER, FC GOA WOMEN'S TEAM,  
FGF GRASSROOTS COACH AND AHFP INSTRUCTOR

Creating an effective feedback loop is essential for learning, especially in sports. The program implemented a robust reporting system that allowed coaches to analyse and track participants' performance as well as give them feedback on a regular basis.

 <b>At home football program</b>		<b>REPORT CARD</b> <b>AUGUST 2020</b>	<b>Name:</b> Shamar Lewis <b>Coach:</b> Javier Fernandez
<b>Sessions</b>	<b>Response Received</b>	<b>Coach Feedback</b>	
<b>Passing &amp; Receiving</b>	Yes	Work hard to improve in passing and receiving	
<b>Passing &amp; Movement</b>	Yes	Keep practicing to become a better footballer and can do better	
<b>Types of Passes</b>	Yes	To gain confidence and develop as player	
<b>Challenges</b>	Yes	Work on ballwork	
<b>Shooting</b>	Yes	Individual skill to gain confidence in you	
<b>Cutback Pass</b>	Yes	Keep practicing individually	
<b>Body Kick</b>	Yes	Keep practicing on your skill	
<b>Headball</b>	Yes	Need to practice more	
<b>Progress and Areas for Development</b>			



 At home football program		
<b>Leaderboard</b> <small>DEC-JAN 2020-21</small>		
<b>Regina Mundi High School</b>		
01 ARYAN	14	
01 JAIMIN	14	
01 JOYWIN	14	
04 SAIRAJ	13	
05 HENRY	12	
06 WILTON	11	
07 ERIC	10	
08 CLIVE	09	
08 JUSTIN	08	
10 DARSH	08	
11 REUBEN	07	
12 ASHLON	05	
13 NIKHIL H	04	
14 LAWRENCE	03	
15 LAYTON	02	
15 LENNON	02	
15 LIONEL	02	
15 NATHAN	02	

“Learning anything online is challenging, but football is and always should be **fun**.”

**Hemant Mistry**

PROGRAM COORDINATOR  
AT HOME FOOTBALL PROGRAM

To keep participants engaged and replicate a healthy competitive spirit - The program introduced a weekly Leader-board to encourage participation and training.



**87%**  
**INCREASE**

In the number of female participants from 16 to 30

**320+**  
**VIDEOS**

Received from participants performing drills covered in our technical sessions.



**Jennifer Fernandes**



**Aryan Nevagi**

Top performers from each participating school were rewarded with Fair Trade Footballs

# IV

## **COVID Awareness & Assistance**



As the pandemic progressed a number of locals and organisations in the state took it upon themselves to reach out to the people that needed help the most. This is where the Forca Goa Foundation stepped in to lend a helping hand to the volunteers and took on the responsibility of easing operational bottlenecks.

# Empowering Change-makers

## Assisting Volunteers & Community based COVID relief

When the world was hit by the deadly COVID 19 pandemic, India particularly was massively impacted as all the states faced multiple challenges and adversities. Goa was one of the states that was severely affected. Working class individuals and the underprivileged were not able to travel back to their hometowns nor were they able to work to earn their living as the world had practically come to a stand still. This led to shortage of food supply and basic necessities for these individuals, which made it all the more difficult for them to make ends meet. In many parts of the state people couldn't even afford two proper meals on a daily basis.

During this time of struggle, pandemic and uncertainty, a number of locals and organisations in the state took it upon themselves to make arrangements to provide for and reach out to the people that needed the most help in terms of providing free meals and basic supplies. Using COVID safety measures and ensuring all the government regulations were being followed, these heroic individuals and organizations began to reach out to localities across the state that were badly affected by the pandemic. Help and assistance was provided in the form of supplies of daily essential goods for families and individuals and some also went out on a limb to provide home cooked meals to people in distress.

With help flowing in from everyone and everywhere it started to become difficult to coordinate all efforts effectively and to compile daily reports that were required to be sent back to the governing authorities.

This is where the Forca Goa Foundation stepped in to lend a helping hand to the volunteers and took on the responsibility of compiling daily reports. The Program Coordinator at the Foundation would collect all the data from various volunteers and volunteer organisations from across Goa and would put it all together in a comprehensive report that was then sent to the Government officials on a daily basis.

### **In summary, the reports consisted of**

- 1. Information that was gathered by volunteers working on the ground; What were the communities in need of supplies, food and in what quantity.**
- 2. What was the food that was provided to people and the quantities**
- 3. Details of the food supplies**
- 4. Areas in which the on ground volunteers required assistance and aid**

The collection and compilation of data as well as the report making processes were carried out over a period of one month by the Foundation.



The Foundation's assistance in compiling reports helped volunteers channel their energy on relief efforts while ensuring compliance and reporting with the local authorities.

**The Forca Goa Foundation's contribution helped lift the administrative burden from the volunteers and allowed them adequate time to focus on the distribution and outreach during the pandemic. The Foundation extended additional support in the form of assistance to the on ground volunteers in the processes of packaging, distribution and delivery of food and essentials.**

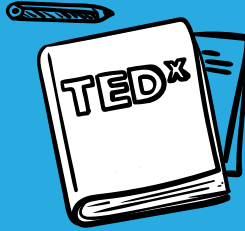
During the span of one month, over 75,000 people's meal requirements had been catered to in the form of nourishing, home cooked meals. Additionally more than 15,000 people were provided with essential rations.

Through the efforts of the volunteers, various organisations and the Foundation close to 1 lakh people across the state were assisted. All of these contributions were made possible through the tireless efforts of local heroes and organisations who joined forces and helped people during this crisis. A huge thank you to Amrita, Ayesha, Faith, Jaideep, Kanak, Karan, Lana, Madhurima, Miriam, Parag, Rhys, Sandeep (Goa Sikh Youth), Shivangini, Spyridon, Joshua, Ishita Godinho and all the other heroes for all of the amazing work.



**TEDx**  
**Countdown**  
**Partner**





In October 2020, the team at Leaders Quest approached the Foundation to participate in an exclusive TED X event. Being a part of this program helped us get access to toolkits and creatives for designing posters and other print material.

## INTRODUCING UN CLIMATE CHANGE SUPERHEROES

HERE IS YOUR CHANCE TO BE A CLIMATE ACTION SUPERHERO!



Climate change is a menace to our world. Our league of superheroes are taking action now and they want YOU to join them!

The 17 Sustainable Development Goals are a global plan of action to not only protect our environment, but also eliminate poverty, reduce inequality, and build a more sustainable world for all. For the Goals to be reached, everyone needs to do their part: presidents and prime ministers, mayors, business executives, community leaders, and heroes like you! Everyone can be a hero for change in their own way.

Stayed tuned to meet your first superhero - TRUTH TALKER!

# Sustainability and Football

## Raising awareness with TED & Future Stewards

In October 2020, the team at Leaders Quest approached the Foundation to participate in an exclusive TED X event. Being a part of this program helped us get access to toolkits and creatives for designing posters and other print material.

The Countdown was a global event powered by TED and Future Stewards to champion and accelerate solutions to the climate crisis. The common goal was to build a better future by cutting greenhouse gas emissions in half by 2030 in the race to a zero-carbon world. Countdown sought to answer 5 fundamental, interconnected questions that can help form a blueprint for a cleaner future and turn ideas into action.

- **Energy:** How rapidly can we switch to 100% clean power?
- **Transport:** How can we upgrade the way we move people and things?
- **Materials:** How can we re-imagine and re-make the stuff around us?
- **Food:** How can we spark a worldwide shift to healthier food systems?
- **Nature:** How do we better protect and re-green the earth?

India has the highest youth population in the world and South Asia is one of the most vulnerable regions prone to climate change. The actions we take now will affect the future of our world.

We understand how crucial it is for all of us to take actions to protect our environment. Therefore, the Foundation partnered with Ted Countdown to join the race to a zero carbon world and become a climate champion.

While we are training children to become better players, we also feel that we need to take strong action to build a better future for them! The Foundation annually works with over 3000 children. Our aim is to make them aware of socially relevant issues through the medium of football.

Through our initiatives and workshops we champion 3 of the 17 Sustainable Development Goals;

- **SDG3 – Good Health and Wellbeing**
- **SDG5 – Gender Equality and**
- **SDG12 – Sustainable Production and Consumption.**

The children participating in our programs understand the need for waste management and sustainability. This will empower them to take the small but necessary steps towards a greener future.

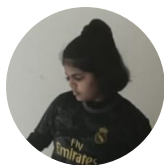
The Foundation spent time raising awareness on climate change while driving our players and the community to the Count Us In platform to take individual action against climate change. We also had a climate change themed for October - month 3 of our At Home Football Program.

VI

# Impact Stories



At the Foundation, it is important for us to ensure that our programs are catalysts in bringing about some change while also inspiring individuals. For this reason, we check in with participants of our program to know the kind of impact participation had on them. Here we have put together, a few stories from participants of our program.



## Nidhi Laxman

**PARTICIPANT**  
At Home Football Program

When you think of football, scoring goals is the first thing that comes to mind for most people. While scoring is important, saving goals is equally important - a good team is only as strong as its goalkeeper.

Nidhi Laxman is a 12-year-old who recently took part in our At Home Football Program. She was introduced to the game when she was 10 years old and in the short span of time she has developed a strong liking for the sport. With the help of the program, she further developed an interest in goalkeeping and became quite adept at it. She even requested us to include more goalkeeping videos for her (and we happily obliged)

We hope this spark that has developed for the game continues to inspire her and maybe even lead her to pursue football as a career. Won't that be a story to tell!



## Joash Agabus D'Cruz

**PARTICIPANT,**  
At Home Football Program

A young fan of FC Goa, Joash Agabus D'Cruz, first played football at the age of 6. Ever since, practicing daily and watching matches has made him fall in love with the sport. His favorite player is none other than our own Brandon Fernandes.

During the pandemic, he took part in our 'At Home Football Program', where he trained and practiced drills under the guidance of our coaches and in the safety of his home. This experience has helped grow his interest in the game and encouraged him to keep on playing. His mom also noticed that he has been more active ever since he started playing regularly and is improving his skills and abilities.

Hearing the positive comments of his parents and the impact the program had on him made us very proud, and we are sure Joash will grow up to be an amazing footballer!





Joash has managed to stay active in the pandemic, thanks to the At Home Football Program - an effort greatly appreciated by his parents.





## Yash Raj Shervai

COACH, Forca Goa Foundation

Yash Raj Shervai is a grassroots coach at the Foundation. Coach Yash stated that the transition from physical training to virtual training was tough, but it was a transition that was the need of the hour. He and all of the coaches at the Foundation believed that the kids should not have to lose a year of football, which in turn would be a loss for their development towards becoming elite players.

This transition was facilitated by workshops and webinars. One of which was hosted by FC Goa Elite Youth coach Gavin Araujo where he communicated that football is made up of 3 stimuli- Goals, The Ball and Pressure/Competition. That's what set the coaches off on a journey toward making the drills fun and functional in order to incorporate the three factors. This is how this was achieved:

1. The goals that were set in the videos that were sent to the participants were Goals the players would have to achieve.
2. To include the component of pressure, the factor of time-based activities and drill were added. This would mean the kids would have to finish it within the allotted time given by the coach to complete it.
3. For competition, a leader-board that would motivate the participants to fight for the top spot and to earn rewards that were attached to these top spots.

To figure out how to deliver the sessions a survey was conducted. The findings from the survey indicated that not everyone had active Internet connections that would allow them to join live sessions and so it was decided that sessions would be recorded and sent to the kids to make them accessible at everyone's convenience.

At a time where everything remained closed for operations, The Forca Goa Foundation channeled efforts toward the development of the players for the next season!

**“It is still possible to conduct sessions virtually and to use this time and method to work on individual skill and technique development.”**

Through this time, Coach Yash learned about the power of the virtual environment. Technique in the game, and at the grassroots stage technique is very important. The AHFP helped children bridge the gap that they would have lost if they didn't train for the year. It allowed them to be prepared and active and work hard on their technique.





Coach Yash in action at a shoot for the At Home Football Program's video content



## Kenneth Fernandes

COACH, Forca Goa Foundation

Coach Kenneth has been with the Foundation since 2018 and is the grassroots lead of the South zone. The transition into Online sessions had its own challenges, like that of not being able to communicate face to face with the players, real time correction of drills, and being unable to demonstrate a drill on the ground in front of the players as that is how kids learn best.

Sessions were kept as simple as possible for the kids as well as the parents to understand and guide the kids. The sessions were short and focused on one technique at a time so as not to confuse. To ensure that all the participants had all the equipment that was needed, the coaches guided and gave suggestions on everyday items that could be used like bottles and socks in place of cones and markers.

For Coach Kenneth, like everyone's experience during this pandemic, this too was a completely new experience but he learned how to make online videos, how to face the camera, what angles to shoot at to get the best shot of the drill taking into consideration lighting / external noises, the importance of smiling/expressions/mannerisms when talking into the camera. This allowed him some time as a coach, to work on perfecting some techniques and drills both practically and theoretically.

**“It helped the kids generate a lot of ideas on how to practice your drills at home in small spaces by using everyday objects as equipment.”**





Coach Kenneth demonstrating technique for the At Home Football Program's workbook stills

# VII

## **The Foundation at the AFC Champions League**



In April of 2021, FC Goa became the first Indian club to play the group stages of the AFC Champions League, Asia's biggest and most competitive top-tier club competition. The club sported the Forca Goa Foundation logo on their jersey putting out a strong message of their support to the Foundation as well as raising awareness on grassroots football development.





# Scripting History in Asia

## Sporting our commitment to Grassroots Development

In April of 2021, FC Goa became the first Indian club to play the group stages of the Asian Football Confederation (AFC) Champions League cup, Asia's biggest and most competitive top-tier club competition. Their campaign although cut short to the group stages, was a memorable one for Indian football fans across the nation.

For Indian football clubs over the years, qualifying for the AFC Champions League had always proved to be an insurmountable challenge. In 12 attempts no Indian club had managed to clear the qualifying rounds to enter the group stage.

The level of the competition was too high for Indian clubs who found it hard to be competitive even in the AFC Cup, the second-tier club competition in Asia. FC Goa punched above their weight to outshine the foreign clubs and captivated the interest from Indian and foreign football enthusiasts too.

**To have the Forca Goa Foundation's logo on the back of the FC Goa stars, shows the teams support towards the Foundation's mission and also sparks an interest amongst fans who are unaware of the same.**

The club sported the Forca Goa Foundation's logo on their jersey putting out a strong message of their support to the Foundation as well as raising awareness on grassroots football development. The AFC Champions League tournament has an average of 14.8 million viewers that watched the live telecast of the matches. FC Goa's attempt to raise awareness on the importance of grassroot development as well as social development stands clear through their display of the logo.

We often undermine the impact footballers and coaches have on individuals and communities as a whole. Making it to the AFC Champions league is no small feat and having the players sport the Forca Goa Foundation logo is a milestone that shouldn't go unnoticed. We are hopeful that this will prove to spark an interest amongst football enthusiasts to get themselves involved into community development and contribute to the betterment of the footballing community around them.



VIII

# **Future Plans**





The pandemic allowed a new, virtual form of football development to take root. As we navigate through an evolved world with renewed norms for social interactions - what does the future hold for Grassroots sport?



The Little Gaurs League has been officially recognised by the All India Football Federation (AIFF) as one of the Top 10 Baby Leagues in the country. Pictured here is Vivaan Furtado, the Top Scorer of the Under 6 (North Zone) Leg of the Little Gaurs League with an autographed jersey from former Arsenal FC midfielder Mesut Özil.

The jersey was awarded to the Foundation by the AIFF in recognition of its achievement as one of the largest grassroots movements in India.

## **Little Gaurs League**

### **GIVING CHILDREN MORE GAME TIME**

The Foundation's flagship league, which is open for participation to children across Goa will look to increase the number of matches in the season. By having a longer league with more games, we hope that children have a longer engagement with the sport and more opportunities to develop. This year we also wish to broaden our footprint by working alongside the Goa Football Association and involve more professional clubs.

## **Focused Communities**

### **INCREASE OUR OUTREACH**

We are looking to restart our work with our communities where we see a need for football based intervention. We hope to continue working with Owl House and Kiran Niketan while identifying one new community in South Goa.

#### **Objectives:**

1. Work with organizations that strive to integrate individuals into society who have developmental disabilities.
2. Use our experience and develop a strong development needs based curriculum that can be shared with organisations across the country.
3. Use the project to mobilise the community towards building safer and inclusive spaces.
4. Work with our partner organisation Sangath Goa, to implement a program in a community with the aim to prevent substance abuse.

## **Creating Mentors**

### **MORE LICENSED COACHES**

The pandemic slowed down our efforts to create more coaches for the game in Goa and this year we want to pick up where we left off. Through partnerships with the AIFF, GFA and British Council, we hope to develop 60 licensed coaches and 40 community coaches in the next two years.

#### **Objectives**

1. Two E-License sessions and one D-License session, over the next two years.
2. In addition to the licenses, we want to provide leadership and sensitization workshops to coaches so that they develop as role models and mentors

## **Field of Dreams**

### **SCOUT VIABLE LOCATIONS**

The field of dreams aims at rejuvenating football in the heartlands of Goa and engaging children across the state through the development of infrastructure around Goa. The project aims to collaborate with business houses, football stakeholders and sporting bodies to raise funds, develop, and maintain grounds. The grounds will then be used for running various football development activities.

#### **Objectives:**

1. Locate grounds in three locations across Goa to run the Little Gaurs League
2. Develop grounds so they are accessible to all children
3. Build long term usage plan to ensure sustainability

IX

**Meet  
the Team**



What do you get when you put together a bunch of people who are determined to be agents of change? The tag of *Team* wouldn't paint an accurate picture of the tireless folks propelling the Forca Goa Foundation on it's mission to empower grassroots football in Goa.

# The Team



**Akshay Tandon**

Founder and Non-Executive Chairman  
FORCA FOA FOUNDATION



**Derrick Pereira**

Technical Director  
FORCA GOA FOUNDATION & FC GOA



**Khushal Palicha**

Lead - Operational Strategy &  
Marketing



**Nathaniel D'Costa**

Senior Manager  
Community Football



**Ishita Godinho**

Community Development &  
Communications Manager



**Hemant Mistry**  
Programme Co-ordinator



**Jhonal Rodrigues**  
Programme Co-ordinator (South Zone)



**Rushika Soni**  
Marketing Executive



**Vinay Ganeshan**  
Junior Graphic Designer



**Jason Ferrao**  
Visual and Interaction Design



The Foundation's goal throughout the pandemic induced lockdown, has been to keep the development journey of young football players alive - The At Home Football Program has helped our coaches fulfill this goal.



# Grassroots Coaches

Our on-ground efforts are dispersed by our team of local coaches who come from various communities in North and South Goa. Each of them has a minimum D License coaching qualification and it is our endeavor to help them progress further.



**Xavier Fernandes**



**Naresh Virnodkar**



**Kenneth Fernandes**



**Yash Raj Shervai**



**Frank Fernandes**



**Godwin Rodrigues**

# Our Goals for the Next Year

## Nathaniel

### INITIATE COACHING DEVELOPMENT

We have an exciting year to look forward to despite the challenges we face.

1. I am hoping we can kick off our flagship project, the Little Gaurs League this year. Just getting children and coaches back on the field, playing football will be a big win for us.
2. I am also focusing on initiating our Coach Development project which we have been working on for the last two years. This is a key project where we see a lot of potential for growth and which we believe will play a huge role in kicking off a strong grassroots movement across the country.

## Hemant

### AMPLIFY FOUNDATION AWARENESS

Being a Program Coordinator at the Foundation my goals continue to be

1. Running the Little Gaurs League and any Foundation program flawlessly. (Taking the Pandemic into consideration)
2. To increase awareness about the Foundation within the state and amplify the same outside the state by implementing innovative marketing tactics and optimizing the use of the Foundation's social media platforms.

## Jhonal

### DEVELOP A SCOUTING NETWORK

Having faced a lot of challenges in the year gone by, my goals for the upcoming year would be

1. Recommence the Little Gaurs League this time with an increase in participation and an increase in the number of match days.
2. Develop a scouting network for our league so that we can track the best players and introduce them to the FC Goa footballing ecosystem.

## Kenneth

### DEVELOP LOCAL SUPPORT

My goals for the year would be to

1. Provide a safe platform for kids to play competitive football whilst having fun.
2. To get the local community to actively support the Little Gaurs League.

## Jason

### ROBUST TOURNAMENT REPORTING

Grassroots football is key to development of the beautiful game in our country. My goals for this year would be to

1. Help bring more participants under the umbrella of the Forca Goa Foundation's activities by increasing our digital footprint
2. The Little Gaur's League is a landmark activation for grassroots football in Goa. Digitising reporting for the League will help participants chart their progress. A robust reporting mechanism will help parents and coaches see the fruit of their efforts; motivating more and more parents to get their kids playing football early.

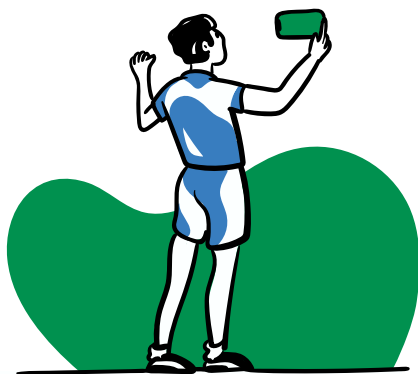


## Ishita

### INCREASE COMMUNITY INVOLVEMENT

The year gone by has been challenging and overwhelming. As an organisation that takes pride in its on-ground football programs and community impact, the lockdown had an adverse effect on us. However, the Foundation team dived straight into COVID relief work and post that designed a unique football program for children from the safety of their homes.

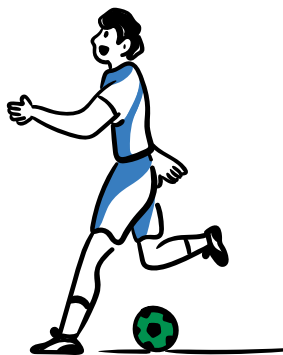
Now that things are easing out, my goals for this year are to focus on measuring our impact and documenting interesting stories from our program to motivate people to invest in grassroots development and further inspire individuals. I also want to involve the community, especially the youth of Goa in our programs and try to give them a new perspective and shared learning experience.



## Xavier

### ACTIVATE SOCCER SCHOOLS

As we know due to the pandemic, we could not organize any outdoors tournaments, as everything is slowly opening up and soon we will be organizing tournaments such as our Little Gaur's League from Oct 2021 to 2022 i.e. from Oct to May, here the players will get a chance to showcase their talents and we can scout for players for our development program. The next goal would be to be more active at the Soccer School program. This is a good platform for professional players as well as beginners and my goal is to develop them to the next level.



## Godwin

### MORE COMMUNITY COACHING

1. My first goal for the Foundation is to successfully conduct the baby league.
2. To help the community through football , as due to the pandemic children have been stuck at home with minimum physical activities which is very important for the holistic development of a child. Looking forward to continuing our community coaching initiative.

## Naresh

### STIMULATE PLAYER DEVELOPMENT

A perfect disciplined healthy molding contributes to a healthy development of a child. A child needs mental balance in his early stages of life. This can come with an integrated approach of the family and the trainers of the child in whichever game/events he participates. A growing child is like a Blank book on which various pages need to be filled by both the parents as well its coaches. Though there are many games for the same, football is the only game which can not only bring out the best disciplined physical and mental growth of a growing child. The goal is not only to enrich the child with the different skills required to be a self-sustained human being/player, but also add to the society as an important member who can contribute in many ways.

My goal is not only to create football Players, but also to make them grow intellectually and physically in a more disciplined manner, but with a smile. It's a game - *a way of life*. Excellence is the goal, but its sustainability is the real approach in terms of regular training and workouts.



# **Statement of Accounts**



We're committed to maintaining the highest levels of integrity and ethical conduct. A big part of this philosophy is being transparent about our processes including financial reporting. This section contains a statement of the Foundation's income and expenditure adjusted form the footballing calender year- July 2020 to June 2021.

# Summary of Revenue & Expenditure

2020-2021

## EXPENSES

<b>At Home Football Program</b>	<b>6,79,255.00</b>
Travel	8,650.00
Creative Content	36,000.00
Coach Remuneration	62,3405.00
Footballs	11,200.00
<b>Grassroots</b>	<b>96,410.00</b>
Nutritional Reimbursements	96,410.00
<b>Little Gaurs League</b>	<b>25,000.00</b>
Creative Content (Photography)	25,000.00
<b>Centers of Excellence</b>	<b>4,680.00</b>
<b>Equipment</b>	<b>26,594.00</b>
<b>General Expenses</b>	<b>57,68,038.00</b>
Coaches	12,46,811.00
Staff Salaries	43,24,710.00
Internship Stipend	20,333.00
Travel	2,656.00
Agency Fees	72,128.00
Court Fees	1,01,400.00
<b>Depreciation of Assets</b>	<b>28,196.00</b>
Depreciation of Furniture	4,326.00
Depreciation of Equipment	23,870.00
<b>Marketing &amp; PR</b>	<b>37,700.00</b>
Website Development	20,000.00
PR Relations	17,700.00
<b>Office Expenses</b>	<b>2,07,808.24</b>
Bank Charges	80.24
Interest on TDS	39,389.00
Internet charges	11,892.00
Memorandum Fees	93,500.00
Auditing Fees	59,000.00

**₹ 68,73,681.24**



## REVENUE & SUPPORT

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<b>At Home Football Program</b>	<b>51,600.00</b>
Registration Fees	51,600.00
<b>Little Gaurs League</b>	<b>25,000.00</b>
Sale of Fair Trade Footballs	25,000.00
<b>Contributions</b>	<b>63,50,000.00</b>
FC Goa Donations	63,50,000.00
<b>Sponsorship</b>	
UNESCO Funding	<b>2,20,593.00</b>
	2,20,593.00

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₹ 66,47,193.00

# Acknowledgments

At the Forca Goa Foundation, we strongly believe in educating and empowering youth to make positive choices for themselves. In addition to creating opportunities in football, we are constantly building the capacity of the next generation to be conscious and caring community leaders.

The past year has been especially challenging for parents who were juggling work from home, running their homes and helping their children with online lessons. Yet, we witnessed parents who went out of their way to ensure their children received a sufficient amount of physical activity through their at home football sessions!

We owe a huge part of the success of our programs to teachers, PE teachers and parents of all our Little Gaurs. Thank you for sharing and believing in our vision to develop Goa and India through football.





# Affiliate Partner



# Supporters







**FORCA GOA**  
FOUNDATION

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