

## **THREE-DAY WORKSHOPS FOR GFDC COACHES CONCLUDES**

April 03 2023

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The Goa Football Development Council (GFDC) successfully conducted two workshops for coaches, one in each district, to enhance and upgrade the coaches' knowledge and help them for better conduct match related training sessions for trainees.

The workshops were held on 23, 24 and 25 March for South Goa coaches at Borimol Complex, Quepem, and on 28, 29 and 30 March for the North Goa coaches at Athletic Stadium, Bambolim.

The workshop was conducted from 3pm to 6pm, and nearly 75 coaches from across Goa attended the workshops.

GFDC Chairman Brahmanand Shankhwalkar and member secretary Deepesh Priolkar visited the North Goa workshop.

The workshops were conducted by Lawjyo Gomes, technical assistant at GFDC. "The major objective was to deliver and impart knowledge that I along with few other GFDC coaches had gained from the KNVB workshop held at Don Bosco, Panaji which was conducted by SAG," he said.

Gomes said that since the GFDC centre trainees have exams under way, the GFDC office decided to conduct a workshop so that the knowledge can be passed on and the coaches can learn something new in relevance to the 'Dutch Philosophy'.

"The drills and theory sessions conducted were related to the GFDC age groups at the centres from 6 to 14 years. It also covered the characteristics of a child and the role of a coach in theory. In addition, the practical sessions were inclusive of the 4 movements of football, that is Defending, Attacking, transition from Defence to Attack and Transition from Attack to Defence, which focused on 2v1, 2v2, 3v2, 3v3 & 4v4," said Gomes.

"The coaches were also enlightened on how to relate to a life skill, like for example decision making, communication, collaboration, which are vital in day-to-day life as well of utmost importance in football," Gomes added. The coaches gained immensely from the training imparted at the workshops.

**DI/NB/AXP/ UB/2023/387**

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Issued by the Department of Information & Publicity

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Near Azad Maidan,

Panaji – Goa.