



BePro Football Technical Director, Andrés Vargas Fuentes, UEFA A (on right) with Former Cordoba CF Vice President Javier to implement BePro Method for Cordoba's International Program

BePro Football Methodology organizes a complete football educational program based on science, pedagogy and training. The methodology aims to develop and maximize the performance aspects in each stage relative to the cognitive development in young players. This approach gradually broadens a player's awareness of space and its utilization on the field which will lead to more enjoyable and attractive football. Imparting the theoretical knowledge of the game helps the player to choose the right tactics and apply it efficiently on the field.

BePro Football Methodology Course – Level 1

This is the introductory course to BePro Methodology which defines its foundation and the application process in grassroots football. It explains the generic skills and the involvement of those motor skills in technical and tactical development. It teaches to analyze and influence the skills, both with the ball and without the ball. It's the right course for existing entry level coaches as well as amateur footballers who plan to become coaches.

BENGALURU EDITION

Date: 10th February 2019 – 16th February 2019

Venue: Offside Trap, Horamavu & Padukone-Dravid Centre for Sports Excellence

LEVEL - 1

PSYCHOLOGY

- BASIC PRINCIPLES OF SPORTS PSYCHOLOGY
- EVOLUTIONARY COGNITIVE STAGES
- OPTIMIZATION OF INFORMATION ACQUIRING PROCESS

TRAINING SYSTEM

- TRAINING PRINCIPLES & LAWS
- DESIGNING TRAINING SESSIONS
- PERCEPTIVE MOTOR SKILLS

METHODOLOGY

- OBJECTIVES & CONTENT
- INTRODUCTION TO PLANNING
- APPLICATION OF TRAINING TASKS

TEAM BUILDING

- DIDACTIC CHARACTERISTICS OF THE STAGES
- TYPES OF EVALUATION
- ASSESSMENT TOOLS

TECHNICAL & TACTICAL ANALYSIS

- OFFENSIVE & DEFENSIVE ACTIONS
- TECHNICAL & TACTICAL ACTIONS OF THE GOALKEEPER
- CLASSIFICATION OF TECHNIQUE & TACTICS: INDIVIDUAL & COLLECTIVE



AGENDA

Day 1 – Day 5 (10TH February – 14TH February)

Venue: Offside Trap

3rd St, CNR Layout, Babusapalya, Bank Avenue Colony, Horamavu, Bengaluru, Karnataka 560043

REPORTING TIME for 10th Feb: 8:30 am

10th Feb, Sunday

Theory Session: 9:00 am – 10:00 am

Practical Session: 10:00 am – 2:00 pm

11th Feb, Monday – 14th Feb, Thursday

Theory Session: 8:00 am – 9:00 am

Practical Session: 9:00 am – 1:00 pm

Day 6 – Day 7 (15TH February – 16TH February)

Venue: Padukone-Draavid Centre for Sports Excellence

Survey No. 336, Bettahalasuru, Jala Hobli, Taluk Yelahanka, Bengaluru, Karnataka 562157

REPORTING TIME for 15th Feb: 9:30 am

15th Feb, Friday

Theory Session: 10:00 am – 11:00 am

Practical Exam: 11:00 am – 2:00 pm

16th Feb, Saturday

Theory Session: 3:00 pm – 4:00 pm

Practical Exam: 4:00 pm – 7:00 pm



About Jóvenes Sports

Jóvenes Sports is an **Indian Sports Management Company** operating in New Delhi. Jóvenes Sports aspires to promote the global sport, Football in India by creating a holistic environment which covers the crucial factors responsible for player development & the sport as a whole, through an efficient approach.

Edition #1 – August 2017, New Delhi



The event was featured on DD News and graced by the Former Indian Football Team Captain Carlton Chapman (extreme left).

Testimonials from Delhi edition:

Abdul Aziz, AFC C

U-15 Assistant Coach, Pune City FC

Andrés made the course very interactive from the very beginning! Which is very good as it got all the participants thinking, collaborate with each other. Course content was very good, however pretty advanced.

Wasim Akram, AIFF D

Assistant Coach, Guwahati FC

Taking my first step into coaching I was introduced to Andrés and BePro football methodology. Along the sessions I was made aware of how the combination of science and sports together makes the modern game alive. Like never before, I started to experience the game in a whole new perspective. It helped me understand the roots of football and how to improve our approach to the game. The theory session was good, keep that intact.

To Register: Call Shantanu: 99107 26764 or Mail at jovenessports@gmail.com OR directly buy tickets at Insider.in