



FIRST PROFESSIONAL _____

F  **OTBALL**

CLUB OF GUJARAT

INTRODUCTION

Started in 2016 with the First artificial full size FIFA approved pitch in Gujarat.

'ARA FC in I-league could be a gamechanger in state'

Ahmedabad Mirror | Updated: Dec 10, 2018, 06:16 IST

A- A+



GSFA treasurer Phillip Job, ARA FC's Vikram Patel

Two weeks after Ahmedabad Mirror first broke the news (City team set for I-league, AM, Nov 25), it is now official that Ahmedabad Racquet Academy FC is set to become the first team from the state to feature in I-League second division.

The news surely livens up football fans in the state. Gujarat State Football Association (GSFA) treasurer and former player Phillip Job hoped that it should serve as

the much-needed fillip for the sport in the state.

First club from Gujarat to participate in Hero 2nd Division I league.

- An AIFF Accredited 2 star Football Academy.
- Consistent participation from last 2 years in AIFF Youth I league for U-13 (Sub-Junior), U-15 (Junior) and U-18 (Elite) age groups.



More than 20 trophies won in a span of two years including the below major accolades:

- ADFA Junior League 2016
- ADFA Senior League 2017
- U-17 Goa Football Festival 2017
- U-9 Baby League Ahmedabad 2018





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ARA FC off to a flier

Ahmedabad Mirror | Updated: Jan 17, 2019, 06:16 IST



City team survives a scare and edge past Hindustan FC in their Hero I-League 2nd division debut game; Pic: NILKANTH DAVE

By: Raghav Vyas

ARA FC (in white), who recently qualified for the Hero I-League 2nd Division, showed their prowess as the city team's notable debut game saw them defeat Hindustan FC (HFC) at TransStadia on Wednesday.

Skipper Syed Shoaib Ahmed led from the front and netted a hat-trick for the home team as they edged past HFC 4-3.

ARA, Gujarat's first football team to play in a national professional league, started the game in an organised and professional manner.



TALE OF TWO PENALTIES

By Pranjal Protim Boruah, Ahmedabad Mirror | Updated: Mar 6, 2019, 06:00 IST



Young Lakshmpula shot it wide for FC Goa. It turned out to be a costly miss; Pic: Nilkanth Dave

By: Raghav Vyas

It was a tale of two penalties as ARA FC recorded one of their most famous wins in their debut season of I-League second division.

In a match that showed the development of the city-based team, ARA FC converted the opportunity from the spot as they edged out fancied FC Goa (Reserves) by a solitary goal. Incidentally, their rivals missed their chance from the spot in the 51st minute of the game.

It was a performance that the young guns of ARA should be proud of. Despite setting the initial pace, the visitors were never really able to dictate the terms - thanks to an ARA defence that has improved leaps and bounds since they found themselves at sea against Lonestar Kashmir in their last home match.

COACHING TEAM

UEFA & AFC 'A' LICENSE COACH



Vivek Nagul

AFC 'B' LICENSE



Joyner Antao

AFC 'C' LICENSE



Anthony Andrews

AFC 'D' LICENSE



Vishwa Thakkar



Darshav Patel

DEVELOPMENT PATHWAY



- Training as per UEFA Standards.
- 10 Sessions per week includes Fitness, Gym, Training Sessions, Match Analysis and Match days.
- State and National Tournament participation.

HIGH PERFORMANCE RESIDENTIAL PROGRAM

- Advance Training as per UEFA Standards.
- Includes Fitness, Gym, Training Sessions, Match Analysis and Match Days (10 sessions per week).
- State and National Tournaments.
- Domestic and International Tour.

- Timings
- U-13, U-15, U-18 and Senoir Reserve -
- Football Training - 06:30 to 08:30 am
- Fitness - 03:00 to 05:00 pm



MONTH	U-13	U-15	U-18
APRIL	Technical	Technical	Technical
MAY	Technical	Technical	Technical
JUNE	Technical	Technical / Tactical	Technical / Tactical
JULY	Technical / Tactical	Technical / Tactical	Technical / Tactical
AUGUST	Technical / Tactical	Technical / Tactical / SSG	Technical / Tactical / SSG
SEPTEMBER	Technical / Tactical	Technical / Tactical / SSG	Technical / Tactical / SSG
OCTOBER	Technical / Tactical	Technical / Tactical / SSG	Technical / Tactical / SSG
NOVEMBER	Technical / Tactical / Match	Technical / Tactical / Match AIFF Competitions	Technical / Tactical / Match AIFF Competitions
DECEMBER	Technical / Tactical / Match AIFF Competitions	Technical / Tactical / Match AIFF Competitions	Technical / Tactical / Match AIFF Competitions
JANUARY	Technical / Tactical / Match AIFF Competitions	Technical / Tactical / Match AIFF Competitions	Technical / Tactical / Match AIFF Competitions
FEBRUARY	Technical / Tactical / Match AIFF Competitions	Technical / Tactical / Match Competitions	Technical / Tactical / Match Competitions
MARCH	Technical / Tactical / Match AIFF Competitions	Technical / Tactical / SSG	Technical / Tactical / SSG
		Off Season	Off Season

TRAINING SCHEDULE

SESSION PLANNER

WEEK	TOPIC	WARM-UP	SKILL DEVELOPMENT	SKILL PROGRESSION	SMALL SIDED GAMES
1	Dribbling / Turning	My Ball	Four Corners	Gate Keeper	8 v 8
2	Passing	4 Cone, 4 Players Passing	3 Way Passing, Under Pressure	Team Tackle, Target Oriented	8 v 8
3	Shooting / Finishing	Knock Down	Accurate Shot	Shoot or Miss	8 v 8
4	Heading	1 v 1 Heading	Defending / Attacking	Defending / Attacking	8 v 8
5	Goal Keeping	2 Keepers Shooting	Hands Skill	Diving Mechanics	11 v 11
6	Receiving / First Touch	3 Way Control	Square Passing	3 v 1	11 v 11
7	Defending	Catch Me	1 v 1 Decision	2 v 2 To Cones	11 v 11
8	Attacking	Tunnel Tag	Pass And Move, Combination	Superman 1 v 1	11 v 11
9	Passing / Movement	Gates	Sequence Passing	End Zone Football	11 v 11
10	Finishing	Good Warm Up with Ball	First Touch Finish	Heading	11 v 11

RESIDENTIAL

- Accommodation is a 10 minute drive from the academy.
- Players stay in 3 beds sharing room with A/C.
- Meals and transport included.
- 24*7 security surveillance.



FEE STRUCTURE

- Residential – Rs. 3,36,000 + 18% GST
- Non Residential – Rs. 1,20,000 + 18% GST
- Domestic and International Tours* - charges extra