



RESIDENTIAL ACADEMY

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CALL

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We welcome you to the city of technology, culture, sports, fitness and the home of the Rebels FC Football Academy, where young athletes discover their passion for football and fuel their game with talent, skill and purpose.

Experience the RFC Football Academy's residential programme first-hand. Get your child a trial to our programme. Contact us today and let's get started.

RFC GIRLS FOOTBALL ACADEMY

India's 1st Full-Fledged
Residential Football Training
Academy for Girls.



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Preetham Chandra
Founder and Managing Director

From the Founder's Desk

It is a pleasure and pride in welcoming you to India's first women's football training residential academy. The academy, now the heart of our mission will be actively promoted and invested in line with women's game globally.

We believe in the potential of football to improve lives and society and nowhere is this potential greater than in the women's game both on and off the field.

We hope this training programme will help you develop, maximise your full potential and become part of the next generation of players-leaders in the world of football.

We are certain you will inspire more girls and young women to play, increase participation sport and by promote career paths for women throughout the football community.

I wish you all the best in your endeavours and invite you to explore the home of the beautiful game. ■

WELCOME TO RFC GIRLS FOOTBALL ACADEMY



Welcome to India's first residential football training centre for girls. The full-fledged, year-long academy offers an optimal balance of sports and education in a world-class campus amidst a highly safe and secure environment, with top-notch facilities, international coaches and a challenging football training curriculum.

RFC Football Academy is recognised by Karnataka State Football Association, the regulatory authority for state affiliated to the All India Football Federation and Bangalore District Football Association the governing body of football for Bangalore city.

Strategically located in the lush green environs of Devanahalli – Bangalore, the academy offers a diverse syllabus ranging from ICSE, CBSE IGCSE and SSLC up to high school, and multiple streams in arts, science or commerce at collegiate level a collaborative agreement with reputable educational institutions such as Akash International School and Seshadripuram Educational Trust.

Open for female student-athletes in the age-range of 14-22 years, the academy is helmed by a UEFA and AFC licensed technical team, purely dedicated to empower our girls towards reaching their true potential, of being high-performing student-athletes, who will be the future champions, leaders and influencers.

In addition to invaluable resources, challenging programmes, competitive team schedules, proven training methodologies and a global atmosphere, the programme is further integrated with a revolutionary personal development module that addresses all key areas and promote athletic progression, character development, leadership and overall personality. ■



Facilities

- 2 Professional 11-a-side Natural Turf and Synthetic Fields
- Gym with Cardio, Strength and Resistance Training
- Swimming Pool and Aqua Recovery
- FIFA Standard Training Equipment from Nivia Sports
- Physiotherapy, Recovery and Rejuvenation Centre
- Inhouse Nutritionists, counsellors and Physiotherapists
- Yoga and Meditation Zone
- Performance and Sports Science Centre
- Classroom for theory and visual match analysis
- Medical Diagnostics, Eyecare Camps

Features

- UEFA and AFC Licensed European and Indian Coaches
- Up to 40 competitive regional and national matches
- Advanced testing technology for skill assessment
- European-style drills for agility, movement, endurance, speed & technical skills
- Focus on physiological, psychological & performance development
- Technical, tactical & mental development at all stages of the game
- Interactive sessions with coaches, trainers, seniors and peer groups
- Individual training formats, sport plans and assessments with feedback
- 1:1 mentoring session and active peer-learning on and off the field
- International exchange programs

Highlights

- Immersive Football Programme
- Sports-Science Driven Curriculum
- Safe and Secure Campus
- Exclusive Athlete Development Programme
- Expert Coaching Team with International Experience
- Solid Academic Partner Support
- Vibrant, Scholastic and Positive Environment
- World-Class Training Facilities
- Excellent Residential Facilities
- Outreach Programmes and Initiatives

RFC Foot Academy - The Training Centre

The residential football training centre at, Devanahalli, is an elite training platform to nurture Under-22 talent. Our immersive football education programme is based on a sport-science curriculum that accentuates player skills, techniques and tactics, transforming passion to performance on the field.

Categories & Annual Intake

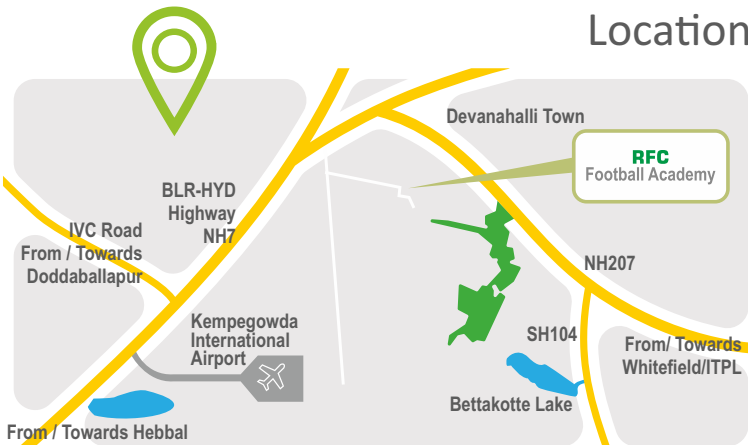
- U 13 - 20 Student-Players
- U 15 - 20 Student-Players
- U 18 - 25 Student-Players
- U 22 - 20 Student-Players

Training Centre Facilities

RFC Football Academy is one of the best athletic training environments in the world with professional-quality facilities, well-maintained fields, state-of-the-art athletic facilities to support services, RFC is an ultimate environment for optimising potential and reaching the next level.

Style of Play

We deploy a combination of European and South American approach to football, resulting in a unique style of play which is tactical, disciplined, dynamic and intense. This is further adapted effectively to the context of Indian football.■





EDUCATION PLAN

Bringing out the best

RFC Football Academy has partnered with reputed institutions offering 1st-12th Grade and under-graduate programmes that best fit the goals and needs student-athletes both academically and athletically. Further ensure our student-athletes have a supportive academic environment that help them take on challenges with full confidence and preparedness in the classroom, on the field or in life.

Syllabus

Grade 1 to 12

- Secondary School Leaving Certificate (SSLC)
- Central Board of Secondary Education (CBSE)
- Indian Certificate for Secondary Education (ICSE)
- Cambridge International General Certificate of Secondary Education (IGCSE)

Educational Partner for Grade 1-12 Programmes

RFC Football Academy has partnered with Akash International School (Affiliated to Central Board of Secondary Education (CBSE) Indian Certificate for Secondary Education (ICSE), and The Cambridge International General Certificate of Secondary Education (IGCSE).

The co-educational school with education from Grade 1 to 12 is equipped with state-of-the-art labs, extensive libraries and sports facilities. The institution offers extracurriculars Martial Arts, Music, Dance & Theatre, Art and Craft, Creative Writing and Public Speaking and Life Skills workshops

The management team at RFC have evaluated the institution as the one that best aligns with academic and athletic goals with the right courses and electives. For further details visit: www.akashinternationalschool.com or contact a dedicated college placement advisor. ■

UNDER-GRADUATE PROGRAMMES



Educational Partner for Under-Graduate Programmes

RFC Football Academy partners with Seshadripuram Educational Trust - affiliated to Bangalore University, recognized by UGC and NAAC accredited is known for its eminent faculty and excellent infrastructure and a track record of having fostered brilliant minds.

The institute offers two streams in Science & Commerce to include PCMB, PCMC & PCME (Science) and HEBA, MEBA, CEBA, SEBA and MSBA (Commerce) along with addon courses in Spoken English, Tally, 'C' Language, Hardware and Networking

The management team at RFC have evaluated the institution as the one that best aligns with academic and athletic goals with the right courses and electives. For further details visit: www.scpuc.ac.in or contact a dedicated college placement advisor. ■



Academic, Athletic, Personal and Social Success

Student-athletes become better prepared for educational excellence. Our residential mentors, coaches, teachers, administrators, and other members of RFC help the student athletes cultivate good study habits and ensure each student has the proper academic support and tutoring to succeed on the field or in the classroom. ■



Football Curriculum

RFC Football Academy's football curriculum is divided into Physical, Technical and Tactical & Mental programming. The players go through these cycles at required intervals, customised according to age stages and individual needs.

Physical Programming

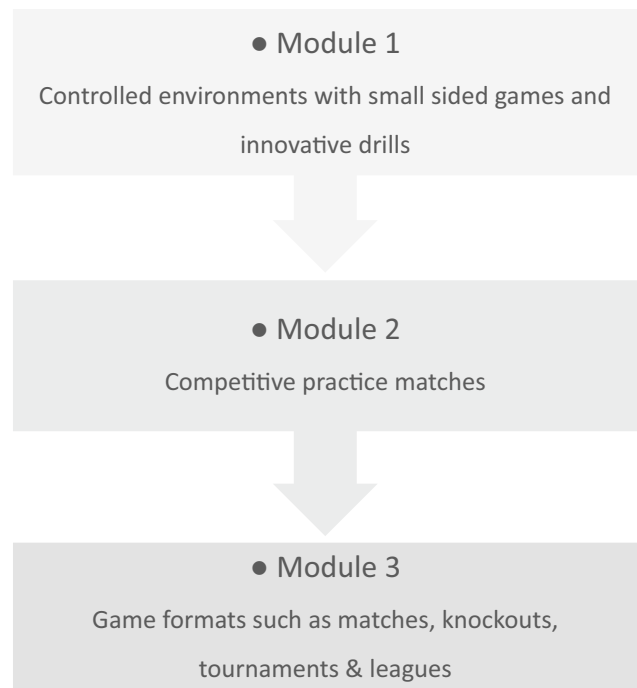
A young athlete goes through many physical changes as a part of the natural growth process which affects his ability and performance levels. These are assessed and corrected with strength training and conditioning for a lifetime of fitness.

Technical Programming

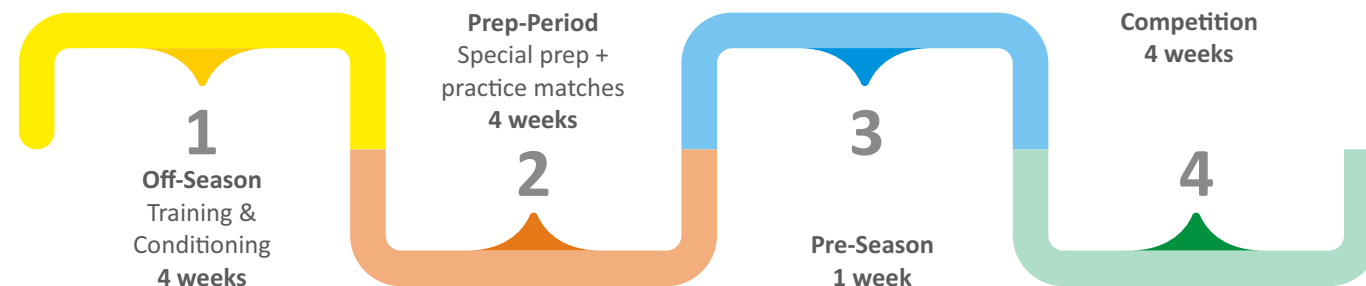
The players are trained in various techniques and skills at different levels. Specific drills are designed to help them gain both basic and intricate skills such as • First touch • Dribbling • Passing • Shooting • Heading • Ball Keeping • Tackling • Vision on ball • Running off the ball

Tactical & Mental Programming

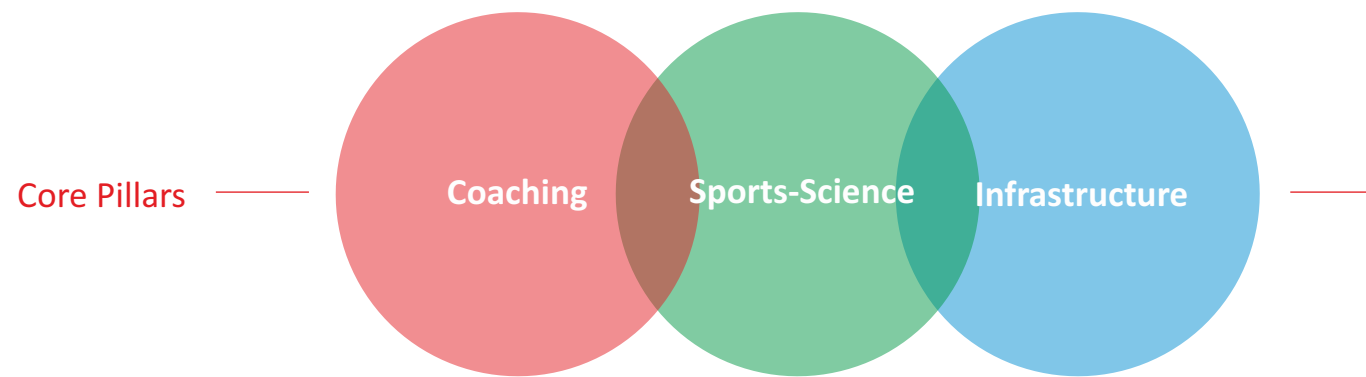
Our coaches work closely with individual players via 3 modules to understand and monitor them and train them into prime athletes who can play any game format with energy, strength and tact.



Typical Training Calendar



Varies with age groups and competition intensity.



Tactical Learning & Growth Cycle

A breakdown of focus areas in the player's growth cycle

10-13 Years	14- 15 Years	16 - 22 Years
Results	Results	Results
Game maturity, tactical and multi-format games	Competition maturity and grid coaching	Participation in tournaments across a season
Opportunities	Opportunities	Opportunities
Participation in local tournaments & leagues	Signing of youth/ amateur contract with clubs	Signing of youth/ amateur contract with clubs



FOOTBALL PROGRAMME



Primary Development Programme

U13 | U15 and U18

The athletes in this program will work closely with the coaches and the staff to learn all the skills required to play in competitive environments

Intermediate Development Programme

19 - 22 years

Athletes who do not have exposure to competitive tournaments are given opportunities and conditioned to play.

Elite Development Programme

This program is for the athletes that have already been trained and played in top competitions. Here, the coaches will work towards polishing the skills and work on the mental and physical conditioning to groom the players.

Professional Clinics

The coaches will work on the aspect of the game that the athlete is weak for a small period of time (6-12 months)

International Exposure

Athletes who have prior competitive football experience work in our system and our scouting partners help the players to perform in International clubs. We work on establishing the personal maturity of the player.

Education on Careers

With training the athletes are educated with different career options in the sport of football and we also provide Internships for students in the academy to pursue the field they like. ■



Objectives of U13

- To follow structured curriculum that promotes skill development across all players.
- Repetition of technical skills that are essential in the development of players
- To Organise small-sided and full-side games where players have a chance to use the skills that they learned during the week
- Create an enjoyable and exciting experience in every session so that each player continues to love the game of football
- Emphasize skill development in a non-competitive environment that encourages players to flourish while focusing on skill development.
- Emphasize quality and long-term benefits rather than short-term gain.
- Enter competitions like Baby League, CBSE Clusters and Reliance Tournament. Have practice matches with local academies and participate inter-school tournaments.

Objectives of U15

- Emphasize on technical qualities
- Follow the curriculum built on laying of technical-tactical and psychological foundations
- Develop individual tactical awareness
- Practicing collective technique on the ball
- Emphasize on building the body of the athlete (Aerobic capacity, speed, suppleness)
- Enter competitions like Baby League, CBSE Clusters and Reliance Tournament. Have practice matches with local academies and participate inter-school tournaments.
- Participate and compete in the I league competition

Objectives of U18

- Focus on developing players according to their positions
- Reinforcing on the physical and athletics qualities acquired
- Emphasize on the emotional development of the game (Concentration, self-confidence and perseverance)
- Play competitive matches across India for exposure
- Look for opportunities to send players to play in foreign countries
- Emphasize quality and long-term benefits rather than short-term gain.
- Entering competitions like and practice matches with local academies and inter-collegiate championships.
- Participate and compete in the I league competition ■

FACULTY

The Team that Drives us

Our talented and dedicated band of international scouts, educators, coaches and players bring together a uniquely designed programme to fuel the young talent at the RFC Football Academy and its football education ecosystem.



Marco Antônio Anjos
Technical Director

Marco Antônio Anjos, our Technical Director heads the talented and dedicated band of international scouts, educators, coaches and players bring together a uniquely designed programme to fuel the young talent at the RFC Football Academy and its football education ecosystem.

As a player, Anjos always played at the highest level, representing clubs in countries like Brazil, Portugal, France, Netherlands, Serbia and Croatia. Anjos is also known for having developed a successful training methodology through the years. In the last years, Anjos has worked as a Technical Director too, where he had the opportunity to develop academies, mentor coaches and upcoming players to the high European standards football.

Training Methodology-Lisbon
• Lisbon Football Association

Official Sporting Lisbon Scouter-Lisbon
• Sporting Clube de Portugal

UEFA B License-Lisbon
• Portugal Football Federation

Operationalization of GK training-Oeiras
• Manchester United Football Club

India's 1st Full-Fledged Residential Football Training Academy for Girls



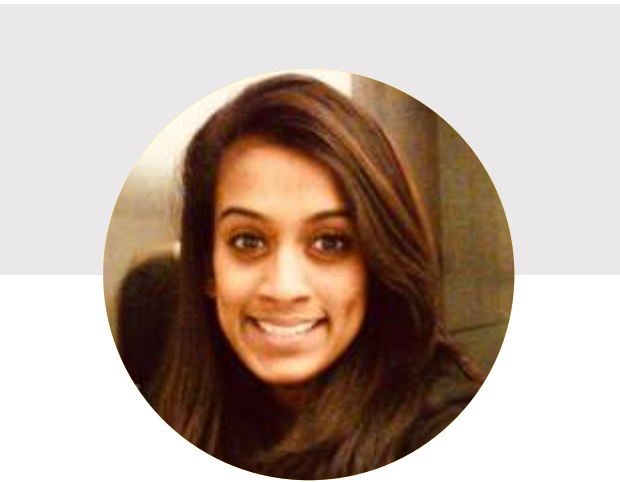
Amit Rana
Head Coach

- AFC B' License
- AFC GK Level 1 License
- AFC 'C' Coaching License
- AIFF 'D' Coaching License
- The FA Level 1 International Coaching License
- FA Level 1 in Talent Identification



Dr. Gopakumar
Consulting Physiotherapist - Core Physio

- Certified Dynamic Taping Instructor, DT(Australia)
- Certified Core Conditioning Specialist -IASTM
- Osteo Manipulation Therapist (OMT)
- Certified Sports Trainer
- Master trainer (India) - IASTME Rgon Technique



Ashwitha Shetty
Head Coach

- AIFF D license - Western Football Association
- AFC 'C' Licence - Kerala Football Association
- FIFA Women's refreshers course



Khumukcham Tiken Singh
Scouting Head

- AIFF 'D' License
- UEFA Clinic

YOUR-HOME-AWAY FROM YOUR HOME

Facilities

- Furnished rooms with bunk-style beds
- Full-time Wardens
- Round-the-clock support staff
- 24/7 high-speed WIFI
- 24/7 security staff
- CCTV monitoring
- Campus patrol
- Healthy & nutritional dining regime
- Separate veg & non-veg menus
- Library & study centre
- Designated study areas
- Recreational area
- Indoor games
- Social spaces
- Laundry services



Customized Living Experience

The boarding facility provides an ideal balance between athletics, academics, and student life and with a variety of room options, each designed to ensure each student-athlete feels at home.



RFC Football Academy - Residential Facility

An ultimate learning and living environment extending beyond the classroom and field to offer a campus life with social settings and activities to forge lifelong friendships and transform into a responsible, well-rounded student-athlete.



Living Safe, Secure, Comfortable and Healthy

A dedicated campus team monitors the campus with oversight and supervision to ensure that each of our student is safe, secure and comfortable and secure feel safe at all times



Inspired Life

RFC's residential mentors unify the students and promote a positive living environment conducive to academic achievement, character development, personal growth and well-being.



Learning Resources

Learning resources through teachers, coaches and support staff are offered to help student-athletes develop academic skills and on content area of their academic grade.



Fuelling Up

RFC Academy serves a daily breakfast, lunch and dinner designed by our Nutritionist with a variety of nutritionally-planned healthy meals in hygienic setting and with high standards.



Enriching Experiences

Student-athletes experience year-round activities that create unforgettable moments through cultural gatherings, festivities, road trips, visits to professional sporting events and top destinations.



Life at the Academy - Weekdays

On weekdays, the student-athletes’ lives revolve around training, football, academics and recreational activities. Through it all, they spend time with their peers, seniors and staff in an inclusive and supportive atmosphere.



Life at the Academy - Weekends

Weekends are more free-ranging and focus on fostering camaraderie between players and students through leisure activities, competitive matches and team-building excursions to the city.



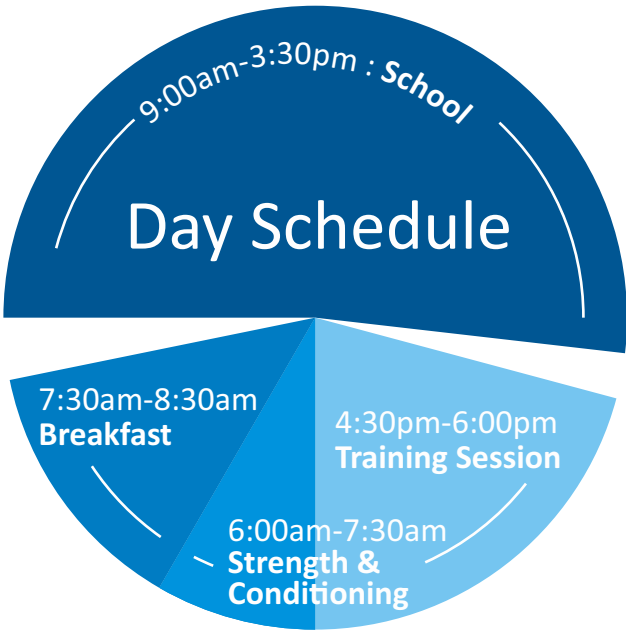
Making A Difference

We believe a true champion is one with a cause and therefore encourage our student-athletes to take on a leadership role through Rebels Foundation’s outreach projects for the underprivileged.

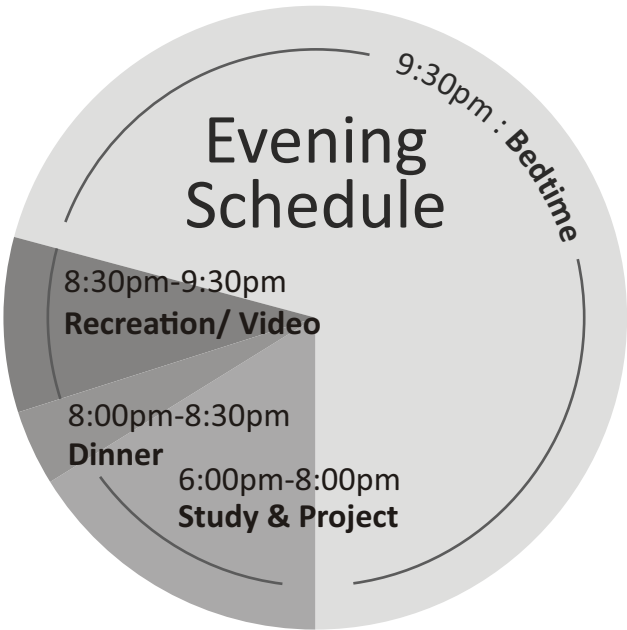


Health Services

Health and diagnostic services are provided by MS Ramaiah Memorial, a multi-specialty hospital to support the student-athletes with periodic checks and on any type of medical issue.



Day Schedule



Evening Schedule



Eye Care

Eye-sight being an important aspect of an athlete. The academy works with Narayana Nethralaya, a specialty eye hospital with advanced facilities to ensure the best of eyecare for our players.



Sports Therapy

Core Physio, the inhouse physiotherapy team evaluate our student-athletes, reducing potential injuries and promoting fitness through physical therapy, massage and corrective exercises.

Network & Eco-System



- **Karnataka State Football Association** established in 1946 the body is the State Football Association affiliated to the All India Football Federation. KSFA has hosted premium leagues in the state and is the regulatory authority for football in the state of Karnataka.



- **Rebels Foundation** is a Civil Services Organisation who believes that every child should have equal opportunities to sports. The foundation creates platforms through various scholarships programmes for the underprivileged, enabling them to live better lives through sports.



- **Nivia Sports Equipment** is a FIFA certified manufacturer of Pro Quality Match balls. The official ball partner of ISL and various reputed events besides premier teams. Nivia is RFC's valued partner Kit and equipment partner from the inception.



- **Sportswagon Rising Star**, RFC's travel partner provides national and international exposure for our teams through tournaments and training programmes besides which our players get to explore the best and discover the best attractions of the world.



- The **Bangalore District Football Association (BDFA)** is the governing body of football in Bengaluru based out of the prestigious Bangalore Football Stadium. BDFA conducts leagues besides nurturing talent and creating pathways to professional football.



- **Core Physio Academy**, winner of Excellency Award 2017 by Physio Foundation of India and the Indian Business Award 2016 for best Physiotherapy Centre, the official Physio of Kuwait National Football team is almost an in-house physiotherapy provider for RFC.



- **Touchline Sports** - One of the leading companies in Northeast Touchline works with RFCFA in scouting opportunities and exchange programs for our coaches and players, this in addition to creating professional football and placement opportunities



- **Forza Academy** is RFC's Grassroots partner in Mumbai. Together, we offer various football exchange programs which will give kids and the coaches exposure to different footballing cultures and education in different states and countries.



- **Akash International School** is a reputed institution that offers a traditions, culture and knowledge in a scholastic environment. The institution having an exclusive arrangement with RFC is affiliated offers CBSE, ICSE and IGCE syllabus for first to tenth grades.



- RFC has tied up with **Seshadripuram Education Trust**, a pioneer in education since 1930, is the foremost educational organization in Karnataka catering to over 20000 students offering multiple streams in Bachelors and Masters programmes.



- **MS Ramaiah Memorial Hospital** is one of the most reputed hospitals in Bengaluru. It's a multi-specialty hospital established in 1979. MSR Hospital is providing the diagnostic services for the Academy and also providing match day medical services.



- **Narayana Nethralaya**, is a reputed chain of Specialty Eye Hospitals with advanced facilities. With eye-sight being an important aspect of an athlete, RFC works closely with the Narayana Nethralaya to ensure the best of eyecare for our players, frequently.

FREQUENTLY ASKED QUESTIONS

1. What are the different age groups in the residential academy?

• Under-13: Born on or after 01-01-2007 • Under-15: Born on or after 01-01-2005 • Under-18: born on or after 01-01-2002 | Under-22: Born on or after 1998

2. What are the different programs available?

A. Residential academy - Semi-professional to professionals (Age Group: 10 - 22). B. Grassroots centres - Amateur to semi-professional (Age Group: 6 - 16). C. Special Clinics Camps (All Age Groups).

3. What makes RFCFA special than other existing academies in India?

• We focus on grooming talent by providing the best possible facilities and mentor ship. We create an ecosystem which is optimal for a player to develop and maintain their skills. Our Technical Director is a UEFA license coach who has personally groomed players who are playing in Brazil, Argentina and Europe. He was also a scout for one of the biggest clubs in the world Sporting Lisbon in Portugal. He has trained the youth Portugal national team and travelled them throughout the world representing in various prestigious competitions. He leads a team of licensed Indian coaches and technical staff with foreign exposure to enhance the skillsets of our players.

4. As mentioned in your brief, RFCFA has tied up with several partner institutions. Can you throw light on the same?

• The RFC Residential Academy provides our players with 360° development that they need to pursue a career in football. We have partners all over the country in helping us create the ecosystem. Please click on ecosystem link to learn more.

5. What is the financing system- Does there exist a 'pay and play' format or it's partially paid or there is funding in terms of scholarships?

• With the kind of diverse players and requests that the RFC Residential Football Academy receives, we have had to make provisions for all types of admissions and cases. There is a set fee structure, however, just the ability to meet that doesn't guarantee a spot. We take into consideration the past record of the player, his current skill level and gauge the pathway that he would like to be on in terms of pursuing football as a career. We have come across students with the skill and mental disposition to be fantastic players, but who do not have the monetary backing to go the distance. In such cases, our team does look at partial scholarship on a case-by-case basis. After all, we do not pay attention to where a player comes from, but only look at their potential and passion towards the game.

6. What is the kind of exposure provided?

• RFCFA will be competing in U 13, U 15 and U 18 I league. The talented individuals will get to play in RFC. We also have tie ups with I league teams all over the country. The athletes will be given scouting opportunities to play in foreign conditions to increase the exposure and contribute towards continuous learning and improvement. As per the senior team, if the individual is talented his profile will be sent for screening for all the top I league and ISL clubs in the country and RFCFA will take care of their representation and wellbeing.

7. What kind of food is provided?

• There is a nutrition program in place which is managed by our Nutrition Specialist. This basically includes 6 meals a day. The menu will be different for vegetarians. The diet will be designed in a way of grooming professional athletes. We also look at imparting knowledge on the food that is being consumed so that the athletes are educated and understand what is going to their body.

8. What kind of security is provided?

• There will be a 24hr guard at the facility. Also, general CCTV surveillance will be in place. This is inside a gated community and a warden is always there at the facility.

9. What does the football scholarship consist of?

• Scholarship details only provided once the player attends the trials and selected.

10. How many players will be selected for each age groups?

• Available slots U 13 – 20 | U 15 - 20 | U 18 – 25 | and U 22 - 20

11. Will a football kit be provided?

• Players will be provided with • Two pairs of jerseys • One pair of track suits • 2 pairs of stockings • 2 polo tee shirts • 1 kit bag and • 1 sipper

12. What if the player needs medical attention?

• Once the player is injured the coach at the facility will guide the player on the necessary steps. The rehab and the injury management cost are to be borne by the parent/avail a sports insurance coverage which will cover the medical bills.

13. Will the players have to go through medical examination prior to the admission?

• Yes, the player has to go through a medical examination and also provide a birth certificate

14. Are there trials in order to be admitted to the Academy?

• Yes, the player will have to come to the Academy in order to go through trials.

15. When will the selected players have to join the Academy?

• The players will join the Academy at the beginning June of every academic year

16. Can the parents watch the training sessions?

• Yes, the parents are welcome to watch the training sessions while they come to visit their kids with prior approval of the coaches.

17. Is there a specific goalkeeping training program?

• Yes, every individual player goes through goes through training in respect to his playing position on the field. Goalkeepers, Strikers, Midfielders and Defenders go through separate training modules other than blanket coaching.

18. Does my location matter?

• No, since it is a Residential Academy the current location of the player does not matter.

19. What happens once my child is signed into an Academy?

• Once the athlete is registered and the first instalment is paid,
1. Registration of the player with RFCFA (Birth certificate and Aadhar to be provided
2. Size of the kitting for the players must be given to the management
3. The athlete must enrol in the desired educational institution
4. Assigning of the athlete to the dorm
5. Confirmation on the date of the arrival of the athlete

20. How much training do an Academy student endure?

• Every student goes through 9 to 18 hours of training per week depending on Off- season, Pre-season, Preparation period and Competition week.

21. What are the payment methods? Are there any instalments?

• We accept payment by cheques, bank wire transfer, or credit card. The payment is made in two instalments during the academic year

22. How often can the player come back home?

• Weekends are off depending on the season of training; the student can choose to go home then. Winter and Summer vacation spans for about two weeks and eight weeks respectively. (This is subject to change depending on the competitions)

23. Will Visa be provided for International players?

• We will do the necessary paperwork required showing the admission to the academy. But the cost and approval process to be done from the athlete's side.

24. How will the Academy communicate with the parents?

• Quarterly progress reports regarding the football training will be sent to the parents via email. The academic reports will be sent according to the curriculum. The parents can get in touch with the Administrative officer, Warden or the Head Coach directly in case of any emergencies over phone /email

25. What is the future of the players at the academy?

• Talented individuals will be given a professional contract by the club/academy. • The younger athletes will be given opportunity to play in I league. • Once the transfer season starts and we get a requirement for a particular player we will handle the transfer and the nitty-gritties of the transfer and the future of the player. • With continuous improvement our scouting team will define the growth and the future of the player among top clubs in India and across the world

26. Are Scholarships available?

• There are various scholarship programs available for the players. The players will be informed about the same after the trials. If the players have represented their State or the Country at any level, they will be eligible for direct scholarship.

27. Will additional tutoring be provided for the players?

• The students can avail additional tutoring which will be arranged by the Academy. We need a month notice to arrange for the same. And the cost will be borne by the athletes. ■