

# INTERNATIONAL FOOTBALL FOR FRIENDSHIP AWARD VICTORY, TRADITIONS & HONOUR



## THE MUSTANGS

AYUSH RAYAL

INDIA

Baller's Football Academy

## SHORT DESCRIPTION

“The mustangs” is a project which we dedicated to improving recreation, welfare and opportunities for youth not only to gain knowledge about their body movements but also to implement it to live a healthy lifestyle and also to women in india. Sports are a major activity and unifier worldwide. Promoting motor skill development and enrichment. People worldwide unite for football; it crosses racial barriers. Football is for all; it is the bridge we use to bring people from different backgrounds, cultures and religions together. Youth face several hardships – unemployment, economic collapse, drug abuse, etc.



Training pitch 1

## SHORT DESCRIPTION

As we know that term **MUSTANG** is an American wild horse and horses do have speed and stamina but here, we are educating children from a very young age so that they could develop their capabilities to the fullest. Having knowledge with the strength always make a good combination.

The main focus of this project is to improve the children's football development as we include some fun play in between our training sessions so that we could recognize each and every player's capability for the sport.



Training pitch 2

# COMPLIANCES OF 9 VALUES

## FRIENDSHIP

A team of friends is always strong because friendship helps show talents and unite the team, strengthens teamwork skills. Senior players become friends with young footballers to gain the trust and to guide them for their good.

Every player should respect each other to develop the best qualities of a sports personality in them.



Sarthak and Mayank Kaushik



# COMPLIANCES OF 9 VALUES

## EQUALITY



Our training program motivates academy players to succeed by setting attainable goals. We try to make each and every player to understand that winning or losing is a part of game but learning in that is a forever process to win in every situation.

It is important to give fair opportunities to the deserving players to showcase their talent for the sport and for their respective academy or club.



## COMPLIANCES OF 9 VALUES

### VICTORY



We can symbolize victory as a reward for the effort of a player to make his/her team to win over difficulties or tasks.

We try to make each and every player to understand that winning or losing is a part of game but learning in that is a forever process to win in every situation.

Initially, it's difficult to make them understand but while talking about the performance of a player pre-match or post-match we try our best to make them believe of our words through live examples with the help of videos over projector.



Sarthak and Mayank Kaushik

## RELEVANCE OF THE PROJECT



Football help children learn to follow rules. Whether to follow inside the pitch or outside the pitch. the project has a **Energetic Athletic Performance Relevance.**

Before performing this high intensity program, we suggest you to focus on the mobility and flexibility. To carry forward this program you should have check on your daily diet routine and include more fluids than food. Usually, people misunderstood between flexibility (how deep you can go into a specific position) and mobility (range of motion) but these two things are different from each other.



# RELEVANCE OF THE PROJECT

Before you start doing any sports specific training you need to have a solid foundation. It is important for all athletes to warm up before practice and competition. this project is well designed sports specific performance which can mentally and physically prepare athletes for the demands of sports training and athletics events by



increasing blood flow to active muscles



raising core body temperature



enhancing metabolic reactions



improving joint range of motion



## THESE AFFECTS CAN BOOST ATHLETIC PERFORMANCE BY



enhancing oxygen delivery



increasing the speed of nerve-impulse transmissions



improving rate of force developments



maximizing strength and power





## SIGNIFICANCE OF THE PROJECT

I would like to address you the significance of my project which aims to build in children's football development.

- ✓ Making a child more energetic
- ✓ Increasing their stamina
- ✓ Creating a better relationship with your body
- ✓ Reducing the pain
- ✓ Effectiveness of a child's body movement
- ✓ Increasing your motivation



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## THANK YOU FOR ATTENTION!

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