

EQO
SPORTS
FA

EQO SPORTS FA

**CONFIDENCE
PATIENCE
PERSEVERANCE**



EqO stands for Equal Opportunity, which is at the heart of our philosophy and coaching approach.

We believe everyone with a passion for football should be welcomed, and we ensure that all players have equal opportunities to grow, both in training and matches, for their individual development.

We take pride in transforming first-time players into match-ready footballers. Rather than scouting for stars, we focus on nurturing talent from within the communities we serve.

Founded in 2020 in Bangalore, EqO Sports FA began as a private football coaching academy offering 1-on-1 advanced sessions for aspiring professional footballers. Today, we have evolved into a grassroots training program centered around community football.

Our coaching philosophy is grounded in core values of equality, inclusion, respect, and perseverance. We firmly believe that anyone can succeed if given equal and fair opportunities. It has been proven that with the right training and opportunities, players can reach their full potential. When players feel included and supported, they become valuable assets to the team.

Naturally talented players may understand the technical aspects of the game and know their strengths, but they also need to learn to respect their teammates and the spirit of the game to truly thrive in a team sport. On the other hand, those who feel they lack talent must be given the opportunity to learn, build confidence, and discover their own strengths.

For updates and more of our work, follow us on Instagram [**@eqosportsfa**](#).

ABOUT US

OUR SUCCESS

***A player that is retained is
success for us***

***A player that moves ahead to
higher challenges in football is
success for us***

***If we made a new person kick
the ball twice is success for us!***



Our coaching program is designed to help players progress from beginners to advanced or even professional footballers. Our approach combines 20% guidance, 30% Q&A, and 50% trial and error.

Rather than simply handing players a plan and expecting flawless execution, we recognize that perfect results are not always realistic. Instead, we focus on setting expectations that encourage learning through trial and error, helping players develop essential skills in a fun and engaging way, which makes our training sessions more effective.

In addition, we emphasize:

- Leveraging each player's natural abilities while encouraging them to learn from their mistakes.
- Building relationships based on respect –not only between coaches and players but also among the players themselves.
- Offering equal and fair opportunities and fostering an inclusive environment.
- Promoting sportsmanship, both on and off the field, alongside athleticism.
- Creating a comfortable, supportive environment where players can build confidence through constructive coaching.
- Making learning an enjoyable experience!



PLAYER DEVELOPMENT



Engagement Plan & Future Player Development

PARTICIPATE

We begin with the very foundation of football within our community, progressing from grassroots football all the way to the professional level. We believe that engaging in competitive football is key to accelerating a player's development. Our academy holds internal trials, exclusively for players from our centres, giving them their first taste of the football world. Our focus is primarily on the technical and social aspects of the game, including ball mastery, receiving, passing, and shooting.

PLAY

The players now have a solid understanding of the different aspects of football. As regular participants, they begin applying the EqO methodology and principles of our play. At this stage, they show noticeable improvement and start making positive contributions to their team. Additionally, they develop both mental and physical strength, allowing them to overcome challenges during matches.



LEARN

Learn through competition. In the second season of participation, players begin to understand the various rules and regulations of football, as well as the key principles of the game. They learn how to attack, defend, and transition effectively. This phase also introduces players to the tactical aspects of the sport, with a strong emphasis on continuing their technical development.

COMPETE

The players are channeling their strength into power, showing significant improvement and getting closer to their best. At this stage, they have become valuable assets to the academy and are at the peak of their development.

HOW WE SUPPORT FUTURE PLAYERS

At our community football academy, we are dedicated to nurturing and developing local talent from within. Our players exclusively compete in leagues after training with us, ensuring a cohesive and supportive environment. Our curriculum starts with foundational football and progresses all the way to advanced training, with some players reaching the potential of future professional athletes. Our coaching methodology follows the UEFA development model, designed to cultivate future pros. We take a holistic approach, focusing not only on technical and tactical skills but also on the physical, psychological, and social development of our players.

UEFA 4-Corner Model for Future Player development

TECHNICAL / TACTICAL

Basic Technique
 Passing, Receiving, Control, Shooting, Heading, Ball Mastery

In/Out of possession Transition

Attacking / Defending Formation & Shape

Uneven Sides Games
 2v1, 3v2, 5v4 **Even Sides Games**
 4v4, 5v5, 7v7

TARGET- DEVELOPING TECHNIQUE

PSYCHOLOGICAL

Communication
Confidence & Motivation
Decision Making
Learning Styles
Experimenting

TARGET- INCREASING LEARNING

ABCs
Agility
Balance
Coordination
Speed

Strength
Endurance
Power

TARGET- IMPROVING MOVEMENT

Teamwork
Support
Relationship
Responsibility
Accountability
Inclusion

TARGET- ENJOYING FOOTBALL

PHYSICAL

SOCIAL



VIKRAM SINGH

HEAD COACH & FOUNDER

Vikram Singh is a co-founder and Head Coach of the club. A dedicated athlete throughout his school years, he excelled in sports like table tennis, athletics, football, cricket, hockey, and handball. He is a four-time National Table Tennis player, former school sports captain, and district athletics champion. As an adult, Vikram played in the Midlands Regional Alliance (MRA) league in Derby, UK, and remains active in the Amateur League (TAL) in Bangalore.

Vikram holds a UEFA 'C' coaching diploma from the UK and has 9 years of football experience. He spent 4 years in the UK, where he coached grassroots football, managing teams that achieved significant success, including winning the Derby County League with GAD Khalsa U12 Boys (2017) and the Derby County League and Champions Cup with Melbourne Dynamos U10 Girls (2020).

After returning to Bangalore in 2020, Vikram focused on community football and personal football training. He helps teams compete in prestigious leagues across the city. Prior to coaching full-time, Vikram worked for 7 years in sales roles across finance, aerospace, and oil and gas industries.



MAHER KHALEEL

COACH- GRASSROOTS & U13

A passionate football coach dedicated to player development at all levels, from grassroots to elite. Maher holds an AFC C License and FA Level 1 certification from England and has coached over 200 players across various age groups. His coaching philosophy emphasizes a bottom-to-top approach that fosters physical, tactical, social, and psychological growth.

In addition to coaching, Maher is a former national-level athlete, having represented Kuwait in both football and athletics (400m and high jump) at competitions in India. Football has been a constant presence in his life, shaping his understanding of the game and his approach to developing players.

THE TEAM

LET'S TAKE IT TO THE NEXT LEVEL



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