

Gurpreet Kaur

Assistant Football Coach

Jalandhar, Punjab · [Phone] · [Email] · [Website or LinkedIn]

PROFESSIONAL SUMMARY

Former state-level footballer beginning a coaching career with youth players. Holds an AIFF grassroots licence and has assisted in running training sessions for under-12 and under-14 squads. Plans age-appropriate drills, tracks attendance and fitness, and communicates regularly with parents. Seeking an assistant coach role at a school or football academy.

SKILLS

Youth training sessions · Drill planning · Fitness testing · First aid · Match analysis basics · Parent communication · Team discipline · Video review

EXPERIENCE

Assistant Coach (Trainee) — residential football academy, Jalandhar

8 months · current

- Assists the head coach in daily sessions for 40 players in the under-12 and under-14 groups.
- Designed a warm-up and mobility routine that reduced minor muscle strains during the pre-season camp.
- Recorded match footage and prepared short clips highlighting positioning errors for weekly team reviews.

Volunteer Coach — community sports programme for girls, Jalandhar

1 year · weekends

- Ran weekend football sessions for 25 girls from nearby villages, many playing organised sport for the first time.
- Helped three players earn trials with the district team through extra skill sessions and fitness plans.

EDUCATION

Bachelor of Physical Education (B.P.Ed.) — state university department of physical education, Patiala

Represented the university in inter-university football

CERTIFICATIONS AND REGISTRATIONS

- AIFF Grassroots Leaders Licence
- Basic First Aid and CPR, recognised training provider

LANGUAGES

Punjabi · Hindi · English