FLAME students at the training session

The Foundation of Liberal and Management Education (FLAME) held a football training session on their campus recently. It started with a three-hour seminar coached by English Premier League and now Pune FC head coach Stewart Hall and his team, taking a group of male and female students through a number of training drills. The students learned skills to improve shooting, ball control and mind/body coordination as well as fitness. A physiotherapist taught them the warm up and cool down techniques. Later during the day, there was a match between the FLAME team and the Pune FC under-19 team. The Pune FC team won, but it provided an opportunity for the Flame students to test their skills against top opposition.