

Sponsor A Star

Quarterly Report

Karachi United's Sponsor a Star Program: Nurturing Future Champions

During the reporting period from November to February, Karachi United's *Sponsor a Star* academy program continued to provide structured development opportunities for young footballers from underserved communities in Karachi. The program integrates football training, academic support, and nutrition to ensure holistic development both on and off the field.

Over this four-month period, the academy engaged **21 players**, divided into two development groups:

- **Senior Group (Generation 2012–2014): 12 players**
- **Junior Group (Generation 2016): 9 players**



Across the reporting period, the players attended **68 active academy days at Karachi United**, participating in a structured daily routine that combined **academic learning, football training, and competitive match exposure**.

Quarterly Snapshot (This Reporting Period)

Indicator	Progress
Total Players	21
Active Program Days	68
Meals Provided per Player	176
Academic Subjects Covered	5 core subjects + Art
Weekly Training Schedule	5 technical sessions + 3 tactical sessions

Football Development Highlights

Football Development

Football training remained the core component of the program, with players following a structured weekly schedule designed to develop both technical ability and tactical understanding of the game.

Players trained **five days per week in morning sessions**, focusing primarily on **technical football skills** such as ball control, passing accuracy, dribbling, finishing, and coordination. These sessions are designed to build strong individual fundamentals and confidence on the ball.

In addition to the morning training, players participated in **three afternoon sessions per week (4:00 PM – 6:00 PM)** dedicated to **tactical development**. These sessions emphasized game awareness, positional understanding, teamwork, and match strategies, helping players apply their technical skills in realistic game situations.

Through this consistent training structure, players continue to strengthen their football intelligence, discipline, and physical fitness while progressing within the academy's long-term development pathway.



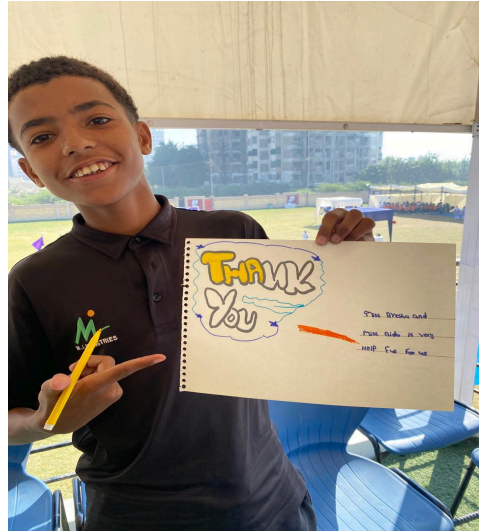
Academic Development

Education remains a central pillar of the *Sponsor a Star* program. During the reporting period, academic classes were conducted **daily from 10:00 AM to 1:15 PM on academy days**, ensuring that players continue their learning alongside football training.

The academic curriculum covered a range of core subjects including:

- Mathematics
- English
- Urdu
- General Knowledge
- Islamiat

To support creativity and personal expression, **Art classes were conducted every Friday** as part of the weekly academic schedule. These sessions provide players with opportunities to develop creative thinking, confidence, and engagement beyond traditional classroom learning.



Health & Nutrition

Nutrition remains a key component of player development within the program, ensuring that young athletes receive adequate dietary support to sustain training and healthy growth.

During the reporting period, **each player received a total of 176 nutritious meals**. These meals were carefully planned to support athletic performance and physical development.

Each meal provided approximately:

- **680 calories**
- **32 g of protein**
- **90 g of carbohydrates**
- **18 g of fats**



Closing Note

The past four months have reflected continued commitment to developing young footballers at Karachi United through a holistic approach that combines **sports, education, and health support**. With consistent training, structured academic learning, and dedicated nutritional care, the Sponsor a Star program continues to provide an environment where talented young players can grow both as athletes and individuals.

