****

**Carlisle Futsal Club Academy**

**Training Plan u10**

**Season 2019-20**



***The Vision***

‘To produce more and better Home Grown Futsal Players by developing technically excellent players who are tactically astute and independent decision makers, fully equipped for a successful future career in professional Futsal.’

**Our Values**

What matters to us is not only what we do, but also how we do it. Our values are more than a list of words. They are the foundation on which our success is built and define the culture of our club. All club members must make the commitment to live and promote these values.

**OPENESS.**

*Be straightforward, communicate honestly, listen to each other, build trust with everyone.*

**COLLABORATION.**

*Work together to deliver the best outcome for everyone and respect the capabilities of others.*

**MUTUAL DEPENDANCY.**

*Respect the needs of others, be reliable and supportive.*

**PROFESSIONAL DELIVERY.**

*Take pride in what you do. Have passion and enthusiasm to achieve your best. Deliver on your commitments every time.*

**SUSTAINABLE GROWTH.**

*Achieve what you set out to do, take opportunities, develop partnerships, work with the community to secure the Clubs long term future.*

**INNOVATION.**

*Challenge. Be brave in suggesting change. Welcome ideas and learn from others to ensure the Club has a competitive edge.*

If everyone follows the values we will be able to maintain the friendly, innovative and professional club culture we have today.

Table of Contents

[**INTRODUCTION** 4](#_Toc15985387)

[**Why do we have a Season Training Plan?** 4](#_Toc15985388)

[**Academy Playing Philosophy** 4](#_Toc15985389)

[**Progress in Season 2018/19** 4](#_Toc15985390)

[**Club Plans for 2019/20 season** 5](#_Toc15985391)

[**Training Plan 2019/20 for u10.** 5](#_Toc15985392)

[**Our Coaching Curriculum** 6](#_Toc15985393)

[**Governance** 8](#_Toc15985394)

[**GDPR** 8](#_Toc15985395)

[**Complaints procedure** 8](#_Toc15985396)

[**Health & safety information** 8](#_Toc15985397)

# **INTRODUCTION**

## **Why do we have a Season Training Plan?**

In recent years our Club has grown very quickly with new performance centres launched in West and South Cumbria as well as new age groups added in Carlisle. To ensure every member of our Club, no matter their location, receives the same high quality training each week our team of coaches will designs their sessions around our the Clubs structured teaching curriculum. This guides players learning from age 4 to u16 and ensures they are ready for adult Futsal when the time comes.

The future success of Futsal in England depends upon the top Futsal Clubs being progressive, forward-thinking and continuing to raise the standards of the sport in this country. Carlisle Futsal Clubs mission is to have adult teams competing in the FA Futsal Super League. The purpose of our Academy is to provide the foundations to allow us to build these adult teams and ensure they are sustainable. The Clubs Academy will become a self-functioning “feeder system” that identifies, develops and nurtures playing talent to improve the quality of players representing the Club.

It is essential that parents and coaches understand how we aim to achieve this and that everyone is part of the journey and the success.

Our Academy Strategy ensures that we as a club have the appropriate development structures in place to facilitate your Childs long term success.

## **Academy Playing Philosophy**

The Clubs playing philosophy is to create individuals and teams who have courage, confidence and are positive in and out of possession.

All of our Coaches are recruited and trained in the same way and share the same coaching and playing philosophy. All players in the academy will therefore play the CFC way. Training, behaviour, culture and rules should be the same throughout all Academy sessions. Our playing philosophy is engrained into our academy player’s right from the beginning of their time with the Club.

# **Progress in Season 2018/19**

The 2018/19 season saw some noticeable achievements including:

* The launch of our pre-academy for ages 3-6
* The launch of our South Cumbria Performance Centre
* The creation of our mens senior team
* Formal committee appointed including the recruitment of Martin Taylor as Club Chairman and Paul Brotherhood as Secretary.
* The expansion of our coaching team.

The AFL.uk league competition was a huge success for us as our Club. We won the final round of this competition proving we have hugely talented teams. The commitment from parents to travel and compete was incredible as always. Unfortunately the parents of other teams in the league could not demonstrate the same commitment and the FA did not like the mix of Academy and grassroots football players competing together which left us with the decision not to run this competition for the 2019/20 season. We will however be organizing plenty of matches and entering all the usual tournaments and cups.

# **Club Plans for 2019/20 season**

Our plans for the 2019/20 season include:

* Growing our volunteer army to include media, events and projects.
* Establish our mens team in National League Futsal Competition
* Establish a dedicated fan base to sell out all of our home games creating the best atmosphere in English Futsal.
* Recruit more coaches. The ideal Carlisle Futsal Club coach is typically someone who is open minded and committed to living the Clubs values and implementing our playing philosophy. No existing knowledge of Futsal is required. Recruitment will continue using this same model for season 2018/19. If you are interested in coaching with Carlisle Futsal Club please speak with Al Tindall, 07816227302.

# **Training Plan 2019/20 for u10.**

Our season is split into 8 training cycles. During each cycle we will cover specific training topics suitable for the age group and in line with the Clubs curriculum. Each cycle forms a building block along the players journey to developing into a top Futsal player.

### FA Futsal Cup: Academy teams represent in North West Finals

### **Our Coaching Curriculum**

|  |  |
| --- | --- |
| Age u10 Curriculum Overview (Foundation Phase) | |
| At this age players should be adopting Futsal techniques as a matter of habit. Ball mastery should be at a high level and players good in 1v1 attack and defence situations. There should be a focus on freedom on the ball, working in pairs around the court in attack and defence to build on the principals of match play established at u6-9. CFC set plays should be well understood and adopted in match play automatically.  Our coaches should deliver their sessions ensuring players maintain a high Futsal technical standard and a real enjoyment of learning and playing Futsal. Instructions should be clear, ask questions and interventions should be limited to only when absolutely necessary. Instruction should always be positive. | |
| **Tactical** | |
| **Team Tactics**  Players work in pairs for the benefit of the team and translate this into basic tactical formation ideas for match play. At this is age there is still a focus on the individual in possession and players should continue to hone their 1v1 skills to ensure absolute comfort in tight situations as they progress into the older age groups.  CFC set plays should become habit from kick ins, corners and goalkeeper explaining the ‘how’ and ‘why’. Refer to approved CFC set play routines for info.  Game should be played with general instruction with coaching interventions limited to the topic being coached and refreshers of previous topics.  In attack work on creating overloads in areas of the court to create shooting opportunities. | **Individual Tactics**  Players should be constant and active at all times during the game.  Of the principles of attack (width, depth, penetration) & defence (delay, depth, concentration) ensure understanding of width and depth in attack and delay and depth in defence. This links with the working in pairs theme.  Attacking elements to learn including 1. Progress up the court in pairs & 3s 2. Help the player with the ball 3. Losing a marker 4. Creating space through movement 5. Quick decision making when on the ball  Defensive elements to learn: 1. Man marking with intensity 2. Working in pairs to defend  3. Prevent a goal and recover possession of the ball quickly working in pairs. |
| **Technical** | **Physical** |
| As a minimum our coaches will cover:  Attacking techniques to be learnt include:  Shooting accuracy  Correcting deficiencies in how players strike the ball.  Passing & receiving.  Defensive techniques to be learnt include:   * Press with intensity * Watch the attackers eyes * How to tackle | Drills and practices should ALWAYS incorporate a ball. Never use session time to train players on physical elements. Practices and drills should be designed to improve:  Hand eye coordination  Perception & spatial awareness  Develop both feet  Coordination and proprioception |

The season is split into 8nr 5-6 week training cycles with each cycle focusing on one specific element of developing the Futsal player in line with our curriculum.

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| Season 2019/20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cycle 1 Theme | | | | | | Cycle 2 Theme | | | | | Cycle 3 Theme | | | | | | Cycle 4 Theme | | | | | Cycle 5 Theme | | | | | | Cycle 6 Theme | | | | | Cycle 7 Theme | | | | | Cycle 8 Theme | | | | |
| Passing (12) | | | | | | Helping the player on the ball (5) | | | | | Game communication (def) Team concentration (6) (25) | | | | | | Shooting (16) | | | | | A sport for liars (10) | | | | | | Set Plays | | | | | Utilising space (3) | | | | | The 3 second rule (2) | | | | |
| Wk 1 | Wk 2 | Wk 3 | Wk 4 | Wk 5 | Wk 6 | Wk 1 | Wk 2 | Wk 3 | Wk 4 | Wk 5 | Wk 1 | Wk 2 | Wk 3 | Wk 4 | Wk 5 | Wk 6 | Wk 1 | Wk 2 | Wk 3 | Wk 4 | Wk 5 | Wk 1 | Wk 2 | Wk 3 | Wk 4 | Wk 5 | Wk 6 | Wk 1 | Wk 2 | Wk 3 | Wk 4 | Wk 5 | Wk 1 | Wk 2 | Wk 3 | Wk 4 | Wk 5 | Wk 1 | Wk 2 | Wk 3 | Wk 4 | Wk 5 |
| INDIVIDUAL TACTICS: Quick Decisions (how & why) | TECHNICAL: Passing on the move | TEAM TACTICS: Paired movements (1) | TEAM TACTICS: Paired movements (2) | TECHNICAL: Passing techniques (differences) | INDIVIDUAL TACTICS: Passing & receiving ( both feet) | TEAM TACTICS: Passing lines | INDIVIDUAL TACTICS: Availability for a pass | INDIVIDUAL TACTICS: Creating space by movement | INDIVIDUAL TACTICS: Width & depth in attack | INDIVIDUAL TACTICS: Progress up the court in 2s & 3s | TECHNICAL: Press with intensity | INDIVIDUAL TACTICS: Man mark with intensity | INDIVIDUAL TACTIC: Prevent a goal recover possession | TECHNICAL: How to tack;e | TECHNICAL: Watch the attackers eyes | INDIVIDUAL TACTICS: Defend in pairs | TECHNICAL: How to strike the ball | TECHNICAL: Shooting with both feet | TEAM TACTICS: Overload to make shooting chances | TECHNICAL: Volleys | TECHNICAL: How to play pivot (turn & shoot) | TEAM TACTICS: Working in pairs to attack | INDIVIDUAL TACTICS: Losing a marker | TECHNICAL: Shooting to miss. Backpost finish. | TECHNICAL: Feints dodges (with & without ball) | TECHNICAL: Feints dodges (look away pass) | INDIVIDUAL TACTICS: Creating space with movement | TEAM TACTICS: Corner kicks | TEAM TACTICS: Detail of movement corners | TECHNICAL: Losing a marker | TEAM TACTICS: Kick ins | TEAM TACTICS: Detail of movement kick ins | TEAM TACTICS: Work in pairs to exploit space | TECHNICAL: Losing a marker | TEAM TACTICS: Occupy space left by team mate | TEAM TACTICS: Work in 3s to create space | INDIVIDUAL TACTICS: Work in pairs to defend space | INDIVIDUAL TACTICS: Pass & move | TEAM TACTICS: Constant movement off set plays | INDIVIDUAL TACTICS: Creating space off the ball | TECHNICAL: Press with intensity | INDIVIDUAL TACTICS: Quick decisions on the ball |

# **Governance**

## **GDPR**

All data provided by you is held securely on the Clubs database of parents contact information. This is held for no reason other than to contact you in case of emergency. It will not be shared with 3rd parties without your consent. This data will be held as long as your child is a member of the Club after this point it will be destroyed.

## **Complaints procedure**

Complaints can be made direct to the Club Welfare Officer Lesley Cullen 07983400455 or via email to info@carlislefutsal.com. You are also able to make an anonymous complaint via our Club website please visit the page www.carlislefutsal.com/governance. All complaints will be dealt with immediately and confidentially.

## **Health & safety information**

All Club policy & procedure documents are available to download from the Club website here www.carlislefutsal.com/governance.