



Academy Training Programme

U10 Season Plan



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.

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.

U10 TEAM PLAY PHILOSOPHY

There are 4 phases of play in a match and our ambition is for all teams to follow our team play philosophy in each phase. We train our teams to play in this way by following our coaching curriculum.



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

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

Physical

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 PLAN

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.

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 1	WK 1	WK 1	WK 1	WK 1	WK 1	WK 1
WK 2	WK 2	WK 2	WK 2	WK 2	WK 2	WK 2	WK 2
WK 3	WK 3	WK 3	WK 3	WK 3	WK 3	WK 3	WK 3
WK 4	WK 4	WK 4	WK 4	WK 4	WK 4	WK 4	WK 4
WK 5	WK 5	WK 5	WK 5	WK 5	WK 5	WK 5	WK 5
WK 6	WK 6	WK 6	WK 6	WK 6	WK 6	WK 6	WK 6
INDIVIDUAL TACTICS: Quick decisions on the ball	INDIVIDUAL TACTICS: Work in pairs to defend space	INDIVIDUAL TACTICS: Work in pairs to defend space	INDIVIDUAL TACTICS: Work in pairs to defend space	INDIVIDUAL TACTICS: Work in pairs to defend space	INDIVIDUAL TACTICS: Work in pairs to defend space	INDIVIDUAL TACTICS: Work in pairs to defend space	INDIVIDUAL TACTICS: Work in pairs to defend space
TECHNICAL: Press with intensity	TEAM TACTICS: Work in 3s to create space	TEAM TACTICS: Occuov space left bv team mate	TEAM TACTICS: Working in pairs to attack	TEAM TACTICS: Working in pairs to attack	TEAM TACTICS: Detail of movement kick ins	TEAM TACTICS: Detail of movement kick ins	TEAM TACTICS: Constant movement off set plays
INDIVIDUAL TACTICS: Press with intensity	TECHNICAL: Losine a marker	TECHNICAL: Losine a marker	TECHNICAL: Losine a marker	TECHNICAL: Losine a marker	TECHNICAL: Losine a marker	TECHNICAL: Losine a marker	INDIVIDUAL TACTICS: Pass & move
INDIVIDUAL TACTICS: Progress up the court in 2s & 3s	TEAM TACTICS: Corner kicks	TEAM TACTICS: Corner kicks	TEAM TACTICS: Corner kicks	TEAM TACTICS: Corner kicks	TEAM TACTICS: Corner kicks	TEAM TACTICS: Corner kicks	INDIVIDUAL TACTICS: Creatine space off the ball
INDIVIDUAL TACTICS: Width & depth in attack	INDIVIDUAL TACTICS: Creatine space with movement	INDIVIDUAL TACTICS: Creatine space with movement	INDIVIDUAL TACTICS: Creatine space with movement	INDIVIDUAL TACTICS: Creatine space with movement	INDIVIDUAL TACTICS: Creatine space with movement	INDIVIDUAL TACTICS: Creatine space with movement	INDIVIDUAL TACTICS: Creatine space off the ball
INDIVIDUAL TACTICS: Creatine space by movement	INDIVIDUAL TACTICS: Creatine space by movement	INDIVIDUAL TACTICS: Creatine space by movement	INDIVIDUAL TACTICS: Creatine space by movement	INDIVIDUAL TACTICS: Creatine space by movement	INDIVIDUAL TACTICS: Creatine space by movement	INDIVIDUAL TACTICS: Creatine space by movement	INDIVIDUAL TACTICS: Creatine space off the ball
INDIVIDUAL TACTICS: Availablity for a pass	INDIVIDUAL TACTICS: Availablity for a pass	INDIVIDUAL TACTICS: Availablity for a pass	INDIVIDUAL TACTICS: Availablity for a pass	INDIVIDUAL TACTICS: Availablity for a pass	INDIVIDUAL TACTICS: Availablity for a pass	INDIVIDUAL TACTICS: Availablity for a pass	INDIVIDUAL TACTICS: Creatine space off the ball
TEAM TACTICS: Passine lines	INDIVIDUAL TACTICS: Man mark with intensity	INDIVIDUAL TACTICS: Man mark with intensity	INDIVIDUAL TACTICS: Man mark with intensity	INDIVIDUAL TACTICS: Man mark with intensity	INDIVIDUAL TACTICS: Man mark with intensity	INDIVIDUAL TACTICS: Man mark with intensity	INDIVIDUAL TACTICS: Creatine space off the ball
INDIVIDUAL TACTICS: Passine & receiving (both feet)	INDIVIDUAL TACTICS: Prevent a goal recover possession	INDIVIDUAL TACTICS: Prevent a goal recover possession	INDIVIDUAL TACTICS: Prevent a goal recover possession	INDIVIDUAL TACTICS: Prevent a goal recover possession	INDIVIDUAL TACTICS: Prevent a goal recover possession	INDIVIDUAL TACTICS: Prevent a goal recover possession	INDIVIDUAL TACTICS: Creatine space off the ball
TECHNICAL: Passine techniques (diferences)	INDIVIDUAL TACTICS: How to strike the ball	INDIVIDUAL TACTICS: How to strike the ball	INDIVIDUAL TACTICS: How to strike the ball	INDIVIDUAL TACTICS: How to strike the ball	INDIVIDUAL TACTICS: How to strike the ball	INDIVIDUAL TACTICS: How to strike the ball	INDIVIDUAL TACTICS: Creatine space off the ball
TEAM TACTICS: Paired movements (2)	INDIVIDUAL TACTICS: Watch the attackers eyes	INDIVIDUAL TACTICS: Watch the attackers eyes	INDIVIDUAL TACTICS: Watch the attackers eyes	INDIVIDUAL TACTICS: Watch the attackers eyes	INDIVIDUAL TACTICS: Watch the attackers eyes	INDIVIDUAL TACTICS: Watch the attackers eyes	INDIVIDUAL TACTICS: Creatine space off the ball
TEAM TACTICS: Paired movements (1)	TECHNICAL: How to tack:e	TECHNICAL: How to tack:e	TECHNICAL: How to tack:e	TECHNICAL: How to tack:e	TECHNICAL: How to tack:e	TECHNICAL: How to tack:e	INDIVIDUAL TACTICS: Creatine space off the ball
TECHNICAL: Passine on the move	INDIVIDUAL TACTICS: Overload to make shooting chances	INDIVIDUAL TACTICS: Overload to make shooting chances	INDIVIDUAL TACTICS: Overload to make shooting chances	INDIVIDUAL TACTICS: Overload to make shooting chances	INDIVIDUAL TACTICS: Overload to make shooting chances	INDIVIDUAL TACTICS: Overload to make shooting chances	INDIVIDUAL TACTICS: Creatine space off the ball
INDIVIDUAL TACTICS: Quick Decisions (how & why)	INDIVIDUAL TACTICS: Shooting with both feet	INDIVIDUAL TACTICS: Shooting with both feet	INDIVIDUAL TACTICS: Shooting with both feet	INDIVIDUAL TACTICS: Shooting with both feet	INDIVIDUAL TACTICS: Shooting with both feet	INDIVIDUAL TACTICS: Shooting with both feet	INDIVIDUAL TACTICS: Creatine space off 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 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.