



Academy Training Programme

U11 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.

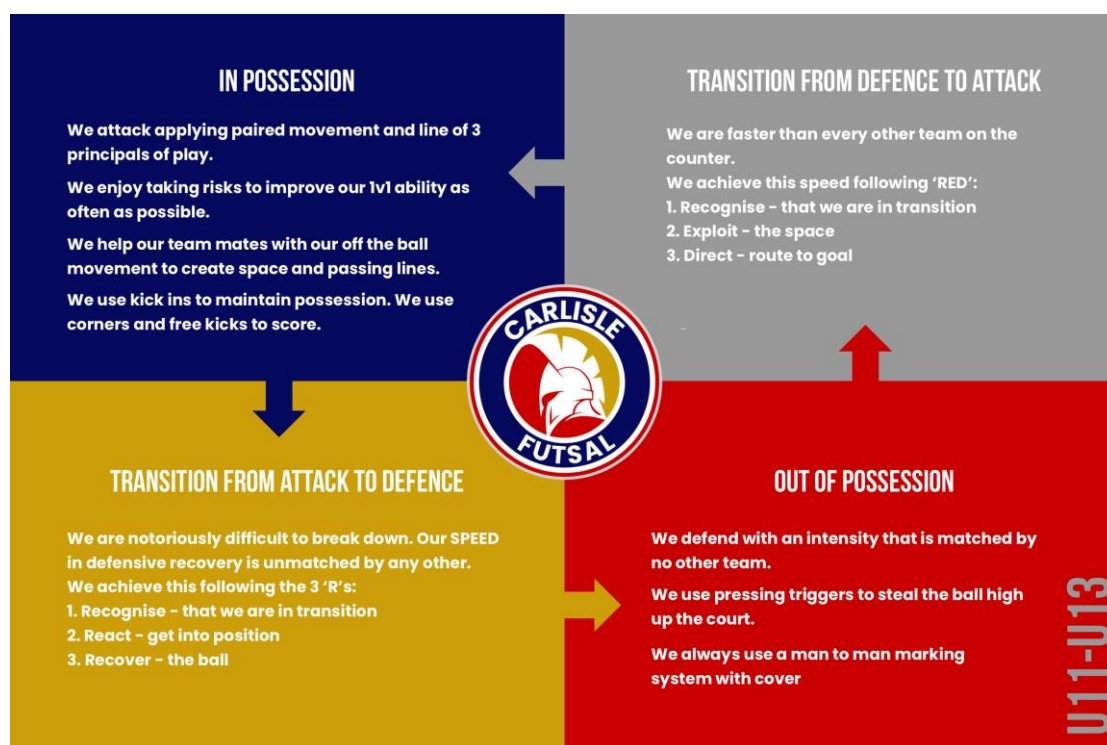
ACADEMY PLAYING PHILOSOPHY

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.

U11 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 u11 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. The focus shifts from 1v1 ability to a heavier focus on working in pairs and 3 in a line around the court. Various systems of attack and defence are explored as we aim to expand Futsal knowledge in the players.

The following needs to be known at this age:

- Where to play including positions and the court boundaries.
- What happens when the ball goes out of play (4 second rule, getting set, stop clock)
- Number of players and substitutions.
- Game length.
- How to play the ball.
- Behaviour towards the opposition.
- Sanctions including technical and discipline.

Tactical

Team Tactics

Players work in pairs and 3s in attack for the benefit of the team and translate this into tactical formation ideas for match play.

CFC set plays should become habit from kick ins, corners and goalkeeper explaining the 'how' and 'why'. More advanced routines can be introduced. Refer to approved CFC set play routines for info.

In attack work on creating overloads in areas of the court to create shooting opportunities. Utilise the principals of attack to create space to exploit.

In defence the aim is to prevent a goal and recover possession of the ball quickly working off pressing triggers.

Individual Tactics

Players should be constant and active at all times during the game.

Players should understand all of the principles of attack (width, depth, penetration) & defence (delay, depth, concentration).

Attacking elements to learn including

1. Movement & understanding of line of 3
2. 3. Losing a marker
4. Creating space through movement
5. Quick decision making when on the ball

Defensive elements to learn:

1. Pressing triggers – poor pass, negative touch.
2. Cutting off passing lines with body shape

Technical

Attacking techniques to be learnt include:

- Shooting (power and accuracy)
- Biomechanics (Approaching the ball to pass or shoot)
- Fluidity of movement

Defensive techniques to be learnt include:

- Balance when marking opposition
- Body position to facilitate interception
- Individual responsibility
- Delay, depth, cover basics

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:

- General dynamic coordination
- Perception & spatial awareness
- Consolidation of static balance and development of dynamic balance
- Develop the dominant foot
- General overall physical ability

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	
Set-Play 1		Working in pairs		Systems in Attack		Systems in Defence		Movements between 3 players		Counter-Attack		Pivot Play (3-1)		Positions on court	
Wk 5	RE-CAP	Wk 5	RE-CAP	Wk 5	RE-CAP	Wk 5	RE-CAP	Wk 5	RE-CAP	Wk 5	RE-CAP	Wk 5	RE-CAP	Wk 5	RE-CAP
Wk 4	TEAMWORK: Overloads – Maximising an overload situation	Wk 4	TEAM TACTICS: When to play quickly	Wk 4	TEAM TACTICS: Concepts/Movements between 2/3 players	Wk 4	MENTAL: Attitude off the ball	Wk 4	TEAM TACTICS: Coping with an under loaded defence	Wk 4	TEAM TACTICS: Maximising Overload situation	Wk 4	TECHNICAL: Working a shooting opportunity	Wk 4	TEAMWORK: Fundamentals of Width & Depth
Wk 3	DEFENSIVE COVER: Recognising danger	Wk 3	TEAM TACTICS: Double movements/feints	Wk 3	TEAM TACTICS: Concepts/Movements between 2/3 players	Wk 3	TEAM TACTICS: Shape & Communication	Wk 3	TEAM TACTICS: Playing a 3-1 with width & depth	Wk 3	TECHNICAL: Driving through the centre	Wk 3	TECHNICAL: Layoff & move to back post	Wk 3	TECHNICAL: Concepts – movements between 2/3 players
Wk 2	TECHNICAL: Concepts – movements between 2/3 players	Wk 2	TEAM TACTICS: Concepts (movements between 2 players)	Wk 2	TEAM TACTICS: Transition from Defence to Attack	Wk 2	TECHNICAL: Pressure – Types of pressure (Triggers)	Wk 2	TEAM TACTICS: Rotation of 3 from GK	Wk 2	TECHNICAL: Attacking at speed	Wk 2	TECHNICAL: Rolling your man	Wk 2	TEAMWORK: Fundamentals of Width & Depth
Wk 1	TEAM TACTICS: Play from a GK re-start	Wk 1	TEAM TACTICS: 2-2 DEF Press & Cover	Wk 1	TEAM TACTICS: Work the ball to the back post	Wk 1	TECHNICAL: Body positioning	Wk 1	TEAM TACTICS: Moving the ball quickly (w/Protection)	Wk 1	TEAM TACTICS: Recognising Opportunities	Wk 1	INTRO PIVOT ROLE: Positioning, body shape, control	Wk 1	TEAMWORK: Fundamentals of Width & Depth
Wk 6	RE-CAP	Wk 6	RE-CAP	Wk 6	RE-CAP	Wk 6	RE-CAP	Wk 6	RE-CAP	Wk 6	RE-CAP	Wk 6	RE-CAP	Wk 6	RE-CAP
Wk 5	RE-CAP	Wk 5	RE-CAP	Wk 5	RE-CAP	Wk 5	RE-CAP	Wk 5	RE-CAP	Wk 5	RE-CAP	Wk 5	RE-CAP	Wk 5	RE-CAP
Wk 4	TEAM TACTICS: Fks to work a shot or to back post	Wk 4	TEAM TACTICS: Concepts (movements between 2 players)	Wk 4	TEAM TACTICS: Concepts/Movements between 2/3 players	Wk 4	TEAM TACTICS: Shape & Communication	Wk 4	TEAM TACTICS: Coping with an under loaded defence	Wk 4	TEAM TACTICS: Maximising Overload situation	Wk 4	TECHNICAL: Working a shooting opportunity	Wk 4	TEAMWORK: Fundamentals of Width & Depth
Wk 3	TEAM TACTICS: Kick-ins in attacking third	Wk 3	TEAM TACTICS: Concepts (movements between 2 players)	Wk 3	TEAM TACTICS: Transition from Defence to Attack	Wk 3	TEAM TACTICS: Shape & Communication	Wk 3	TEAM TACTICS: Playing a 3-1 with width & depth	Wk 3	TECHNICAL: Driving through the centre	Wk 3	TECHNICAL: Layoff & move to back post	Wk 3	TEAMWORK: Fundamentals of Width & Depth
Wk 2	TEAM TACTICS: Kick-in in own half	Wk 2	TEAM TACTICS: Concepts (movements between 2 players)	Wk 2	TEAM TACTICS: Transition from Defence to Attack	Wk 2	TEAM TACTICS: Shape & Communication	Wk 2	TEAM TACTICS: Playing a 3-1 with width & depth	Wk 2	TECHNICAL: Driving through the centre	Wk 2	TECHNICAL: Layoff & move to back post	Wk 2	TEAMWORK: Fundamentals of Width & Depth
Wk 1	TEAM TACTICS: Play from a GK re-start	Wk 1	TEAM TACTICS: 2-2 DEF Press & Cover	Wk 1	TEAM TACTICS: Work the ball to the back post	Wk 1	TECHNICAL: Body positioning	Wk 1	TEAM TACTICS: Moving the ball quickly (w/Protection)	Wk 1	TEAM TACTICS: Recognising Opportunities	Wk 1	INTRO PIVOT ROLE: Positioning, body shape, control	Wk 1	TEAMWORK: Fundamentals of Width & Depth

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.