



Academy Training Programme

U13 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.

U13 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 u13 Curriculum Overview (Elite Development Phase)

At this age Futsal techniques should be engrained and performed as habit. We begin to focus on some of the more advanced Futsal tactical elements. Moving out of the foundation phase all players should be capable to a high standard in 1v1 situations so that the team can retain possession of the ball under pressure. Working in pairs and 3 in a line is highly important as players begin to learn rotation of position as a means to generate and exploit space. Various systems of attack and defence are explored as we aim to move away from a focus on the individual to advancing team tactical play.

The squad will move to a specific team Futsal training programme. The aim is to improve the knowledge of the rules, introduce training for a sport as an idea and not just learning through play.

It is important to recognise that players at this age are moving to secondary school and will be experience a lot of change. This should be kept in the forefront of the coach's mind.

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

Of the four phases of the game, focus on actions during transitional play.

Specific objectives in ATTACK include learning:

1. The game without the ball ie losing the defender
2. Decision making of the player with the ball
3. When to pass, shoot or progress with the ball
4. Awareness of goal and keeper when shooting
5. 1-on-1 v goalkeeper
6. Finish high into the net.

Specific objectives in DEFENCE include learning:

1. Marking the player with the ball
2. Ball interceptions
3. Preventing a shot
4. Pressing triggers – poor pass, negative touch.
5. Cutting off passing lines with body shape

Technical

Attacking techniques to be learnt include:

- Biomechanics (Approaching the ball to pass or shoot)
- Fluidity of movement
- Passing variety
- Dribbling (using both feet)
- Passing & receiving – body position

Defensive techniques to be learnt include:

- Team balance when marking opposition
- Body position to facilitate interception
- Individual responsibility
- Body position for – Delay, depth, cover

Physical

Drills and practices should ALWAYS incorporate a ball. Never use session time to train players on physical elements. Aim to improve:

- General dynamic coordination
- Perception & spatial awareness
- Develop the dominant foot
- General overall physical ability
- Behaviour

Players should develop an appreciation of training as a means of improving. There will be a focus at this age on encouraging respect for others and assessing the positive aspects of having team mates.

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 | | Rotations | | Systems in Attack | | | Systems in Defence | | | Rotations | | | Counter-Attack | | | Pivot Play (3-1) | | | Positions on court | | | | | | | | | | | | | | |
| Wk 5 | RE-CAP | Wk 4 | TEAMWORK: Overloads – Maximising an overload situation | Wk 5 | RE-CAP | Wk 4 | DEFENSIVE COVER: Recognising danger | Wk 3 | TECHNICAL: Concepts – movements between 2/3 players | Wk 2 | TEAMWORK: Fundamentals of Width & Depth | Wk 1 | RE-CAP | Wk 5 | RE-CAP | Wk 4 | TECHNICAL: Working a shooting opportunity | Wk 3 | TECHNICAL: Layoff & move to back post | Wk 2 | TECHNICAL: Rolling your man | Wk 1 | INTRO PIVOT ROLE: Positioning, body shape, control | Wk 5 | RE-CAP | Wk 4 | RE-CAP | Wk 3 | RE-CAP | Wk 2 | RE-CAP | Wk 1 | RE-CAP |
| Wk 4 | RE-CAP | Wk 3 | TEAM TACTICS: 4-0 Rotation | Wk 2 | TEAM TACTICS: 2-2 Rotations (modified) | Wk 1 | TEAM TACTICS: 2-2 Butterfly Rotations (basic) | Wk 6 | RE-CAP | Wk 5 | RE-CAP | Wk 4 | RE-CAP | Wk 3 | RE-CAP | Wk 2 | RE-CAP | Wk 1 | RE-CAP | Wk 6 | RE-CAP | Wk 5 | RE-CAP | Wk 4 | RE-CAP | Wk 3 | RE-CAP | Wk 2 | RE-CAP | Wk 1 | RE-CAP | | |
| Wk 3 | TEAM TACTICS: Kick-ins in attacking third | Wk 2 | TEAM TACTICS: Kick-in in own half | Wk 1 | TEAM TACTICS: Play from a GK re-start | Wk 6 | RE-CAP | Wk 5 | RE-CAP | Wk 4 | RE-CAP | Wk 3 | RE-CAP | Wk 2 | RE-CAP | Wk 1 | RE-CAP | Wk 6 | RE-CAP | Wk 5 | RE-CAP | Wk 4 | RE-CAP | Wk 3 | RE-CAP | Wk 2 | RE-CAP | Wk 1 | RE-CAP | Wk 6 | RE-CAP | | |
| Wk 2 | TEAM TACTICS: Patience in possession (build up play) | Wk 1 | TEAM TACTICS: Work the ball to the back post | Wk 6 | RE-CAP | Wk 5 | RE-CAP | Wk 4 | RE-CAP | Wk 3 | RE-CAP | Wk 2 | RE-CAP | Wk 1 | RE-CAP | Wk 6 | RE-CAP | Wk 5 | RE-CAP | Wk 4 | RE-CAP | Wk 3 | RE-CAP | Wk 2 | RE-CAP | Wk 1 | RE-CAP | Wk 6 | RE-CAP | Wk 5 | RE-CAP | | |
| Wk 1 | TEAM TACTICS: Concepts/Movements between 2/3 players | Wk 6 | RE-CAP | Wk 5 | RE-CAP | Wk 4 | RE-CAP | Wk 3 | RE-CAP | Wk 2 | RE-CAP | Wk 1 | RE-CAP | Wk 6 | RE-CAP | Wk 5 | RE-CAP | Wk 4 | RE-CAP | Wk 3 | RE-CAP | Wk 2 | RE-CAP | Wk 1 | RE-CAP | Wk 6 | RE-CAP | Wk 5 | RE-CAP | Wk 4 | RE-CAP | | |
| Wk 6 | RE-CAP | Wk 5 | RE-CAP | Wk 4 | RE-CAP | Wk 3 | RE-CAP | Wk 2 | RE-CAP | Wk 1 | RE-CAP | Wk 6 | RE-CAP | Wk 5 | RE-CAP | Wk 4 | RE-CAP | Wk 3 | RE-CAP | Wk 2 | RE-CAP | Wk 1 | RE-CAP | Wk 6 | RE-CAP | Wk 5 | RE-CAP | Wk 4 | RE-CAP | Wk 3 | RE-CAP | | |
| Wk 5 | RE-CAP | Wk 4 | RE-CAP | Wk 3 | RE-CAP | Wk 2 | RE-CAP | Wk 1 | RE-CAP | Wk 6 | RE-CAP | Wk 5 | RE-CAP | Wk 4 | RE-CAP | Wk 3 | RE-CAP | Wk 2 | RE-CAP | Wk 1 | RE-CAP | Wk 6 | RE-CAP | Wk 5 | RE-CAP | Wk 4 | RE-CAP | Wk 3 | RE-CAP | Wk 2 | RE-CAP | Wk 1 | RE-CAP |
| Wk 4 | RE-CAP | Wk 3 | RE-CAP | Wk 2 | RE-CAP | Wk 1 | RE-CAP | Wk 6 | RE-CAP | Wk 5 | RE-CAP | Wk 4 | RE-CAP | Wk 3 | RE-CAP | Wk 2 | RE-CAP | Wk 1 | RE-CAP | Wk 6 | RE-CAP | Wk 5 | RE-CAP | Wk 4 | RE-CAP | Wk 3 | RE-CAP | Wk 2 | RE-CAP | Wk 1 | RE-CAP | Wk 6 | RE-CAP |
| Wk 3 | RE-CAP | Wk 2 | RE-CAP | Wk 1 | RE-CAP | Wk 6 | RE-CAP | Wk 5 | RE-CAP | Wk 4 | RE-CAP | Wk 3 | RE-CAP | Wk 2 | RE-CAP | Wk 1 | RE-CAP | Wk 6 | RE-CAP | Wk 5 | RE-CAP | Wk 4 | RE-CAP | Wk 3 | RE-CAP | Wk 2 | RE-CAP | Wk 1 | RE-CAP | Wk 6 | RE-CAP | Wk 5 | RE-CAP |
| Wk 2 | RE-CAP | Wk 1 | RE-CAP | Wk 6 | RE-CAP | Wk 5 | RE-CAP | Wk 4 | RE-CAP | Wk 3 | RE-CAP | Wk 2 | RE-CAP | Wk 1 | RE-CAP | Wk 6 | RE-CAP | Wk 5 | RE-CAP | Wk 4 | RE-CAP | Wk 3 | RE-CAP | Wk 2 | RE-CAP | Wk 1 | RE-CAP | Wk 6 | RE-CAP | Wk 5 | RE-CAP | Wk 4 | RE-CAP |
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| Wk 5 | RE-CAP | Wk 4 | RE-CAP | Wk 3 | RE-CAP | Wk 2 | RE-CAP | Wk 1 | RE-CAP | Wk 6 | RE-CAP | Wk 5 | RE-CAP | Wk 4 | RE-CAP | Wk 3 | RE-CAP | Wk 2 | RE-CAP | Wk 1 | RE-CAP | Wk 6 | RE-CAP | Wk 5 | RE-CAP | Wk 4 | RE-CAP | Wk 3 | RE-CAP | Wk 2 | RE-CAP | Wk 1 | RE-CAP |
| Wk 4 | RE-CAP | Wk 3 | RE-CAP | Wk 2 | RE-CAP | Wk 1 | RE-CAP | Wk 6 | RE-CAP | Wk 5 | RE-CAP | Wk 4 | RE-CAP | Wk 3 | RE-CAP | Wk 2 | RE-CAP | Wk 1 | RE-CAP | Wk 6 | RE-CAP | Wk 5 | RE-CAP | Wk 4 | RE-CAP | Wk 3 | RE-CAP | Wk 2 | RE-CAP | Wk 1 | RE-CAP | Wk 6 | RE-CAP |
| Wk 3 | RE-CAP | Wk 2 | RE-CAP | Wk 1 | RE-CAP | Wk 6 | RE-CAP | Wk 5 | RE-CAP | Wk 4 | RE-CAP | Wk 3 | RE-CAP | Wk 2 | RE-CAP | Wk 1 | RE-CAP | Wk 6 | RE-CAP | Wk 5 | RE-CAP | Wk 4 | RE-CAP | Wk 3 | RE-CAP | Wk 2 | RE-CAP | Wk 1 | RE-CAP | Wk 6 | RE-CAP | Wk 5 | RE-CAP |
| Wk 2 | RE-CAP | Wk 1 | RE-CAP | Wk 6 | RE-CAP | Wk 5 | RE-CAP | Wk 4 | RE-CAP | Wk 3 | RE-CAP | Wk 2 | RE-CAP | Wk 1 | RE-CAP | Wk 6 | RE-CAP | Wk 5 | RE-CAP | Wk 4 | RE-CAP | Wk 3 | RE-CAP | Wk 2 | RE-CAP | Wk 1 | RE-CAP | Wk 6 | RE-CAP | Wk 5 | RE-CAP | Wk 4 | RE-CAP |
| Wk 1 | RE-CAP | Wk 6 | RE-CAP | Wk 5 | RE-CAP | Wk 4 | RE-CAP | Wk 3 | RE-CAP | Wk 2 | RE-CAP | Wk 1 | RE-CAP | Wk 6 | RE-CAP | Wk 5 | RE-CAP | Wk 4 | RE-CAP | Wk 3 | RE-CAP | Wk 2 | RE-CAP | Wk 1 | RE-CAP | Wk 6 | RE-CAP | Wk 5 | RE-CAP | Wk 4 | RE-CAP | Wk 3 | RE-CAP |

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.