



Academy Training Programme
U14-U17 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.

U14-U17 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 expect teams at this age to play in the same way as our first team to make the transition from academy futsal to first team futsal as smooth as possible.

We train our teams to play in this way by following our coaching curriculum.



OUR COACHING CURRICULUM

Age u14-U17 Curriculum Overview (Elite Development Phase)

At this age Futsal techniques should be engrained and performed as habit which allows us to begin to really focus on the detail of the more advanced Futsal tactical elements. 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 use triggers off each other's movements in match play to instigate rotation patterns as a means to generate and exploit space. Various systems of attack and defence are explored as the focus becomes purely on team play and not on the individual.

Advance the idea of training for a sport and not just training to learn through play. We can start to analyse mistakes to motivate players to train and improve.

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 are learnt. Refer to approved CFC set play routines for info.

All attacking systems are explored including the introduction of fly keeper.

All defensive systems are explored including defending the fly keeper.

Individual Tactics

Of the four phases of the game, focus on speed of 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
Passing (12)	Generous with passing	Using the goalkeeper & aggression	Utilise space, patience & rotation	Set plays 1	Open the court –back post	Shooting & counter finish	Using the goalkeeper rotation
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
TEAM TACTICS: Application of skills – match play	TEAM TACTICS: Rotating under pressure (fluid moves) 2	TEAM TACTICS: Friendly to assess progress	TEAM TACTICS: Rotation in match play practice	TEAM TACTICS: Set pieces in match play 2	TEAM TACTICS: Playing with width (The how and why)	TEAM TACTICS: Counter attack 2	TEAM TACTICS: Pass & receive body position
TECHNICAL: 1v1 situations ' Keeping the ball'	TEAM TACTICS: Rotating under pressure (fluid moves) 1	TEAM TACTICS: Counter attack 1 – fluency	TEAM TACTICS: Working in pairs to attack (block)	TEAM TACTICS: Set pieces in match play 1	TEAM TACTICS: Friendly game assess progress	TEAM TACTICS: Counter attack 1	INDIVIDUAL TACTICS: Marking the player with the ball
INDIVIDUAL TACTICS: Paired movements in Futsal	INDIVIDUAL TACTICS: Possession drill	INDIVIDUAL TACTICS: Losing a marker to shoot	TECHNICAL: Diagonal pass	TECHNICAL: Detailed movements corners free kicks	TEAM TACTICS: Effective defense → Counter attack	INDIVIDUAL TACTICS: Different shooting in Futsal - volleys	TECHNICAL: 1v1 goalkeeper/finishing
INDIVIDUAL TACTICS: Decision making	TEAM TACTICS: Possession drills 2	TEAM TACTICS: Back post width & back post in match	TEAM TACTICS: Effective defense → Counter attack	TEAM TACTICS: Detailed movements corners free kicks	TEAM TACTICS: Defensive system 2 full court	INDIVIDUAL TACTICS: Different shooting in Futsal - volleys	TEAM TACTICS: Generous passing in match play
TECHNICAL: Passing & control technique in Futsal	TEAM TACTICS: Rondo	INDIVIDUAL TACTICS: Interceptions	TEAM TACTICS: Defensive system 2 full court	TEAM TACTICS: set pieces in match play 1	TEAM TACTICS: Defensive system 1 – half court	INDIVIDUAL TACTICS: Different shooting in Futsal - volleys	TEAM TACTICS: Flv Keeper 5v4
	TEAM TACTICS: Rotation 3x1	INDIVIDUAL TACTICS: Interceptions	TEAM TACTICS: Defensive system 1 – half court	TEAM TACTICS: set pieces in match play 2	TEAM TACTICS: Defensive system 2 full court	INDIVIDUAL TACTICS: Different shooting in Futsal - volleys	TEAM TACTICS: Possession drills 2
	TEAM TACTICS: Rotation 2x2	INDIVIDUAL TACTICS: Interceptions	TEAM TACTICS: Defensive system 1 – half court	TEAM TACTICS: set pieces in match play 2	TEAM TACTICS: Defensive system 2 full court	INDIVIDUAL TACTICS: Different shooting in Futsal - volleys	TEAM TACTICS: Possession drills 2
	TEAM TACTICS: Team movements in Futsal	INDIVIDUAL TACTICS: Interceptions	TEAM TACTICS: Defensive system 1 – half court	TEAM TACTICS: set pieces in match play 2	TEAM TACTICS: Defensive system 2 full court	INDIVIDUAL TACTICS: Different shooting in Futsal - volleys	TEAM TACTICS: Possession drills 2
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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.