



Academy Training Programme

U7-U8 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.



OUR COACHING CURRICULUM

Age u9 Curriculum Overview (Foundation Phase)

At this age our squads should already have a good level of ball mastery competence and be capable in 1v1 attack and defence situations. There should be a strong focus on the Futsal technical basics and having fun in the sessions with lots of match play. It is important at this age that the building blocks of Futsal tactical elements covered at u6-u8 are built on. Introducing some of the CFC dead ball movements are a great way to achieve this. The focus is on creating players teams that can play Futsal and identify the differences between Futsal and Football.

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

We introduce the idea of working in pairs for the benefit of the team and translate this into the 2-2 defensive formation for match play.

CFC set plays should be learnt from kick in, 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 focus on moving the ball towards the opposition's goal to find a suitable shooting position and introduce shoot to miss with back post finish.

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

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
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

Technical

As a minimum our coaches will cover:

Attacking techniques to be learnt include:

- Shooting accuracy
- Correcting deficiencies in how players strike the ball.
- Dribbling (using both feet).
- 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

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.