

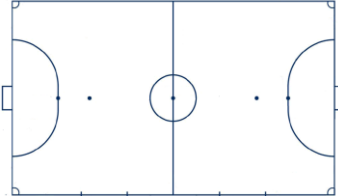
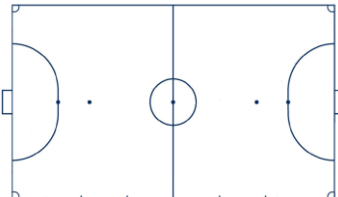
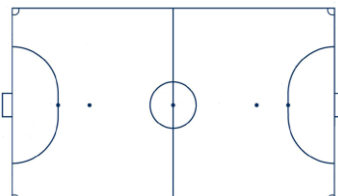
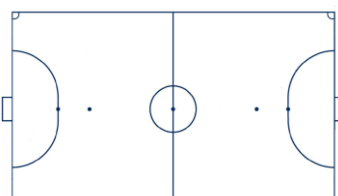
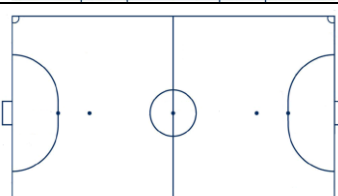
Queensland School Futsal

Beginner 6 week program



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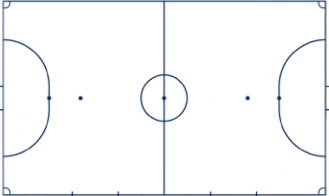
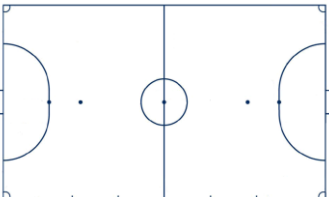
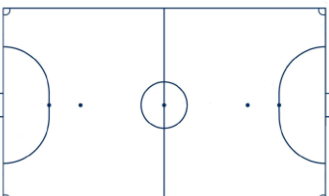
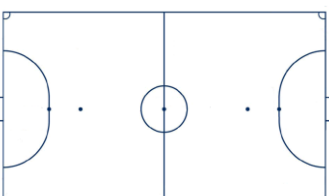
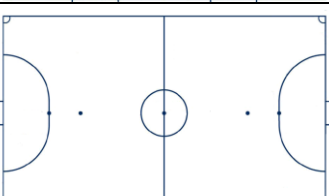
All documents are produced and provided by River City Futsal Club

| Place: | Beginner Program | Time: | Session #1 | Team: | QSF |
|----------------------|---|-------------------|---|-------|------------|
| Technical Objective: | | | Development of first touch with/without pressure | | |
| Technical Content: | | | Repetition and introduction of first touch | | |
| | Diagram | Time | Developments / Key points | | Materials: |
| Warm up |  | 5 15 10 | Exercises with a ball – dribble, front/back taps... Fundamentals – 5 exercises x 3 minutes each <ul style="list-style-type: none"> - Dribble middle, pass L/R - Pass L/R, pass, move backwards Rondo <ul style="list-style-type: none"> - 4v1 in squares Change defender ever change of possession | | |
| Main drill (1) |  | 10 15 | Rondo – 6v1 <ul style="list-style-type: none"> - Two touch, one touch Left foot/Right foot goals <ul style="list-style-type: none"> - 3v3/4v4 - Added bib for defender | | |
| Main drill (2) |  | 10 20 | Square possession <ul style="list-style-type: none"> - 3v1, ball carrier always 2 options Possession 6v4 in middle, 2 outside attackers <ul style="list-style-type: none"> - Pass to outside replace that player - 5 passes = 1 goal, defenders score in big goal - Scan and positioning, pass to space | | |
| Game play |  | 20 | Open game play, no restrictions Focus on passing and first touch Movement and defensive recovery | | |
| Warm down |  | 5 | Standard warm down across court <ul style="list-style-type: none"> - Jog, knees, heels, gates (open/close) Stretch in circle <ul style="list-style-type: none"> - Debrief of the session | | |

Additional Notes

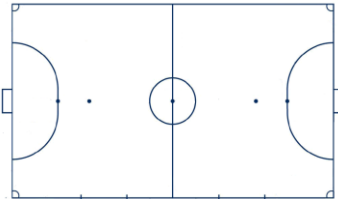
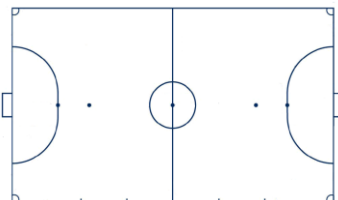
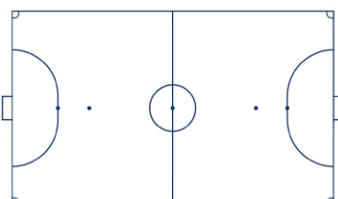
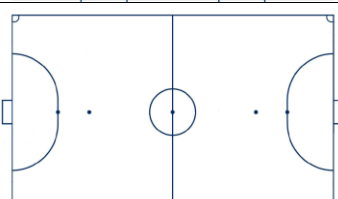

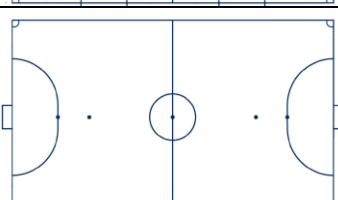


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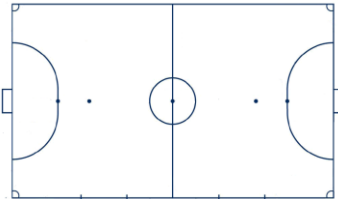
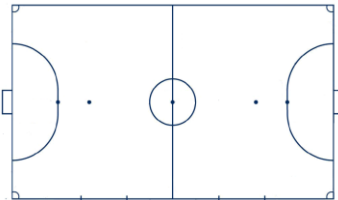
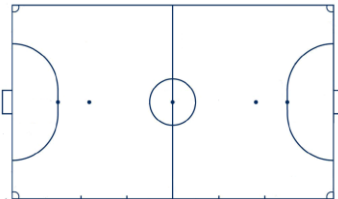
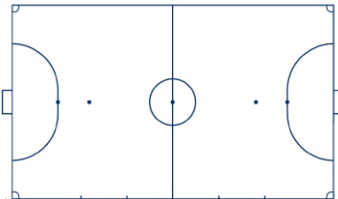
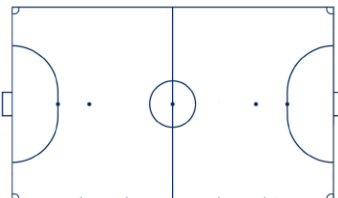
| Place: | Beginner Program | Time: | Session #2 | Team: | QSF |
|----------------------|---|-------------------|---|-------|------------|
| Technical Objective: | | | Development of passing in game situations | | |
| Technical Content: | | | Repetition of passing with/without pressure | | |
| | Diagram | Time | Developments / Key points | | Materials: |
| Warm up |  | 5 15 10 | Exercises with a ball – dribble, front/back taps... Fundamentals – 5 exercises x 3 minutes each <ul style="list-style-type: none"> - Dribble middle, pass L/R - Pass L/R, pass, move backwards Rondo <ul style="list-style-type: none"> - 4v1 in squares Change defender ever change of possession | | |
| Main drill (1) |  | 15 | Possession games <ul style="list-style-type: none"> - 7 passes = 1 goal - 4v4 in half court - 2 touches; 3 seconds on the ball | | |
| Main drill (2) |  | 15 | Double shooting <ul style="list-style-type: none"> - Agility work resulting in two shots - Front on & on an angle Right side then left side <ul style="list-style-type: none"> - Back post and placement of shots | | |
| Game play |  | 50 | Gameplay <ul style="list-style-type: none"> - Half court press - Counter attack - Transition from attack/defence | | |
| Warm down |  | 5 | Standard warm down across court <ul style="list-style-type: none"> - Jog, knees, heels, gates (open/close) Stretch in circle Debrief of the session | | |



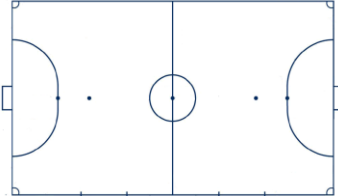
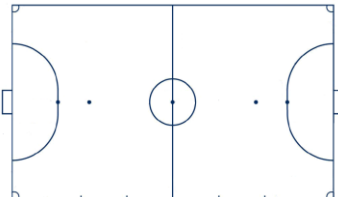
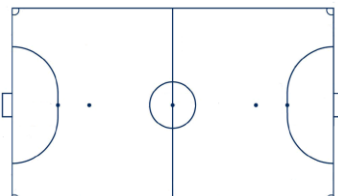
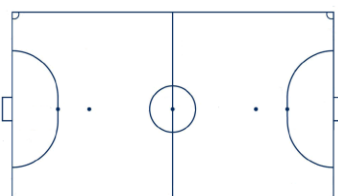
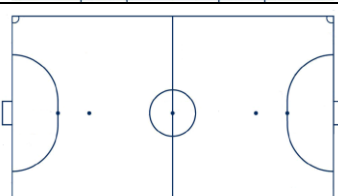
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| Place: | Beginner Program | Time: | Session #3 | Team: | QSF | | |
|----------------------|---|-------------------|--|--------------------|-----|--|---|
| Technical Objective: | | | Fundamental development | Technical Content: | | Passing and receiving without pressure | |
| | Diagram | Time | Developments / Key points | | | | |
| Warm up |  | 5 15 10 | Exercises with a ball – dribble, front/back taps... Fundamentals – 5 exercises x 3 minutes each <ul style="list-style-type: none"> - Dribble middle, pass L/R - Pass L/R, pass, move backwards Rondo <ul style="list-style-type: none"> - 4v1 in squares - Change defender ever change of possession | | | Materials: | |
| Main drill (1) |  | 15 | Passing Squares (beginner) <ul style="list-style-type: none"> - Pass and follow, anticlockwise then clockwise Focus: <ul style="list-style-type: none"> - Body shape - Positioning (receiving/passing) - Dragging ball across side to side | | | | |
| Main drill (2) |  | 20 | Half court 3v3 OR 4v4 <ul style="list-style-type: none"> - Small sided games, getting pressure on players - Try to limit touches to 2 or 3 if possible - Can only score in attacking half - Rotate teams every 5 minutes | | | | |
| Game play |  | 20 | Open game play <ul style="list-style-type: none"> - No restrictions Focus: <ul style="list-style-type: none"> - Moving the ball, pass and create option - Defending and transition from ATT to DEF - Creating space in ATT, limiting space in DEF | | | | Additional Notes  |
| Warm down |  | 5 | Standard warm down across court <ul style="list-style-type: none"> - Jog, knees, heels, gates (open/close) Stretch in circle Debrief of the session | | | | |



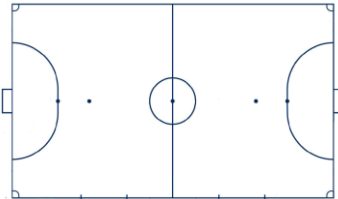
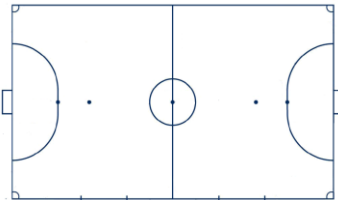
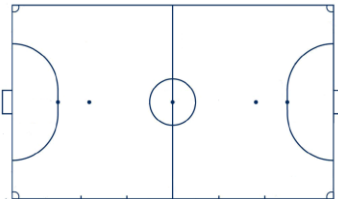
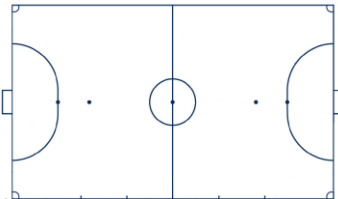
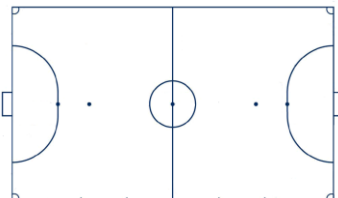
| Place: | Beginner Program | Time: | Session #4 | Team: | QSF | |
|----------------------|---|-------------------|--|--------------------|------------|--|
| Technical Objective: | | | Fundamental development | Technical Content: | | Passing and receiving without pressure |
| | Diagram | Time | Developments / Key points | | Materials: | |
| Warm up |  | 5 15 10 | Exercises with a ball – dribble, front/back taps... Fundamentals – 5 exercises x 3 minutes each <ul style="list-style-type: none"> - Dribble middle, pass L/R - Pass L/R, pass, move backwards Rondo <ul style="list-style-type: none"> - 4v1 in squares - Change defender ever change of possession | | | |
| Main drill (1) |  | 15 | Passing Squares (beginner) <ul style="list-style-type: none"> - Pass and follow, anticlockwise then clockwise Focus: <ul style="list-style-type: none"> - Body shape - Positioning (receiving/passing) - Dragging ball across side to side | | | |
| Main drill (2) |  | 20 | Left/Right goals <ul style="list-style-type: none"> - 3v3 game play, scoring in different goals with L/R Focus: <ul style="list-style-type: none"> - Players moving to receive pass - Defending behind the ball once possession turned - Receiving and looking up for next pass | | | |
| Game play |  | 20 | Open game play <ul style="list-style-type: none"> - No restrictions Focus: <ul style="list-style-type: none"> - Moving the ball, pass and create option - Defending and transition from ATT to DEF - Creating space in ATT, limiting space in DEF | | | |
| Warm down |  | 5 | Standard warm down across court <ul style="list-style-type: none"> - Jog, knees, heels, gates (open/close) Stretch in circle Debrief of the session | | | |



| Place: | Beginner Program | Time: | Session #5 | Team: | QSF |
|----------------------|---|-------------------|--|-------|------------|
| Technical Objective: | | | Fundamental development; shooting | | |
| Technical Content: | | | Passing, receiving and shooting with pressure | | |
| | Diagram | Time | Developments / Key points | | Materials: |
| Warm up |  | 5 15 10 | Exercises with a ball – dribble, front/back taps... Fundamentals – 5 exercises x 3 minutes each <ul style="list-style-type: none"> - Dribble middle, pass L/R - Pass L/R, pass, move backwards Rondo <ul style="list-style-type: none"> - 4v1 in squares - Change defender ever change of possession | | |
| Main drill (1) |  | 20 | 2v2 – ¼ court games <ul style="list-style-type: none"> - Score by stopping ball on end line <ul style="list-style-type: none"> o Halfway or goal line Focus <ul style="list-style-type: none"> - Touch, pass, move - Beating a player 1v1 using skills | | |
| Main drill (2) |  | 15 | Target Shooting (beginner) <ul style="list-style-type: none"> - Corner, halfway, target, layoff, shoot - Shooter becomes target - Target collects ball goes to corner Focus <ul style="list-style-type: none"> - Correct lay off technique - Direct run at target before shooting (CoP) | | |
| Game play |  | 20 | Open game play <ul style="list-style-type: none"> - No restrictions Focus: <ul style="list-style-type: none"> - Moving the ball, pass and create option - Defending and transition from ATT to DEF - Creating space in ATT, limiting space in DEF | | |
| Warm down |  | 5 | Standard warm down across court <ul style="list-style-type: none"> - Jog, knees, heels, gates (open/close) Stretch in circle Debrief of the session | | |



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| Place: | Beginner Program | Time: | Session #6 | Team: | QSF |
|----------------------|---|-------------------|--|-------|------------|
| Technical Objective: | | | Fundamental development; shooting | | |
| Technical Content: | | | Passing, receiving and shooting with pressure | | |
| | Diagram | Time | Developments / Key points | | Materials: |
| Warm up |  | 5 15 10 | Exercises with a ball – dribble, front/back taps... Fundamentals – 5 exercises x 3 minutes each <ul style="list-style-type: none"> - Dribble middle, pass L/R - Pass L/R, pass, move backwards Rondo <ul style="list-style-type: none"> - 4v1 in squares - Change defender ever change of possession | | |
| Main drill (1) |  | 20 | 2v2 – ¼ court games <ul style="list-style-type: none"> - Score by stopping ball on end line <ul style="list-style-type: none"> o Halfway or goal line Focus <ul style="list-style-type: none"> - Touch, pass, move - Beating a player 1v1 using skills | | |
| Main drill (2) |  | 15 | Target Shooting (beginner) <ul style="list-style-type: none"> - Corner, halfway, target, layoff, shoot - Shooter becomes target - Target collects ball goes to corner Focus <ul style="list-style-type: none"> - Correct lay off technique - Direct run at target before shooting (CoP) | | |
| Game play |  | 20 | Open game play <ul style="list-style-type: none"> - No restrictions Focus: <ul style="list-style-type: none"> - Moving the ball, pass and create option - Defending and transition from ATT to DEF - Creating space in ATT, limiting space in DEF | | |
| Warm down |  | 5 | Standard warm down across court <ul style="list-style-type: none"> - Jog, knees, heels, gates (open/close) Stretch in circle Debrief of the session | | |



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