

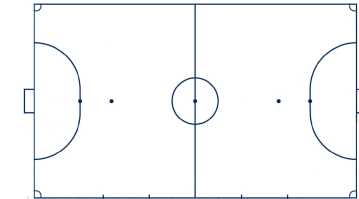
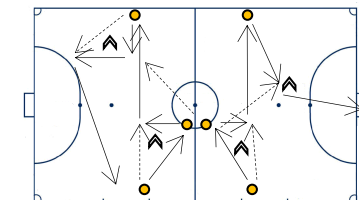
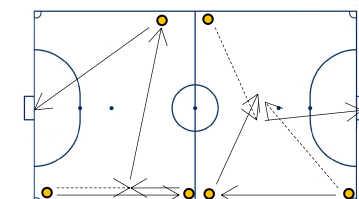
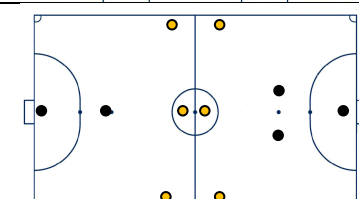
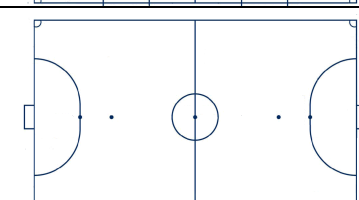
Queensland School Futsal

Advanced 10 week program

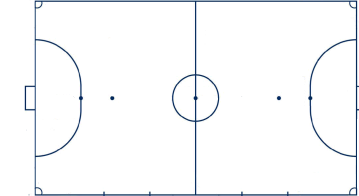
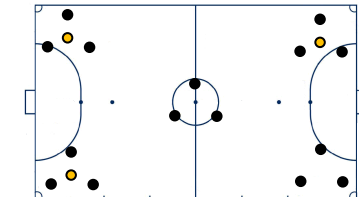
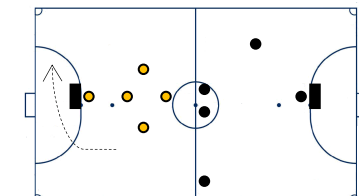
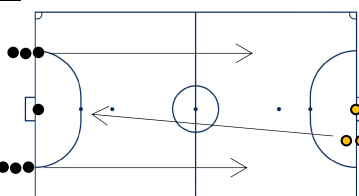
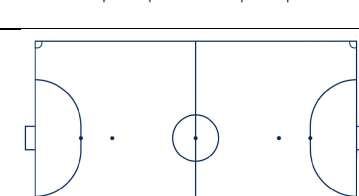


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Place:	Advanced Program	Time:	Session #1	Team:	QSF
Technical Objective: Introduction to training plan			Technical Content: Fundamental basis and analysis		
	Diagram	Time	Developments / Key points		Materials:
Warm up		5 15	Introduction and discussion (outline of session) 10 minute cycle (1 min/ex) Stretch between exercises 4m: 2 touch, 4m: 1 touch, 8m (repeat) sideline (repeat) 4m: pass, 2 step back, 8m: touch, pass different foot 2m: 1 touch with sole, 2m: one touch normal		
Main drill (1)		20	US Passing Exercise <ul style="list-style-type: none"> - Double wall pass, change player on second - Groups of 5: 3,1,1 follow ball movement Advance into using a target <ul style="list-style-type: none"> - Second wall pass becomes back to goal target 		
Main drill (2)		10 10	Shooting Variations <ul style="list-style-type: none"> - Sideline, drop, cross court and finish - Swap sides after 7 mins Change exercise <ul style="list-style-type: none"> - Pass, target, drop, back post - Swap sides after 7 mins 		
Game play		10 10	3v1: DEF swap after 6 possessions <ul style="list-style-type: none"> - Start possession on halfway - Operate both ends of the court <ul style="list-style-type: none"> o 4 groups of 3 + 2 DEF 3v2: swap after 4 possessions Ball movement, body shape and positioning of DEF Use DEF strap if needed		
Warm down		5 5	Across court exercises Discussion of session		

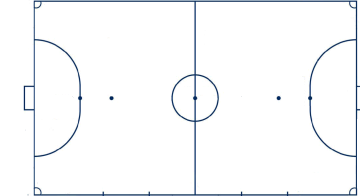
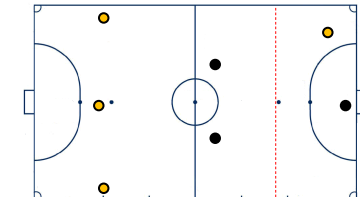
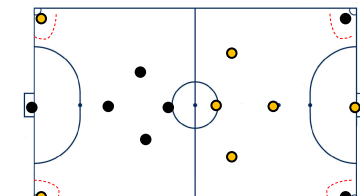
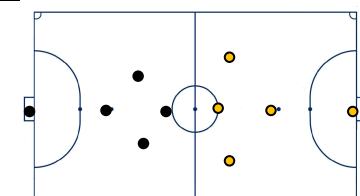
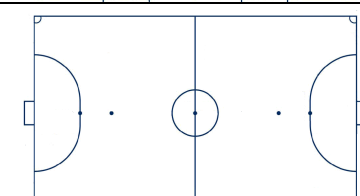


Place:	Advanced Program	Time:	Session #2	Team:	QSF
Technical Objective: Numerical Advantages			Technical Content: Understanding of advantages, successful finish, ATT flow		
	Diagram	Time	Developments / Key points		Materials:
Warm up		5 15	Introduction and discussion (outline of session) 10 minute cycle (1 min/ex) Stretch between exercises 4m: 2 touch, 4m: 1 touch, 8m (repeat) sideline (repeat) 4m: pass, 2 step back, 8m: touch, pass different foot 2m: 1 touch with sole, 2m: one touch normal		
Main drill (1)	 <p>red is ATT, yellow is DEF DEF changes on who loses ball must go to another grid to DEF</p>	10	Bay Area rondo 3v1 subjective change <ul style="list-style-type: none"> - DEF transition on BP - ATT stay and play the ball awaiting DEF Turn of BP, ATT player changes to DEF and goes to new grid Continuous 5 mins, 3 sets of exercise		
Main drill (2)		30	5v5 advantage situations <ul style="list-style-type: none"> - Goals on the edge of the D - Scorer, runs around back of the goal before DEF Gives ATT team a chance to play 5v4 on a fast break Possession allows for a counter attack opportunity		
Game play		20	1v1; 2v1 return 3 mins of high intensity Swap ends after 3 mins; count score 1R v GK, after shot 2B v 1R + GK Repeat after each shot Shot on left, shot on right; restart 1vGK on left then 2v1 right		
Warm down		5 5	Across court exercises Discussion of session		

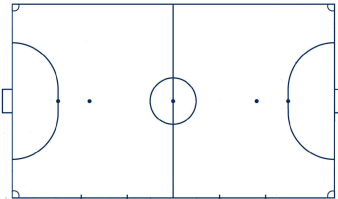
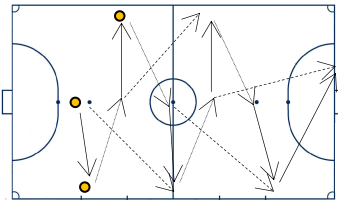
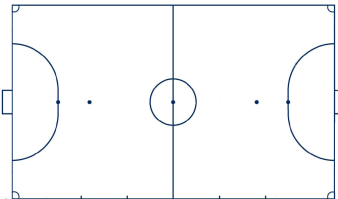
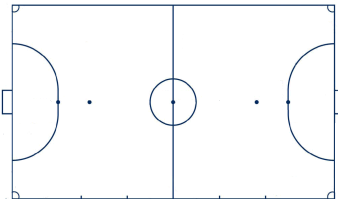
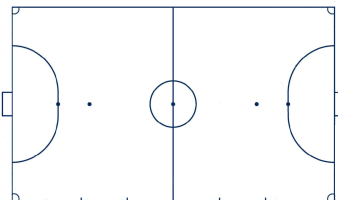


Place:	Advanced Program	Time:	Session #3	Team:	QSF
Technical Objective: Counter Attack Systems			Technical Content: Concepts of C/A, ATT mentality and methodology		
	Diagram	Time	Developments / Key points		Materials:
Warm up		5 15	Introduction and discussion (outline of session) 10 minute cycle (1 min/ex) Stretch between exercises 4m: 2 touch, 4m: 1 touch, 8m (repeat) sideline (repeat) 4m: pass, 2 step back, 8m: touch, pass different foot 2m: 1 touch with sole, 2m: one touch normal		
Main drill (1)	 pattern 1R v GK, 1Y v 1R+GK, 2R v 1Y + GK	20	Corner Counter Attack 4 teams x 4 players Numerical advantage to balanced ATT 1vGK, 1v1+GK, 2v1+GK, 2v2+GK Go to 4v4 then restart with new teams Continuous swap, teams change ends after round		
Main drill (2)	 group 1: attacks left to right group 2: attacks right to left group 1: attacks right to left group 2: attacks left to right	20	Pyramid Counter Attack 1vGK, 2v1+GK, 4v3+GK 1: 3 secs, 2: 5 secs, 3: 7 secs 2 groups, 1 at each end; continuous exercise 4v3, adjust into ATT concepts (4 rules of ATT)		
Game play	 Red 3 ATT, Yellow 2 recovery DEF 2 recovery DEF, high five then transition on pass Halfway DEF, delays the C/A	20	Puella Counter Attack 3v3 (1 delay + 2 recovery) Groups of 4, swap after 3 attacks 4 changes to allow role change Score before DEF recovery arrives		
Warm down		5 5	Across court exercises Discussion of session		



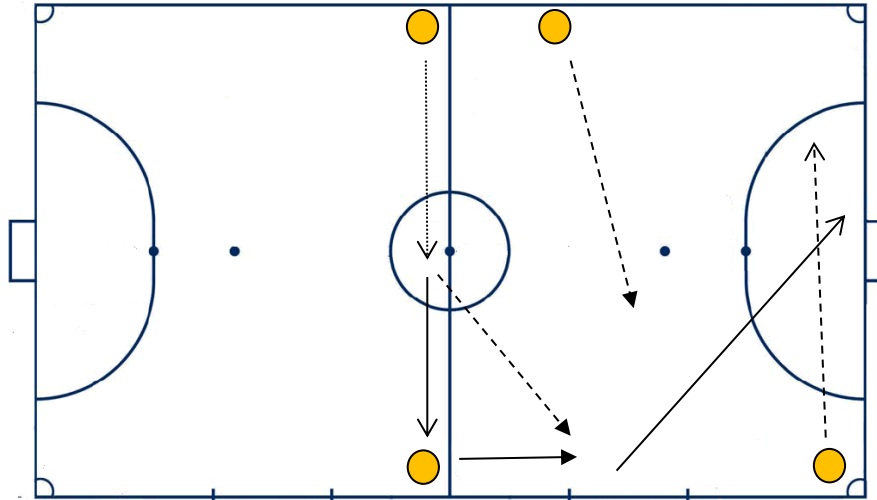
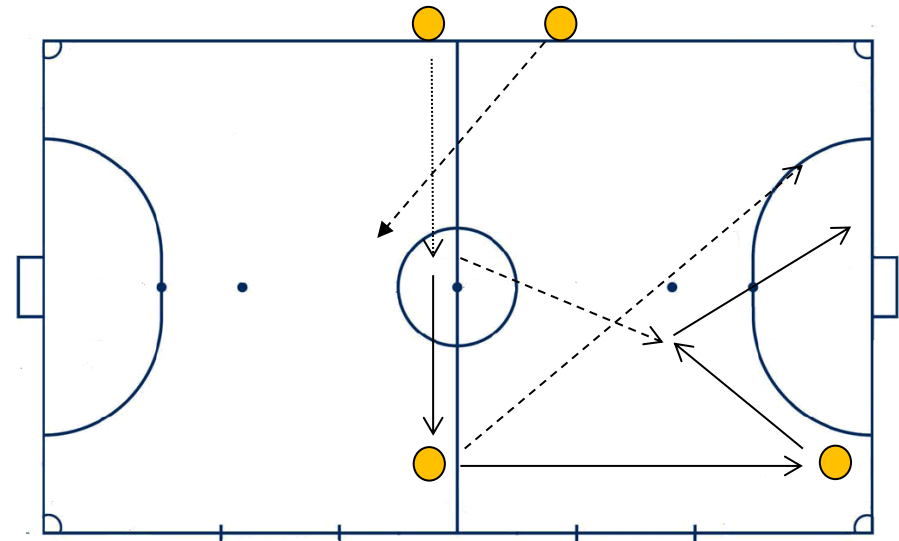
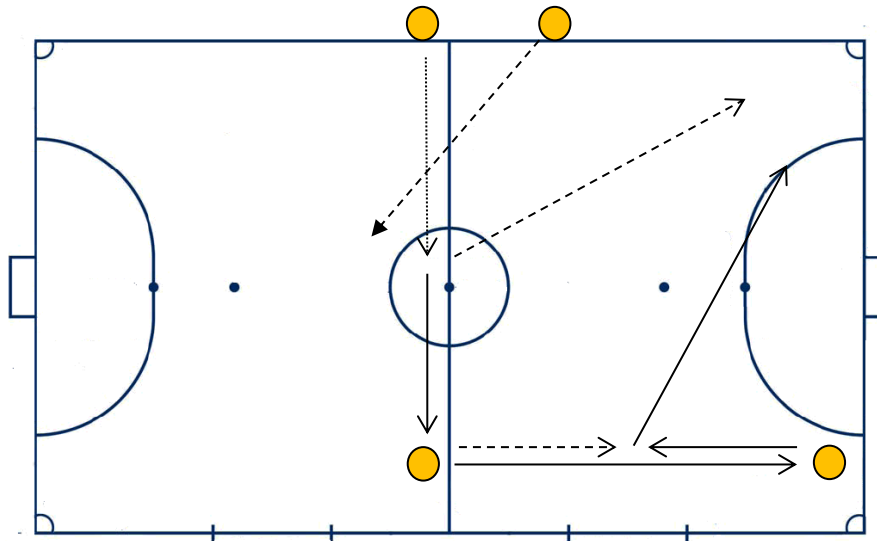
Place:	Advanced Program	Time:	Session #4	Team:	QSF
Technical Objective: Attacking Advantage			Technical Content: Processes of ATT advantage, successful ATT concept building		
	Diagram	Time	Developments / Key points		Materials:
Warm up		5 15	Introduction and discussion (outline of session) 10 minute cycle (1 min/ex) Stretch between exercises 4m: 2 touch, 4m: 1 touch, 8m (repeat) sideline (repeat) 4m: pass, 2 step back, 8m: touch, pass different foot 2m: 1 touch with sole, 2m: one touch normal		
Main drill (1)	 <p>Groups of 3 Leave DEF + T is a group of 3 Swap the group for D+T after 6 poss</p>	20	3+T v 2+GK 3v2, target receive before goal - TARGET: can't score, must play between 10m Movement to generate space Play into target, movement will create chances Change DEF after 5 possessions		
Main drill (2)		15	Corner Targets (Olympico) 5v5 + 2T/team Targets in the corners - 2 goals if you play through, 1 if not through T Fixed targets; change every 3 minutes		
Game play		30	5v5 bib dropping ATT player makes pass, drops bib Can't score til all bibs are on the ground Change of BP - Can't DEF until you pick your bib up - ATT team must drop bibs on pass to score		
Warm down		5 5	Across court exercises Discussion of session		



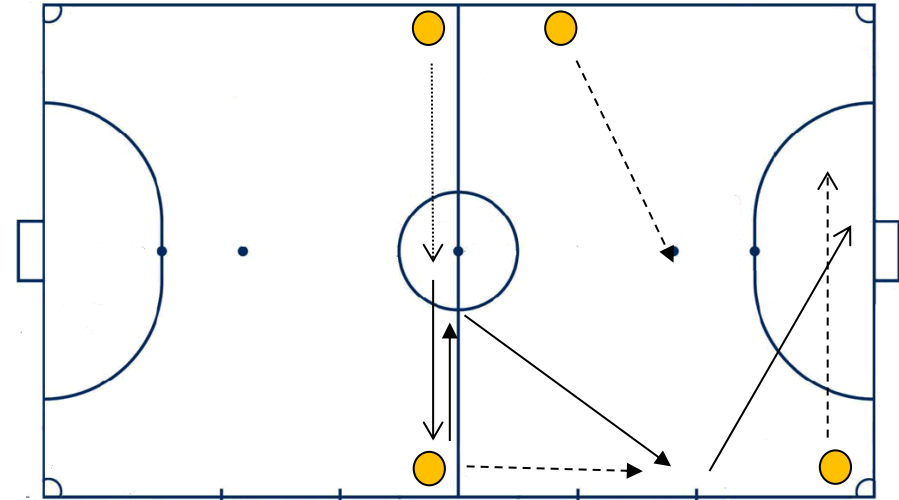
Place:	Advanced Program	Time:	Session #5	Team:	QSF
Technical Objective: Attacking Patterns 1			Technical Content: Introduction of rotation, patterns and concepts		
	Diagram	Time	Developments / Key points		Materials:
Warm up		5 15	Introduction and discussion (outline of session) 10 minute cycle (1 min/ex) Stretch between exercises 4m: 2 touch, 4m: 1 touch, 8m (repeat) sideline (repeat) 4m: pass, 2 step back, 8m: touch, pass different foot 2m: 1 touch with sole, 2m: one touch normal		
Main drill (1)		15	Rotation 1: weave Introduction of rotation and concepts End to end, no shot (repeat) <ul style="list-style-type: none"> - Increase to finish inside 10m - Incorporate target (sideline ball 1 & 2) 		
Main drill (2)	 see following document	15	Introduction of pattern plays (weave) Play 1: sideline Play 2: sideline 2 Play 3: parallel 1 Play 4: wall 1 Run through plays without the weave		
Game play		30	Open gameplay No restrictions <ul style="list-style-type: none"> - Emphasis on weave and pattern concepts - Focus on target involvement - ATT advantage situations = success 		
Warm down		5 5	Across court exercises Discussion of session		



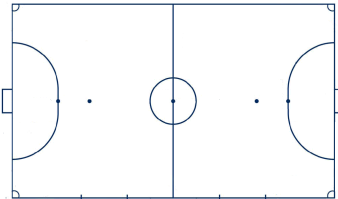
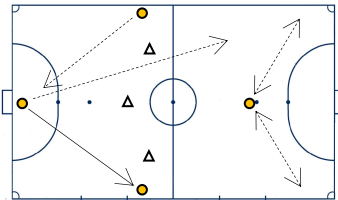
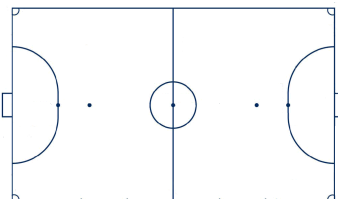
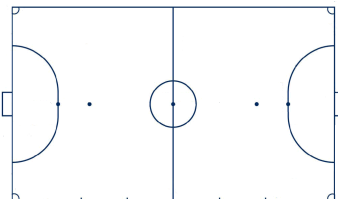
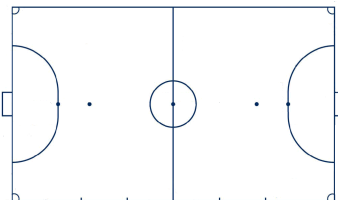
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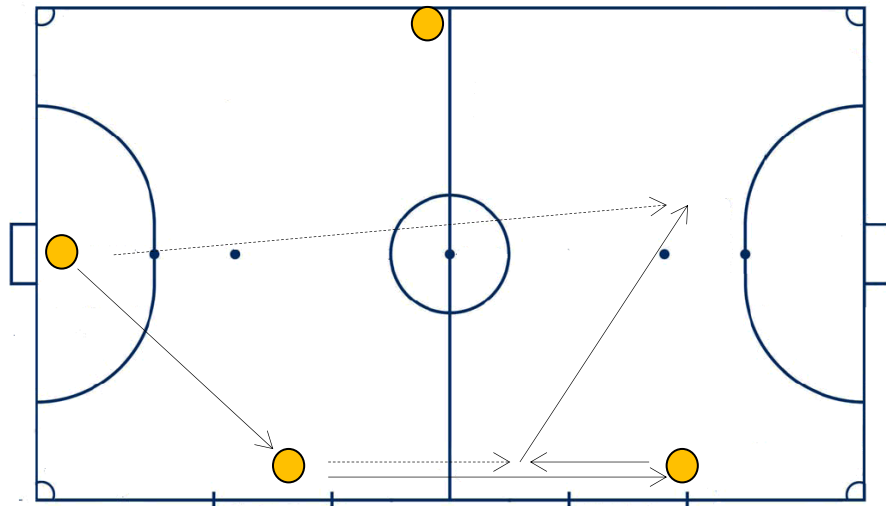
Sideline



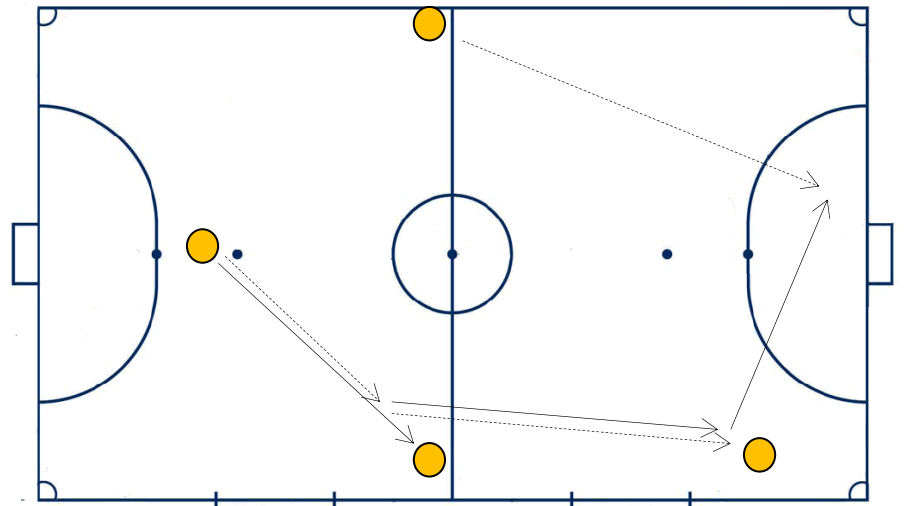
Sideline 2

Place:	Advanced Program	Time:	Session #6	Team:	QSF
Technical Objective: Attacking Patterns 2			Technical Content: Introduction of rotation 2, patterns and second concept of ATT		
	Diagram	Time	Developments / Key points		Materials:
Warm up		5 15	Introduction and discussion (outline of session) 10 minute cycle (1 min/ex) Stretch between exercises 4m: 2 touch, 4m: 1 touch, 8m (repeat) sideline (repeat) 4m: pass, 2 step back, 8m: touch, pass different foot 2m: 1 touch with sole, 2m: one touch normal		
Main drill (1)		15	Rotation 2: standard diamond Introduction of rotation and concepts Rotate through static DEF set up - Introduce target patterns		
Main drill (2)	 see following document	15	Introduction of pattern plays (standard) Play 1: sideline Play 2: time Play 3: sideline standard 3 Play 4: parallel standard 1 Run through plays without the weave		
Game play		30	Open gameplay No restrictions - Emphasis on weave and pattern concepts - Focus on target involvement - ATT advantage situations = success		
Warm down		5 5	Across court exercises Discussion of session		

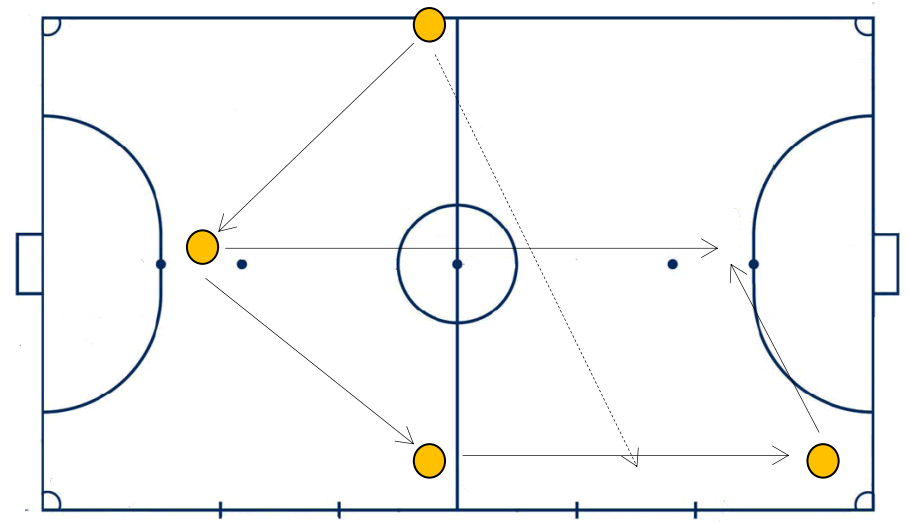
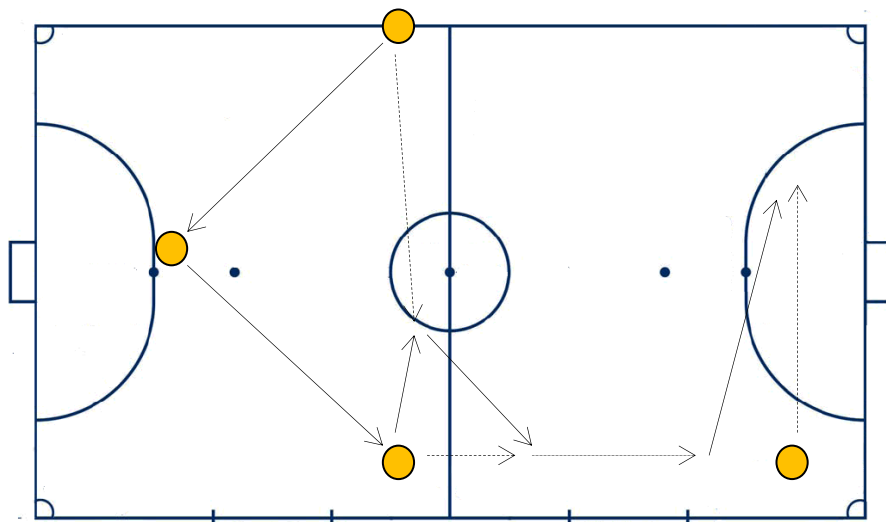


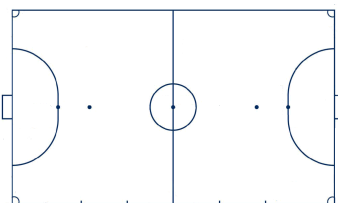
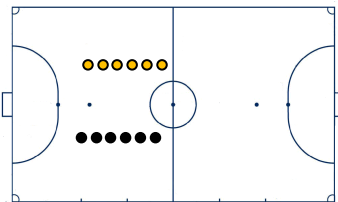
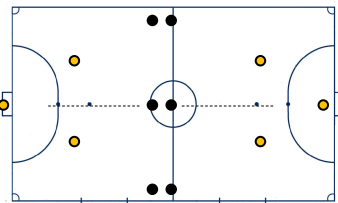
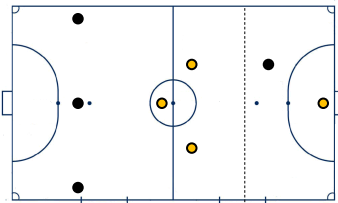
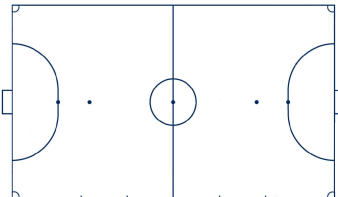


sideline



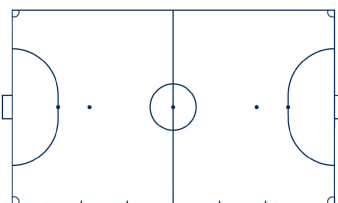
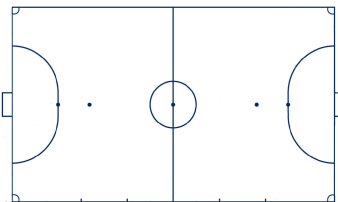
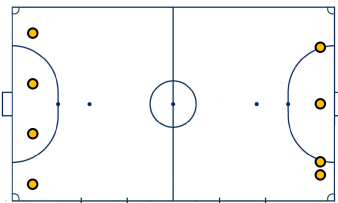
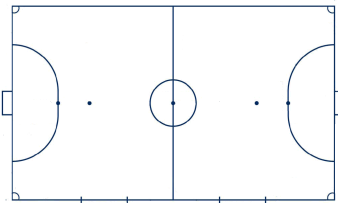
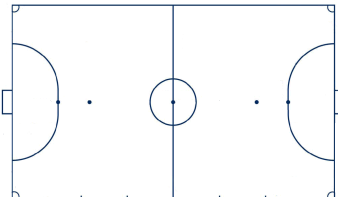
time



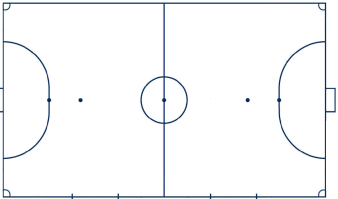
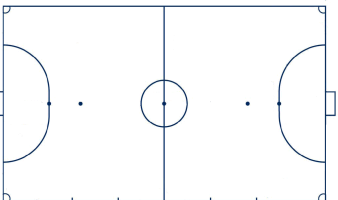
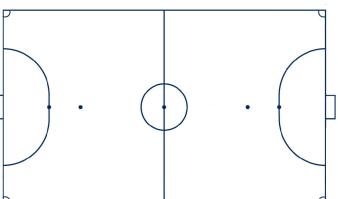
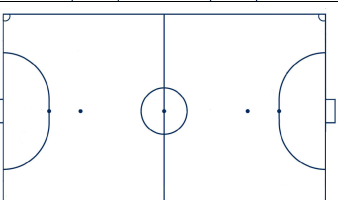
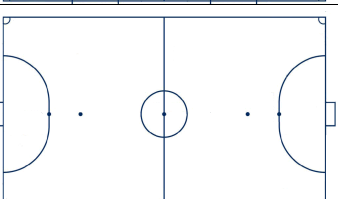
Place:	Advanced Program	Time:	Session #7	Team:	QSF
Technical Objective: Division of Attack 1			Technical Content: Building ATT substance, idea/problem solving		
	Diagram	Time	Developments / Key points		Materials:
Warm up		5 15	Introduction and discussion (outline of session) 10 minute cycle (1 min/ex) Stretch between exercises 4m: 2 touch, 4m: 1 touch, 8m (repeat) sideline (repeat) 4m: pass, 2 step back, 8m: touch, pass different foot 2m: 1 touch with sole, 2m: one touch normal		
Main drill (1)		20	Shootout 10 misses in a row =sprints 3 goals in a row = sprints for GK Divide into teams First team to 7 goals wins		
Main drill (2)		20	Half court 3v2 objective DEF DEF designated side ATT 1/side with a supporting floater - Floater to create 2v1 on side Groups of 3, sub 1DEF each play Change DEF team after 6BP		
Game play		20	3v3+T Target can't score Change to work on 2v1 + rotations Pattern play and rotation emphasis Teams of 3, divide the T in a separate group Work with T for this exercise		
Warm down		5 5	Across court exercises Discussion of session		



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Place:	Advanced Program	Time:	Session #8	Team:	QSF
Technical Objective: Division of Attack 2			Technical Content: Patterns of 4v3 game play, refresh of ATT aspects		
	Diagram	Time	Developments / Key points		Materials:
Warm up		5 15	Introduction and discussion (outline of session) 10 minute cycle (1 min/ex) Stretch between exercises 4m: 2 touch, 4m: 1 touch, 8m (repeat) sideline (repeat) 4m: pass, 2 step back, 8m: touch, pass different foot 2m: 1 touch with sole, 2m: one touch normal		
Main drill (1)		20	Pattern plays <ul style="list-style-type: none"> - Fixed positions - Work through the plays for weave and standard Change once players are comfortable		
Main drill (2)		10	4v3+GK Rotation into pattern plays No fixed target anymore Choice of rotation + pattern Sharpness when pressed, target job and discipline		
Game play		30	Open game play No restrictions Encourage standard and patterns of ATT Target involvement Breaking from rotation into GSC		
Warm down		5 5	Across court exercises Discussion of session		



Place:	Advanced Program	Time:	Session #9	Team:	QSF
Technical Objective: Attacking Set Pieces			Technical Content: Deadball situations (KO, GK, KI)		
	Diagram	Time	Developments / Key points		Materials:
Warm up		5 15	Introduction and discussion (outline of session) 10 minute cycle (1 min/ex) Stretch between exercises 4m: 2 touch, 4m: 1 touch, 8m (repeat) sideline (repeat) 4m: pass, 2 step back, 8m: touch, pass different foot 2m: 1 touch with sole, 2m: one touch normal		
Main drill (1)		20	Kick off Set Pieces		
Main drill (2)		10	Goalkeeper Releases Set Pieces		
Game play		30	Kick in Set Pieces		
Warm down		5 5	Across court exercises Discussion of session		



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