

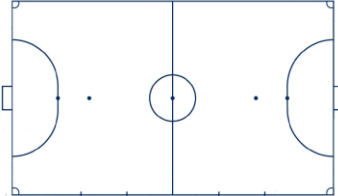
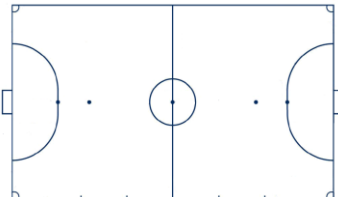
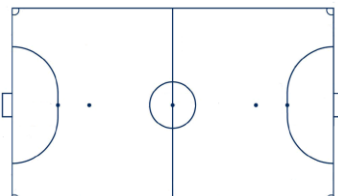
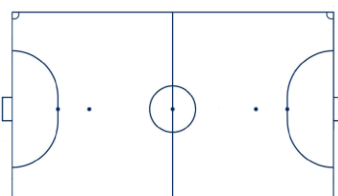
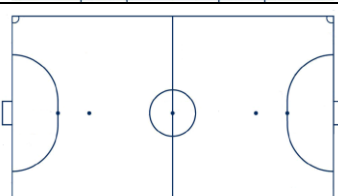
Queensland School Futsal

Intermediate 5 week program



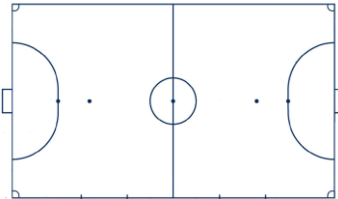
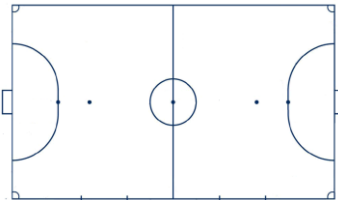
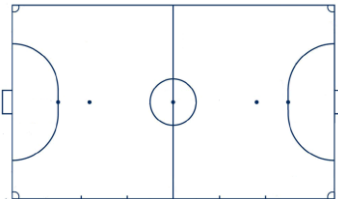
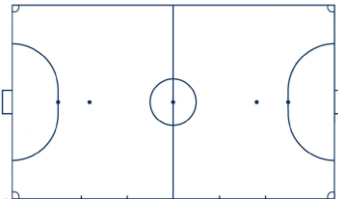
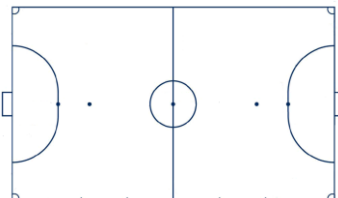
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Place:	Intermediate Program	Time:	Session #1	Team:	QSF	
Technical Objective:			Fundamental development	Technical Content:		Passing and receiving without pressure
	Diagram	Time	Developments / Key points		Materials:	
Warm up		5 15 10	Exercises without a ball – knees up, heel flicks, gates... 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, intermediate) <ul style="list-style-type: none"> - Pass and follow, anticlockwise then clockwise - Pass, lay off, pass next corner Focus: <ul style="list-style-type: none"> - Body shape - Positioning (receiving/passing) - Dragging ball across side to side 			
Main drill (2)		20	Passing circuit <ul style="list-style-type: none"> - From end to end, pass to next cone - Pass and move with pace, continuous Focus: <ul style="list-style-type: none"> - Body shape - Positioning (receiving/passing) - Dragging ball across side to side 			
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	Cross court exercises Circle discussion of session			

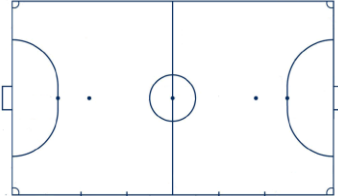
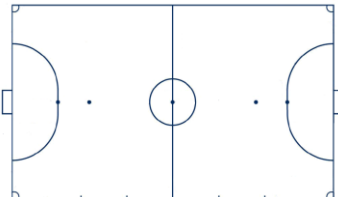
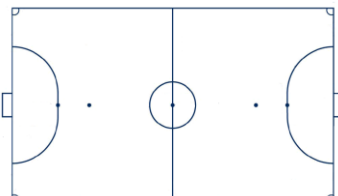
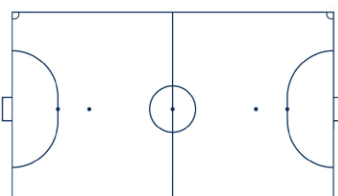
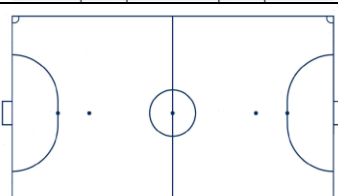


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Place:	Intermediate Program	Time:	Session #2	Team:	QSF	
Technical Objective:			Fundamental development	Technical Content:		Passing and receiving without pressure
	Diagram	Time	Developments / Key points		Materials:	
Warm up		5 15 10	Exercises without a ball – knees up, heel flicks, gates... 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	8 v 2 end to end attack <ul style="list-style-type: none"> - Att: to score receive ball in D - Must score at opposite end each time - Def: score in goals on sideline - Can score in either goal Swap defenders after few minutes of play			
Main drill (2)		20	Counter Attack <ul style="list-style-type: none"> - 1,2,4 attacking 1 goes down shoots then turns to defend 2 v 1 gets the shot off the all 3 turn to defend 4 v 3 gets shot off then drill is over 1=5 seconds, 2=7 seconds, 4=11 seconds			
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	Cross court exercises Circle discussion of session			

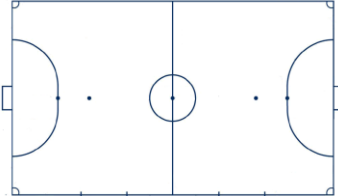
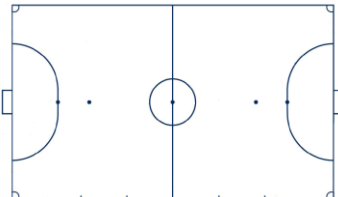
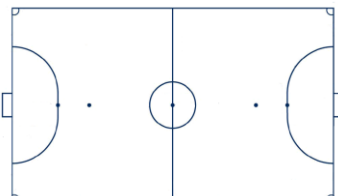
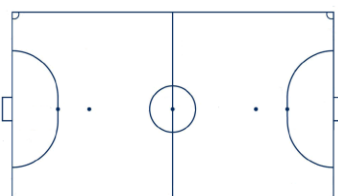
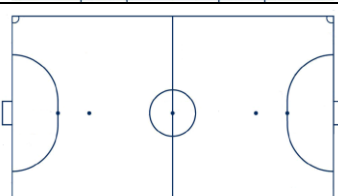


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Place:	Intermediate Program	Time:	Session #3	Team:	QSF	
Technical Objective:			Fundamental development	Technical Content:		Passing and receiving without pressure
	Diagram	Time	Developments / Key points		Materials:	
Warm up		5 15 10	Exercises without a ball – knees up, heel flicks, gates... 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	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)		20	Target Shooting (beginner+2nd target) <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	Cross court exercises Circle discussion of session			

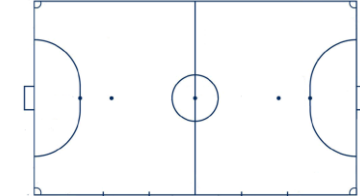
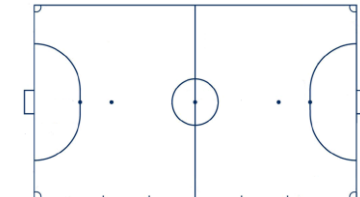
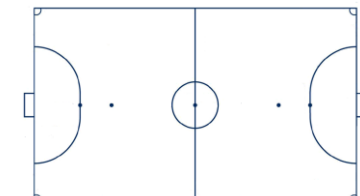
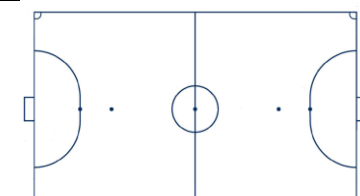
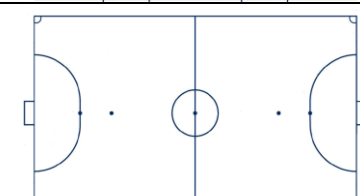


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Place:	Intermediate Program	Time:	Session #4	Team:	QSF	
Technical Objective:			Fundamental development	Technical Content:		Passing and receiving without pressure
	Diagram	Time	Developments / Key points		Materials:	
Warm up		5 15 10	Exercises without a ball – knees up, heel flicks, gates... 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	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)		20	Target Shooting (beginner+2nd target) <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	Cross court exercises Circle discussion of session			



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Place:	Intermediate Program	Time:	Session #5	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 without a ball – knees up, heel flicks, gates... 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	Left/Right goals <ul style="list-style-type: none"> - 3v3 game play, scoring in different goals with L/R Advance: <ul style="list-style-type: none"> - Ball in hand, player on DEF cant tackle, can pass - Player with bib on ATT has 1 touch 		
Main drill (2)		20	Corner passing circuit <ul style="list-style-type: none"> - Corner, halfway, lay off, opposite corner, lay off - Finish with a shot Focus <ul style="list-style-type: none"> - One touch if possible - Change of pace from ball carrier - Half way players don't change until instructed 		
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	Cross court exercises Circle discussion of session		



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