



SFK Futsal Club

Coaching Syllabus – Foundation Phase (U8's to U14's) Sept 2023 – April 2024

Section 1: Key Aims & Objectives

The purpose of this syllabus is to offer a guided learning process document for both players & parents within the U8's to U14's section of SFK Futsal Club for the season 2023/24. The aim is to positively impact on the fundamental aspects of the young player's football development and in doing so, provide a safe pressure free environment with activities tailored to the age specific requirements of the players.

The syllabus will focus on 5 or more key topics broken down into 5-week blocks taking us from September through to the end of May. Each week training sessions will be delivered to work on aspects of the current topic, offering progressive challenging techniques for all players. Week 5 will be a fun based tournament or friendly to give players a full opportunity to put into practice what they have learnt.

The 5 topics we will cover are as follows.

1. Passing
2. Dribbling/ Movement with/ without the ball
3. Shooting (elements of goalkeeping will be included)
4. Attacking (individual/ as a team/ transitions)
5. Defending (individual/ as a team/ transitions)

Why are we doing this?

Through identifying and targeting these 5 areas players will be challenged to attain and continually improve a catalogue of football specific skills, whilst developing their individual fundamental motor skills that are the cornerstone to all athletic development.

Moving away from the reactive style coaching sessions that have been historically delivered where the focus has been on short-term improvements to weaknesses highlighted in games, this more structured approach takes away the pressure on match days and engages players to learn through play. ***Our focus for the coming season will be on player development and furthering players' understanding of the game, not the results coming from their weekly league matches.***

Key Output's

Following this syllabus will give all players & coaches key recognised outputs that can be taken forward and used in game situations, some of these are listed below;

- a. Enhanced range of passing
- b. Enhanced individual & player combination skills
- c. Enhanced decision making skills
- d. Enhanced movement with/ without the ball
- e. Better understanding of the overall game
- f. Enhanced problem-solving skills (teamwork)
- g. Ability to evaluate and improve personal performance through intrinsic/extrinsic feedback

Section 2: Parental Support

The syllabus has been designed with parents in mind so you can be an active part in your child's football/ futsal development over the season. You will be able to review & understand each week what the sessions are about (through the plans included further in the pack), and the key aims for all players. The table below shows the criteria that will be applied to each training session within the 5 topics outlined above. While most of the technical responsibility lies with the coaches, parents play an important role in shaping the development of young players both on & off the field. There are some ideas below to help promote this activity

Area Of Learning	Coaches Responsibility	Parent Support/Involvement
Learning Environment	To create a stimulating, interesting & challenging environment considering all abilities. To keep activities safe & fun to allow players to enjoy the game.	Ask your child what was good/bad about training? What did they find easy & what was difficult? What areas of the game do they want to improve on?
Creativity	To actively encourage all players to be creative in their play, to play without fear of making mistakes	Before training or match day ask your child to show you a skill/trick they have learnt recently, ask them to try this in a game – how did they feel afterwards? Recognise when your child is trying something creative and positively praise
Learning Through Games	To develop game understanding and decision making. Allow players to be comfortable in a range of positions to enhance their learning.	Encourage your child to play in all positions, our focus is development not results so there should be no pressure applied to play only 1 or 2 positions – Players will again play across all positions throughout the season
Technical Development	To ensure 70% ball rolling time during each training session, using game related practice as much as possible	Ask your child how many touches of the ball they had during training? Are they working with their weaker foot?
External Influences	To use positive examples of team play and sportsmanship	This could come from positive activity at school, home or

	outside of football and incorporate them into our training sessions	other extra-curricular clubs they are part of? Highlight good behaviours seen at live games?
Practice & Challenge	To continually develop and challenge decision making skills of all players through training, providing support where necessary	Through playing at home, with family friends outside of training or even in games vs Mum/Dad?

Section 3: Arrival/Warm up Activities

Towards the end of last season we moved away from the standard ***arrive-warm up-drill-game*** session to keep the ball moving as much as possible, this included introducing the **“Arrival Activity”** on the whiteboard for players to read and then play for the initial 10-15mins of the session.

The benefit of having this activity means that all players are active with a ball from the moment they arrive. The activity is player led, simple to set up with minimal rules to avoid issues, and tied in to the wider topic being delivered at the session. Players are engaged early and the activities all incorporate the aspects of a standard warm up which allows us to move quickly into the main session once the arrival activity is completed.

The following are just some of the Arrival Activities you may see over the coming season at the start of each session;

1. 1v1, 2v2, 3v3.
2. Kick Up Challenge (the challenge is with the individual player not their team-mates)
3. Kick Up Challenge Pairs (can you work together to get a high number of kick ups)
4. Shadow Defending (1v1 no tackling the emphasis is on the attacker to create new ways to beat their shadow)
5. Race to the cone (with & without a ball)
6. Hit the Spot
7. Through the Gate
8. 1v1, 2v1, 2v2, 3v2, 3v3 etc.
9. Make your own game (1 ball, 4 cones & max of 4 players – what’s their game?)
10. Skills Corridor
11. Rondo/Piggy in the Middle (throw & catch to start moving to ball on the ground and use of feet only)

Please encourage your child on arrival to read the whiteboard before they look to get involved

Many Thanks –

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