

The **Futsal Development Program - Recreation Level (FDP Rec)** is our beginning level program that introduces the game of futsal. Players range from 5 to 13 years old, provided for boys and girls.

In general, the FDP - Rec Level is for players that fit the following criteria:

- Entry / Beginning Level Players
- Players are new to the game, or have some experience playing futsal or soccer
- Players participate in Club Soccer (Flight 3 or Bronze Level Teams)
- Players participate in AYSO
- Players participate in City Recreation Programs and / or other extra-curricular activities

Player Requirements:

- There are **no player requirements** in order to participate in this level
- Players will learn the **basic fundamentals** and **methods** of the game

The FDP - Rec Level teaches the following:

- Technique
 - Basic Dribbling Skills
 - Simple and Controlled touches when dribbling the ball
 - Not just kicking the ball
 - Rollovers
 - Backheels / L-Turns
 - Scissors
 - Pullbacks
 - Control of the Ball
 - Sole touching (Stepping on the ball)
 - First touch (receiving of the ball)
 - Improvement on Passing and Shooting
- Tactics
 - Introduce the rules and methods of the game
 - Understand the importance of possession
 - Introducing short-sided games
 - 1 v 1, 2 v 2, 3 v 3, 4 v 4
 - Positioning of players on the court
 - Introducing defensive and offensive formations
- Development in Social Skills
 - Helping improve with:
 - Communicating and listening
 - Following directions
 - Cooperating and sharing with others
 - Being comfortable in a new environment



ADVANCING TO LEVEL 3
FUTSAL DEVELOPMENT PROGRAM – CLUB LEVEL
Development Program Pathway

Next Program's Requirements:

- The **Futsal Development Program – Club Level** (*Level 3 in our Development Program Pathway*), is a more challenging program where players are required and expected to have a better understanding of the game and be able to apply simple technique and tactics.
- Before progressing into the next level, players must be able to apply all the lessons the FDP Recreation Level teaches.
- Players are mentally prepared for a more challenging, fast-paced, and competitive environment.