

The **Futsal Development Program - Club Level (FDP Club)** is our intermediate level program that introduces the game of futsal. Players range from 7 to 13 years old, provided for boys and girls.

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

- Intermediate Skill Level
- Players have experience playing futsal or soccer
- Players participate in Club Soccer (Flight 2 / Silver Level Teams, or equivalent levels)
- Players participate in AYSO Extra / United
- Players are entering a more competitive environment

Players must meet the following **EXPECTATIONS** and **REQUIREMENTS** to participate:

**Player Expectations:**

- Players are expected to have a better understanding on all the **basic fundamentals** that the **FDP - Rec Level** teaches
- Players must be able to adapt to a **fast-paced** training environment

**Player Requirements:**

- Players are required to understand the following **standard techniques**:
  - Dribbling Skills
    - Controlled touches when dribbling
      - Not just kicking the ball
    - Rollovers
    - Backheels / L-Turns
    - Scissors
    - Pullbacks
  - Good Control of the Ball
    - Sole touching (Stepping on the ball)
    - First touch (receiving of the ball)
  - Passing
    - Wall Passes / Give and Goes
    - One touch passing

**The FDP - Club Level teaches the following:**

- Technique:
  - Continuous improvement on all the “**Required Standard Techniques**” stated above
  - Continuous improvement with dribbling skills
    - Combining multiple skills
  - Continuous improvement with ball control
    - First touch under pressure
  - Continuous improvement on passing
    - Variety of passing patterns
  - Improvement on shooting
    - With and without pressure
- Tactics:
  - Introduce the rules and methods of the game
  - Emphasizing the importance of possession
  - Positioning of players when playing
    - Applying formations
  - Introduction to rotations
    - Movements on and off the ball
  - Introduction to transitions
    - Defensive and offensive strategies



**ADVANCING TO LEVEL 4**  
**DEVELOPMENT SCHOOL OF FUTSAL PROGRAM**  
*Development Program Pathway*

**Next Program’s Requirements:**

- The **Development School of Futsal Program** (*Level 4 in our Development Program Pathway*) is an intense and challenging program where players are required and expected to be able to adapt to a competitive environment.
- Before progressing into the next level, players must be able to apply all the lessons the FDP Club Level teaches.
- Players are mentally prepared to train amongst advanced level players and be able to perform under pressure.