

TOQUE FUTSAL

DEVELOPMENT PROGRAMS

A PLAYER DEVELOPMENT PATHWAY

toque

DEVELOPMENT PROGRAMS

TRAIN AND PLAY, LEARN THE TOQUE WAY!

A Player Development Pathway that helps players learn, excel, and enjoy the game of futsal!

**8 WEEKS OF TRAINING AND GAME EXPERIENCE
AGES 3 TO 15 YEARS OLD | BOYS AND GIRLS
BEGINNING THROUGH ADVANCED LEVEL PLAYERS**

DEVELOPMENT PROGRAM PATHWAY:

LITTLE'S SOCCER PROGRAM

Development Program Pathway – Level 1

Page 2 - 3

FUTSAL DEVELOPMENT PROGRAM – RECREATION LEVEL

Development Program Pathway – Level 2

Page 4 - 5

FUTSAL DEVELOPMENT PROGRAM – CLUB LEVEL

Development Program Pathway – Level 3

Page 6 - 7

DEVELOPMENT SCHOOL OF FUTSAL PROGRAM

Development Program Pathway – Level 4

Page 8 - 9

SELECT TEAMS

Development Program Pathway – Level 5

Page 10



The **Little's Soccer Program** is our beginning level program that introduces the game of soccer. Players range from 3 to 5 years old, provided for boys and girls.

The Little's Soccer Program is for players that fit the following criteria:

- Entry / Beginning Level Players
- Players are new to the game, or have some experience playing in prior programs

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 Little's Program teaches the following:

- Fundamentals
 - Simple touches when dribbling the ball
 - Not just kicking the ball
 - Controlled touches when stopping the ball
 - Learning how to step on the ball
 - Passing (sharing) the ball with teammates
 - Learning to shoot and score!
- Methods of the game
 - Introduce the rules and methods of how to play the game
 - Introducing short-sided games
 - 1 v 1, 2 v 2, 4 v 4
 - Emphasizing on teamwork
- Development in Motor Skills
 - Stretching
 - Running activities
- Development in Social Skills
 - Helping improve with:
 - Communicating and listening
 - Following directions
 - Making new friends
 - Cooperating and sharing with others
 - Being comfortable in a new environment



ADVANCING TO LEVEL 2

FUTSAL DEVELOPMENT PROGRAM – RECREATION LEVEL

Development Program Pathway

Next Program’s Expectations:

- After players age out of the Little’s Soccer Program, we transition all our programs into the game of **FUTSAL**!
- **What is Futsal?**
 - Futsal is a short-sided version of soccer. It’s a 5 v 5 game, played on a flat surface, using a weighted ball, no walls allowed, and regular indoor soccer shoes are used.
- The **Futsal Development Program – Recreation Level** (*Level 2 in our Development Program Pathway*), is a beginning level program that helps introduce the game of futsal and continue the player’s development.

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
 - Rollovers
 - Backheels / L-Turns
 - Scissors
 - Sole V
 - 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.

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
 - Sole V
 - 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.

DSF **DEVELOPMENT SCHOOL OF FUTSAL PROGRAM**

Development Program Pathway – Level 4

The **Development School of Futsal Program (DSF)** is our competitive level program that helps develop players' ability to play the game of futsal in an intense and challenging environment. Players range from 6 to 15 years old, provided for boys and girls.

The DSF Level is for players that fit the following criteria:

- Competitive Level
- Players have competitive experience playing futsal or soccer
- Players participate in Academies, MLS Next, Club Soccer (Flight 1, Gold, Premier), ECNL/ECRL, EA, or equivalent levels
- Players are mentally prepared for an intense and competitive training environment

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

Player Expectations:

- Players are expected to understand and apply all the lessons the **FDP - Club Level** teaches
- Players must be able to adapt to an **intense** and **competitive** training environment

Player Requirements:

- Players are required to know the following **standard techniques** and be able to apply in a **fast-paced** training environment:
 - Dribbling Skills
 - Controlled touches when dribbling
 - Rollovers
 - Backheels / L-Turns
 - Scissors
 - Sole V
 - Pullbacks
 - Good Control of the Ball
 - Sole touching (Stepping on the ball)
 - First touch (receiving of the ball) under pressure
 - Passing
 - Wall Passes / Give and Goes
 - One touch passing

The DSF Level focuses its lessons on the following topics:

- Technique:
 - Continuous improvement on all the “Required Standard Techniques” stated above
 - Continuous improvement with dribbling skills
 - Continuous improvement with ball control
- Tactics:
 - Introduce the rules and methods of the game
 - Emphasizing the importance of possession
 - Positioning of players when playing
 - Applying different formations
 - Transitions
 - Defensive and offensive strategies
 - Introducing different rotations when playing
 - Movements on and off the ball



ADVANCING TO LEVEL 5

SELECT TEAMS

Development Program Pathway

Next Program’s Requirements:

- **Toque Select Teams** (Level 5 in our Development Program Pathway) is an advanced level program that offers an opportunity to experience futsal at its highest level amongst quality players and coaches, competing at Regional, National, and International Levels.
- If coaches feel players are prepared for the Select Team Level, players will be invited to try out.
- Players are mentally prepared to train amongst advanced level players, coaches, and be able to compete and perform at the highest level.



SELECT TEAMS

Development Program Pathway – Level 5

Toque's **Select Teams (TFC)** is an advanced level program that offers an opportunity to experience futsal at its highest level amongst quality players and coaches, competing at Regional, National, and International Levels. Players range from 7 to 15 years old, provided for boys and girls.

Toque's Select Teams are for players that fit the following criteria:

- Advanced Level
- Players participate in Academies, MLS Next, Club Soccer (Flight 1, Gold, Premier), ECNL/ECRL, EA, or equivalent levels
- Players are mentally prepared to train amongst advanced level players, coaches, and be able to compete and perform at the highest level.

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

Player Expectations:

- Players must be able to adapt to an **intense environment** and be able to **compete amongst advanced level players**.

Player Requirements:

- **Player evaluation** through an **invitational tryout**

Toque Select Teams train on the following:

- Technique:
 - Continuous improvement with dribbling skills
 - Continuous improvement with ball control
- Tactics:
 - Emphasizing the importance of possession
 - Adapting to multiple formations and strategies
 - Improving on defensive and offensive transitions

