



## **2007 Program Details**

Melbourne Reds Futsal Club will run the following program from March to October.

- **20 x 100 minute intensive training sessions**
- **6 x Competition Days**
- **2 x Fitness / Skill Assessments**
- **3 x Come & Try Days**

2007 will see 2 junior squads in operation. Numbers will be limited to 15 players per squad to ensure quality of coaching is maintained for each individual.

### ***The Program content includes the following:***

- Practical implementation of training methods that develop movement ability and multi-directional explosive speed, agility and quickness through:
  - Aerobic/ Speed/ Power/ Agility/ Flexibility/ Muscular Strength & Endurance Training
  - Resistance Training
  - Interval and circuit training
  - Core body strength and conditioning
  - Warm up and Recovery Techniques
- Practical implementation of training methods to develop individual and team skills based on progressive learning techniques through:
  - Shooting, passing, control, dribbling, mobility and deception skills training
  - Defensive, offensive and set play training
  - Strategies & Tactics
- Regular analysis of player and team performances
- Evaluation of all technical aspects of player performance by conducting skills assessment
- Regular feedback and handouts on issues of a technical and tactical nature, matters of psychological and physical concern, injury management, recovery and treatment, event preparation and nutrition.
- Opportunity to use and improve skills attained in training through regular participation in games in local age group competitions / leagues. Representative teams to compete in state and national based club championships.

Visit us at [www.melbournereds.com.au](http://www.melbournereds.com.au)



## 2007 Training Dates

<u>Date</u>	<u>Time</u>	<u>Age Group</u>	<u>Event</u>	<u>Venue</u>
March 3rd	2 – 4pm	U8 – U10	Come & Try Day	Deakin Uni Gym
March 10 <sup>th</sup>	2 – 4pm	U8 – U10	Training	Deakin Uni Gym
March 17 <sup>th</sup>	2 – 4pm	U8 – U10	Training	Deakin Uni Gym
March 24 <sup>th</sup>	2 – 4pm	U8 – U10	Training	Deakin Uni Gym
March 31 <sup>st</sup>	1 – 4pm	U8 – U10	Competition Day	Deakin Uni Gym
April 14 <sup>th</sup>	4 – 6pm	U8 – U10	Training	Oakleigh Rec Centre
April 21 <sup>st</sup>	4 – 6pm	U8 – U10	Training	Oakleigh Rec Centre
April 28 <sup>th</sup>	2 – 4pm	U8 – U10	Training	Deakin Uni Gym
May 5 <sup>th</sup>	2 – 4pm	U8 – U10	Training	Deakin Uni Gym
May 12 <sup>th</sup>	2 – 4pm	U8 – U10	Training	Deakin Uni Gym
May 19 <sup>th</sup>	2 – 4pm	U8 – U10	Come & Try Day	Deakin Uni Gym
May 26 <sup>th</sup>	2 – 4pm	U8 – U10	Training	Deakin Uni Gym
June 2 <sup>nd</sup>	2 – 4pm	U8 – U10	Competition Day	Deakin Uni Gym
June 16 <sup>th</sup>	3.30 – 5pm	U8 – U10	Training	Oakleigh Rec Centre
June 23 <sup>rd</sup>	3.30 – 5pm	U8 – U10	Training	Oakleigh Rec Centre
June 30 <sup>th</sup>	2 – 4pm	U8 – U10	Fitness Test	Deakin Uni Gym
July 7 <sup>th</sup>	3.30 – 5pm	U8 – U10	Training	Oakleigh Rec Centre
July 14 <sup>th</sup>	3.30 – 5pm	U8 – U10	Training	Oakleigh Rec Centre
July 21 <sup>st</sup>	2 – 4pm	U8 – U10	Training	Deakin Uni Gym
July 28 <sup>th</sup>	2 – 4pm	U8 – U10	Training	Deakin Uni Gym
August 11 <sup>th</sup>	1 – 4pm	U8 – U10	Competition Day	Deakin Uni Gym
August 18 <sup>th</sup>	2 – 4pm	U8 – U10	Training	Deakin Uni Gym
August 25 <sup>th</sup>	2 – 4pm	U8 – U10	Training	Deakin Uni Gym
September 1 <sup>st</sup>	2 – 4pm	U8 – U10	Training	Deakin Uni Gym
September 8 <sup>th</sup>	1 – 4pm	U8 – U10	Competition Day	Deakin Uni Gym
September 15 <sup>th</sup>	2 – 4pm	U8 – U10	Training	Deakin Uni Gym
September 22 <sup>nd</sup>	2 – 4pm	U8 – U10	Training	Deakin Uni Gym
October 6 <sup>th</sup>	2 – 4pm	U8 – U10	Competition Day	Deakin Uni Gym
October 13 <sup>th</sup>	2 – 4pm	U8 – U10	Come & Try Day	Deakin Uni Gym
October 20 <sup>th</sup>	1 – 4pm	U8 – U10	Competition Day	Deakin Uni Gym
October 27 <sup>th</sup>	3.30 – 5pm	U8 – U10	Fitness Test	Oakleigh Rec Centre

NB: Dates and venues may be subject to change. MRFC will communicate any changes via the website and direct email. Breaks in the program are intended for School / Public holidays.