



Marsden State High School



MARSDEN STATE HIGH SCHOOL FOOTBALL PROGRAM OUTLINE

	Year 8	Year 9	Year 10	SENIOR COMPONENT
TERM ONE	<u>Laws of the Game</u> Dalponte Futsal Titles ISSA Cup Pre Season Training Camp Interschool Futsal/Outdoor	<u>Exercise Physiology</u> <u>Effects of Exercise</u> Dalponte Futsal Titles ISSA Cup Interschool Futsal/Outdoor	<u>Sports First Aid</u> Dalponte Futsal Titles Interschool Futsal/Outdoor	Certificate II in Community Recreation (fitness approach) – VET Qualification Football Federation Australia Grassroots Coaching License
TERM TWO	<u>Exercise Physiology – C.V & Respiratory Systems</u> Logan Districts Bill Turner Cup Interschool Futsal/Outdoor	<u>Training Programs</u> Bill Turner Cup Logan Districts Interschool Futsal/Outdoor	<u>Training Program Design and Function</u> Bill Turner Cup Logan Districts Interschool Futsal/Outdoor	Football Queensland Level 5 Officiating Certificate Senior First Aid Certificate Senior Resuscitation Certificate
TERM THREE	<u>Life After Sport</u> <u>Goal Setting/Future Planning</u> Met East Football Interschool Futsal/Outdoor	<u>Match Analysis</u> Met East Football Interschool Futsal / Outdoor Q.L.D Roar Excursion	<u>Performance Analysis</u> Met East Football Interschool Futsal / Outdoor Q.L.D Roar Excursion	Level 1 Coaching Principles OPTIONAL
TERM FOUR	<u>Anatomy and Physiology</u> Indoor Soccer Gold Coast Cup Off Season SPARQ training	<u>Nutrition</u> Indoor Soccer Gold Coast Cup Off Season SPARQ training	<u>Training Phase Nutrition</u> Indoor Soccer Gold Coast Cup Off Season SPARQ training	Football Federation Australia Junior Coaching License Football Queensland Level 4 Officiating Certificate