



How Does Futsal Promote Better Technique?

A small field with lines puts players constantly under pressure from other players and out-of-play boundaries. Players must learn to settle the ball rapidly, cut sharply, shield effectively, pass quickly and move into space.

Compared to walled soccer or large indoor field soccer, Futsal places a greater premium on ball control. There is no reward for errant passes because the other team gets the ball. There is no reward for errant shots because the other team gets the ball. There is no incentive to 'kick and run' because the field is too small and packed with players. Players with the ball must use proper technique to maintain control and must seek out other players in space. Players without the ball must move to 'real' space and must truly support their teammates.

With Futsal, the emphasis is on control and technique. If Canadian players are to be more successful in the international arena, it is clear that we must better train and prepare our youth on proper technique. If you are serious about skills and technique development, Futsal is the superior activity. Futsal promotes better technique and develops skills more rapidly.

Is Futsal as much fun as other variations of soccer?

If you like outdoor soccer, you'll love Futsal. It encompasses elements of basketball, soccer and hockey and is extremely fast-paced and exciting with an average of 8 goals a game. With the field being so small, scoring chances abound and games are often high scoring affairs with many different players scoring goals. Even though the ball may go out of bounds, the ball must be put back in play within four seconds or the opposing team gets possession. This not only encourages better control but it also keeps players moving. From a developmental standpoint, you satisfy the magic objective of teaching proper technique while having fun. This is, perhaps, the most wonderful achievement of Futsal.

About Futsal?

Futsal is a small-sided game (5v5 including the goalkeepers) played on a small field roughly the size of a basketball court. The game is played with the touchline boundaries. The official ball is a special low bounce ball that is smaller than an official size 5 soccer ball. One touch passing is essential in maintaining ball possession on a smaller surface. Therefore, an individual's overall ball handling skills and off-the-ball movement improve considerably. More shots are taken during the course of a game, which will enhance a player's confidence, by taking on a defender and shooting quickly. A player does not have as much space or time to dribble with the ball. Futsal helps to develop tremendous close-quarters footwork.



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Why Play Futsal?

- **Fun** - Players enjoy the challenge of playing a fast paced skill oriented game that tests their abilities.
- **Safety** - Futsal is much safer than outdoor and some other forms of indoor soccer. The rules of Futsal restrict physical play, and there are no walls to run into.
- **Ball Touches** - According to a FIFA report, in an average 40-minute futsal contest an out-field player will touch the ball roughly every 29 seconds, or 80 touches. Now compare that to a 90-minute outdoor game where it's only around 30-40 touches. That is more than double in just half the time.
- **Ball Control** - With Futsal, the emphasis is clearly on control and technique. Without control and technique you cannot expect to succeed in Futsal. With limited space, boundary lines, and constant opponent pressure, improved ball control skills are required.
- **Speed of Play** - With limited space and constant opponent pressure, players learn to play fast to survive.
- **Continuity of Play** - Action is continuous so players are forced to continue play in support of their teammates.
- **Mandatory Support** - With only 4 field players on the field and always needing the proper support positions offensively and defensively, a player will instinctively learn better spacing, passing and general tactics from playing Futsal. Players without the ball must move to space and must truly support their teammates.

- **Framing the Goal** - The goal and Penalty Area are a perfect size for narrowing the angle so teams learn to frame the goal to score goals.
- **Knowledge** - With four court players and all the basic options of the outdoor game, players' understanding of the game is enhanced.
- **Encouraged Learning** - The rules of Futsal encourage playing a skilled game by punishing all physical contact fouls.
- **Rewards** - Futsal rewards the same basic skills, tactics and knowledge of the game as the 11v11 outdoor game.

Is Futsal New?

Futsal is making waves here in North America. However, as is often the case, Canada is just catching on to what the world already knows. Superior soccer skills are built by simulating the outdoor game indoors, with small sided games and a smaller ball. World famous clubs such as Ajax have used this approach for years. Futsal has been around for decades but Canadian interest in soccer skill development has only recently focused attention on the training techniques used in successful soccer powerhouses such as Brazil, Holland, Germany, France and Italy. So, Futsal has been around for many years but interest is just beginning to explode here.



References

www.futsalcanada.ca

www.firstclassfootball.com

www.futsal-plus.com.au

www.futsal.com

Who says Futsal is that much better?

Countless organizations such as FIFA, CONCACAF and UEFA agree that Futsal is a brilliant sport for teaching the skills that are required to succeed in the outdoor game. FIFA actually runs the highly successful Futsal World Cup every 4 years. Legends such as Falcao, Pele, Messi, Cristiano Ronaldo, Fernando Torres, Zico, Ronaldinho, and countless others all credit Futsal for much of their skill and technique development. All of the major heads of national associations and confederations have declared that this is the way to go. Once you experience Futsal you will see the reasons.

The Benefits

Futsal has become the standard for indoor play worldwide. With the smaller playing field and reduced team size, each player has more involvement in the game and touches on the ball. The reduced bounce ball ensures true roll and the need for a precise touch. Futsal requires the same control and strategy needed on the full-size outdoor fields. Futsal sharpens both your playing and mental skills which allow continual personal growth and development throughout the year.

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