



UDFC Futsal

[Futsal](#) is the FIFA-recognised form of small-sided indoor football (the word is a contraction of the Spanish 'fútbol sala'). It is played between two teams who each have five players on the pitch at any one time, with rolling substitutes and a smaller ball than soccer which is harder and less bouncy. It is a global, renowned sport which is akin to street soccer.

Spring 23 will extend the UDFC Futsal program from winter to include additional age groups of Community and Development players for 4 weeks from March 20th - April 10th:

- U7/U8/U9 on Monday evenings from 6-7 pm at Ross Road gym
- U10/U11 on Monday evenings from 7-8 pm at Ross Road gym
- U12/U13 on Monday evenings from 8-9 pm at Ross Road gym

UDFC Staff and Volunteers will oversee the delivery of Futsal games in this play-focused offering.

Differences to soccer

- The ball is smaller, heavier and harder
- Played indoors on a court or gym
- 5v5
- Restarts are quicker (e.g. kick-in within 4 seconds of collecting the ball, etc.)
- Different rule book; flying Goalkeeper, flying subs
- For more information, see [here](#)

Benefits

- Players will develop a different level of confidence on the ball, developing footwork and enhancing their touch on the ball
- Increased awareness and tempo of play with the limited time to restart play
- Develop technical elements and different physical attributes
- Develop creativity in smaller spaces that require a different skill set to a larger playing area