INTRODUCTION TO FUTSAL

45 minutes – Online SmarterU

Land Acknowledgment
At Canada Soccer, and as part of the National Coaching Certification Program, we respect and acknowledge the:

- First Nations / Indigenous
- Inuit
- Metis peoples of Canada

They are the keepers of the Territory upon which we will be learning today.

Please bear this acknowledgement in mind as you work through this course and progress throughout your coaching career.

Futsal World Cup
Hype Video of Portuguese Team (Pany)

Course Objective:
1 What is Futsal
2 Origins of Futsal
3 Why Play Futsal
4 Rules of Futsal
5 How can I help my team Play Futsal
6 What are the Core Skills to Play Futsal

1 What is Futsal
Fastest growing sport at the moment
5 a side game | Played on hard surface | Reduced bounce ball | smaller goals (3mx2m) | Rolling subs | No offside | Kick in, if ball goes out of play | Goalkeeper are allowed out of penalty area but with constraints

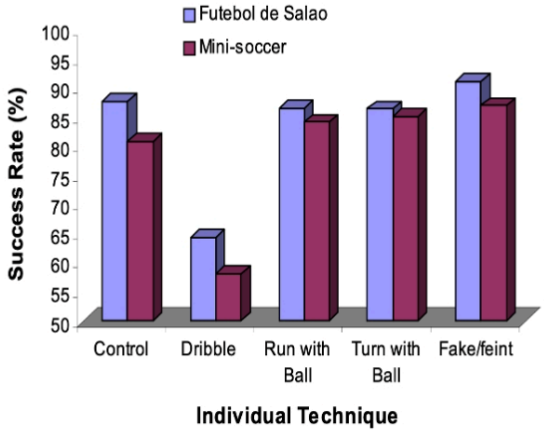
Surface: hard fast surface such as gym floor at schools to portable tiled floor used in FIFA World Cups.
Dimensions: The Court dimensions range from 25x42m length & 16-25m width. The court size can fit within minimum & maximum guidelines.

Affordances: Played without walls. Game supports ball protection & turning, quick decisions and 1v1 mastery of the ball at present.

Commented [PZ1]: Ball is being touched 210% more than conventional 5 a side game

"The main factor between the two games [futsal & 5v5 mini soccer) appeared to be the ball's size, weight and resilience. These factors allow greater control of the ball, culminating in a playing environment in which players can develop key skills. As such the ball helps to develop techniques that apply not only to Futebol de Salaa, but could transfer to conventional football."

Commented [PZ2]: Technical Analysis of Futebol de Salao and Mini-football (Milligan et al., 2007



2 Origins of Futsal

Futsal from Futbol and Sala. Indoor Soccer (Pavilion). Originates in South America with different formats in Montevideo, Uruguay, and Sao Paolo, Brazil. Played by over 60 mio people today.

1930: Juan Carlos Ceriani, PE teacher in Montevideo invents the game to be unaffected by the weather conditions

1949: Sport becomes established in Brazil. First rules by Asdrubal do Nascrimiento
1965: Foundation of South America Futbol de Salon confederation
1971: Foundation of the international federation of Futbal de Salon (FIFUSA) presided over by the president of FIFA
1982: First World Championships organized by FIFUSA
1985: Second World Championships in Madrid
1985: Annexion to FIFA
1989: First FIFA WORLD CUP in the Netherlands
1996: First list of Futsal Referees

2005: First instructor seminar is held in Spain

Development
Star who played Futsal (Pele, Rivelino, Falcao, Zico)
Ronaldinho: “Futsal is an excellent way for children to develop their skills and understanding of the game. My technique and my dribbling skills camo from playing futsal!”

Marta: “Futsal is a fantastic sport! Lot of what I do on the football pitch comes from playing futsal such as quick decision making and learning how to perform in small spaces.”

Messi: “When I was a young boy in Argentina, I played futsal in the street and in a club. It was great fun and helped me to become the player I am today.”

Neymar: “Futsal helps a lot becaue you need to think quickly. It’s a more dynamic game and today in Europe, there’s not much space so you need to think quicker, and futsal has helped me a lot with that.”

- Futsal Originates in: South America, Europe, etc
- Futsal Ball is normal sized: True – False
- How many Subs: 5 | 8 | unlimited
- Goalkeeper needs to stay in the penalty area

3 Laws of the Game
Controlled by two refs

1. Restart with a kick in
2. Players only have four seconds to restart the game (once ball on the ground)
3. Free kick of goalkeeper controls the ball for longer than 4 seconds in the other teams half
4. No offsides
5. Allowed 5 fouls a half
6. Every foul after the fifth foul results in a 10 metre penalty kick
7. Games are 20 minutes each half (stopped time)
8. Subs can be made whether the ball is in play or not
9. Red card results in the player being sent off and the team with 4 players for 2 minutes or until a goal is scored by the opposition
10. Each team is allocated 1 minute time out each half
11. Timeout can only occur when the ball is out of play and the team that requested the time out is in possession.

Futsal Court

- How many seconds does a player have to restart the game: 4

- What are the maximal dimensions: 45x25 (Desired Standard is 40x20)
- Why is a hard floor is used: faster | slower
- Every fifth call results in a free kick: true / false
- Futsal ball is: heavier or lighter
- Harder to control

The Futsal Player

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LAWS TO ENCOURAGE SKILLFUL PLAY

HOW THE LAWS SUPPORT SKILL DEVELOPMENT

Skill development and 1v1 actions due to the number of players and size of the court.

Goalkeeper can only touch the ball once in a phase of play, encouraging forward play, skills and passing.

Each team is allowed 5 fouls a half. After 5 fouls a penalty shot will be awarded after each foul from the 10 yard spot.

No Offside.

4 second restarts encourage quick play and movements.

Each coach can request one time out per half.

Futsal was originally generated as an indoor variant of soccer with rules and pitch markings created to replicate the 11 a side version of the game. Given this genesis, it is fair to suggest that many of the techniques and skills required will be similar: notably, ball control, shooting, passing, perception, anticipation and decision-making" (Milligan et al., 2002)

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CREATE THE FUTSAL ENVIRONMENT

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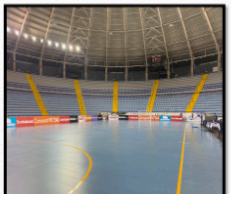

Futsal is versatile, fitting into any space, even transforming a small school gym into a 2v2 or 3v3 court. All that's required is a hard surface and a futsal ball, making it accessible in diverse settings.

Sizes of the court can be basketball: True or false
How many timeouts for a coach per half: 0/1/2
Can Futsal be played in most environments: T / F
The same skills are required in futsal as an 11v11 soccer game

6 Training Futsal
Touches: Provide players with lots of touches of the ball. The Futsal ball moves different to a normal soccer ball, so allow players to gain experience with it

Starting point: As a starting point, encourage lot of 1v1, 2v2, or 3v3 type games in smaller spaces that include goals. This will encourage technical development and fast decisions that will support playing a real futsal match.

- Explore Tactics and Techniques
- Learn to innovate and problem solve at speed
- Perfect skills and refine decision making
- Explore physical capabilities
- Deal and manage quick transitions

GK: The goalkeeper position is very important in the game of Futsal, so use a goalkeeper in your practice deliver. This helps the players understand scenarios and situations that may occur
Time: Allow them time to develop a strong technical foundation. It's important to introduce one skill at a time. Don't overwhelm the players with too much information.

Short: Keep games short! Futsal can be a very fast paced game. Players will need to play in short bursts just like the real game.

Variable: Players are encouraged to train with interference and opposition supporting technical development and decision making at speed.

Representative: Give the player decision to make based on time, space and other players in the session activity.

7 Example

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FIFA TRAINING CENTRE

- Counter attacking with speed
- Attacking waves
- Delay, Direct, & Deny

8 Playing

The Game: Futsal presents many tactical challenges for both players and coaches. Consider building a robust technical foundation that can support problem solving on demand. Players need to experience manipulating and passing the ball at speed.
Let the player experiment with the game. Players new to the game may lose possession a lot, so patience is important as a coach.

Commented [PZ3]: Bacuse this happens defensive apsects need to come first.

FUNDAMENTALS?

Offensive
Dispersal (Expanding the team shape, creating space) – keep width to stretch opponents and create space centrally
Support (Ability to receive the ball) – angle, distance, timing to receive the ball
Mobility (Culculated movements of players to create opportunities) – creative movements to receive the ball behind opposition
Penetration (Progress the ball towards the opponent goal) – dribble or pass
Improvisation (Actions and skills)

Defensive
Deny (if you can win the ball back, win it) – first priority can you win the ball? If not, delay progression centrally through the court.
Direct (force the opponent to space in favour) – Protect central areas directing opponents away from the goal
Balance (maintain team shape denying space) – provide cover and protect key spaces
Delay (if you cannot win the ball back, delay the opponent making forward progress) – manage key spaces and direct opponent to delay progression
Control & restraint (be patient to regain possession)

Transitions
Speed (Attack and defend with speed, making forward or recovery runs) – support in forward areas with speed
Movement (Movement at speed to support both in & out of possession) – on regaining possession make quick movements to receive behind your direct opponent.
Decision (Restart the play if you cannot go forward. Time to reset and rotate to unbalance opposition) – Can I play or travel forward with the ball and/or disguise my decision?

Imrpovisation (Seek creative disguise passes and creative 1v1 skill to get in behind the oppoment)

Restarts
Get set early (create shape to exploit spaces between and behind opposition)
Support (Behind the ball safety, Defensive Player)
Mobility (Fluid and quick movements around and away from the ball to receive)
Combinations (Combine with teammates and look to penetrate forward

9 Playing Systems

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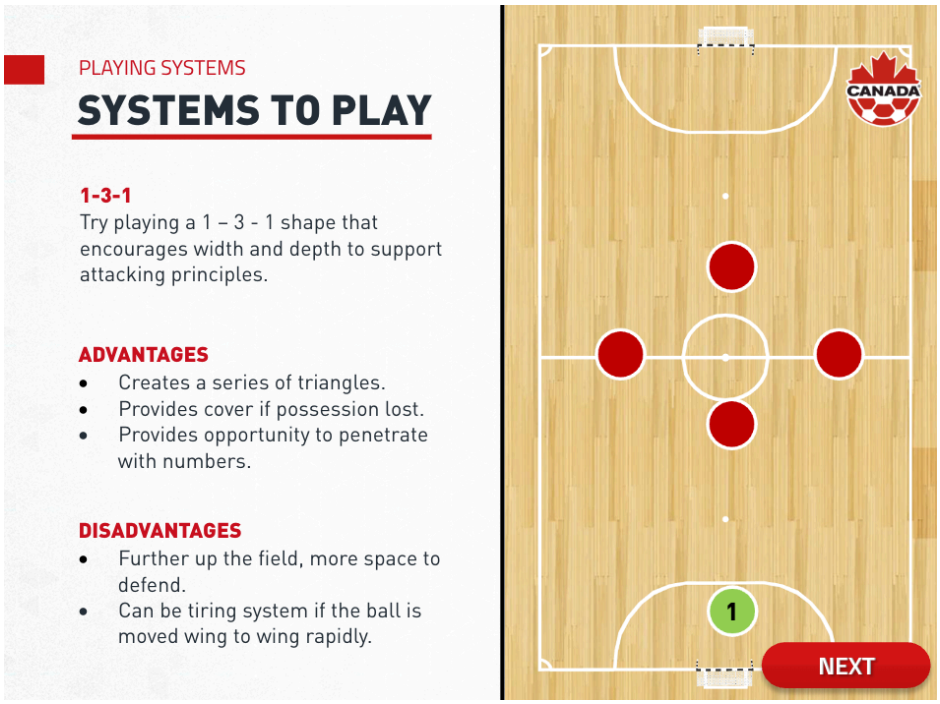

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PLAYING SYSTEMS

SYSTEMS TO PLAY

1-2-2

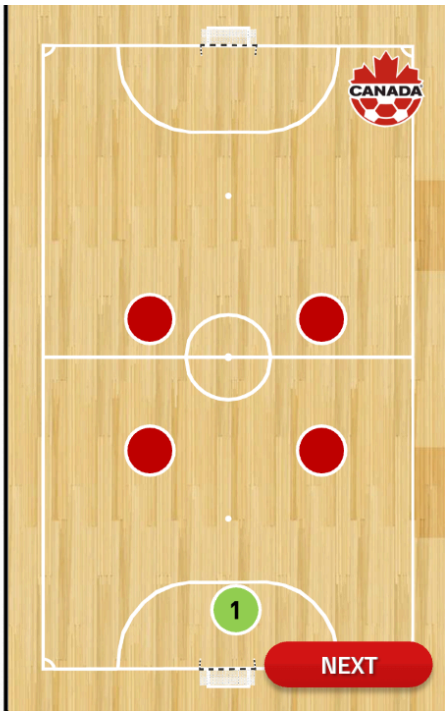
Try playing a 1 – 2 – 2 shape that encourages patience when the opposition GK joins the play.

ADVANTAGES

- Provides discipline when goalkeeper joins attacking moment to create overload.
- Surprise opposition with unusual formation & strategy.

DISADVANTAGES

- Only two defensive lines.
- If first line is broken opposition may gain numerical advantage.



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PLAYING SYSTEMS

SYSTEMS TO PLAY

1-1-3

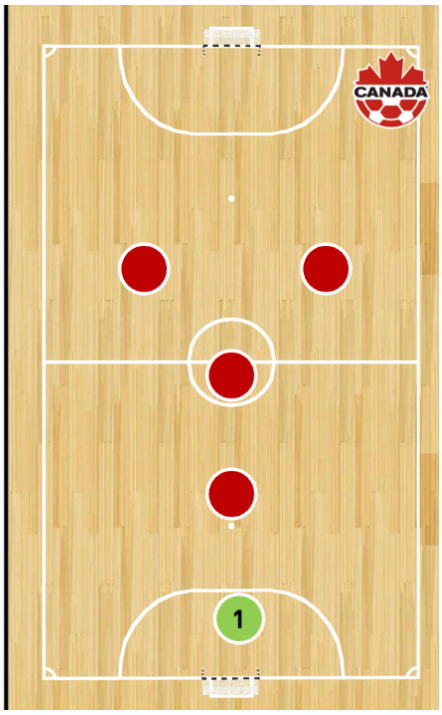
Try playing a 1 – 1 – 3 shape that encourages confusion against a solo defender and encourages a high pressing strategy.

ADVANTAGES

- Provides good goal scoring opportunities.
- Forward play and support positions in more advanced areas of the pitch.

DISADVANTAGES

- Only one defender which means possible 1v1.
- Could be exposed on quick transitions.



Passing: Most passes in futsal are played with the inside of the foot for speed and accuracy. The outside of the foot can be used as a disguise /fake pss.

Receiving the ball/control: Using the sole of the foot is a good technique to control the ball as it allows for a smooth close feel of the ball and allows for a quick change of direction if required.

Commented [PZ4]: Slow

Travelling with the ball at speed: Futsal requires players to dribble and travel with the ball at speed. Players will need to use 1v1 skills to unbalance and dodge past opponent in tight spaces.

Pin and Spin: Many instances will occur when a player has their back to an opponent. This requires players to control, turn and spin away at speed using the body movement to fake directions

Commented [PZ5]: Crossing legs .. kill

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Quick creative finishing: An effective way to score in futsal is a “toe poke” finish. This tenique allows for a quick release and sometimes an unexpected shot on goal. Many goals are scored at the far post, so encourage players if a shooting opportunity is blocked to “fake” a shot and pass to an open player for a tap in.

Pressing: Try to anticipate the next move the opponent ir team might make. Cover distance quick and control body encase of quick change of direction by opponent.

Intercepting: Get close to opponent and make sure your team are goal side. Remain patience and look at positioning. Try to read body shape of opponent and their next move/pass

Commented [PZ6]: Look at eyes and body of player rather then the ball.

1v1 Defending: Try to close opponent quick and remain low to see the ball. Look to pinch he ball rather than a heavy challenge.

Covering: Cover behind a player who challenges for the ball. Ensure the center of the court is covered and opposition cannot play through your team shape.

Read dangerous situations: As opposition attack, players must keep a tight and compact shape. As the ball moves across the court or forwards, players must adjust who goes closest to the ball and who covers. Rotate team shape. (If a player gets beat in your half, cover central areas and be careful of the tap in at the far post).

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THANKS FOR COMPLETING THE COURSE

SUMMARY

The characteristics of the game of futsal offer opportunity for players to experience a fast game and improve on quick decisions, 1v1 skills, lots of touches of the ball on a smaller pitch and facilitates accurate passing techniques. Many attributes' players acquire can be transferable to 9v9 and 11v11 soccer.

Futsal can be played in various environments with little equipment needed. If you train in a small gym or venue, focus your sessions on ball manipulation, 1v1 skills and a variety small sided 2v2/3v3 games.

IMPORTANT: Review or complete Canada Soccer Grassroots workshops for age and stage strategies when coaching children and adults.

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