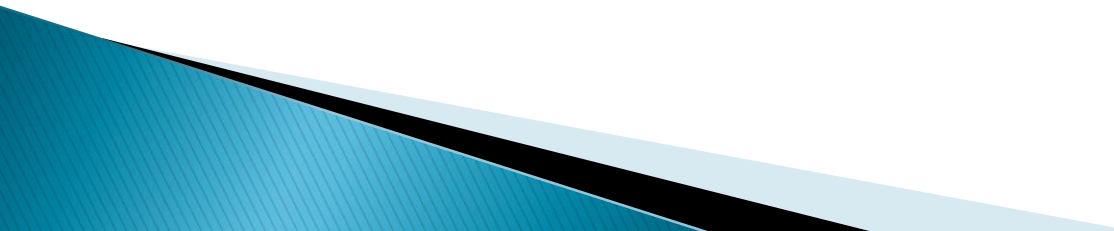




FUTSAL

2016-17 Season
By Daniel Mattos
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Video

- ▶ [FA – Soul of Futsal](#)
 - ▶ [US Soccer Federation – Futsal Benefits](#)
 - ▶ [Soccer Pros born in Futsal](#)
 - ▶ [Falcão – The Best Futsal Player in the World](#)
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- ▶ *Repetitive, cognitive application allows players to develop faster on conscious and subconscious level – Case Study by Set Sport Corp. A player will touch the ball 80-100 times in a 40 min match as opposed to 20-40 (based on position) in a 90 min outdoor match.*
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10 Reasons to Play Futsal

1. **Benefits:** Futsal rewards the same basic skills, tactics and knowledge of the game as the 11v11 outdoor game.
2. **Ball Touches:** In a statistical study comparing futsal to indoor football with walls, players touch the ball 210% more often.
3. **Ball Control:** With limited space, constant opponent pressure and touch lines, improved ball control skills and technique are required.
4. **Speed of Play & Enhanced Decision Taking:** The factors mentioned above, together with a four-second restart rule, ensure players learn to play and think faster.

“In futsal, you see whether a player is really talented. In normal football you don’t necessarily identify talent as easily because it’s so much more physical. But with futsal, you notice the small details in quality, class and tactical understanding.” – Xavi



5. **Mandatory Support:** Players must make supporting runs when their teammates have the ball.
6. **Continuity:** Action is continuous so players are forced to continue the play instead of stopping and watching.
7. **Knowledge:** With four pitch players and all the basic options of the outdoor game in non-stop action mode, players understanding of the game is enhanced.
8. **Improved Shooting:** The goal and penalty area are a perfect size for narrowing the angle, so players learn to shoot accurately to score goals
9. **Encouraged Learning:** FIFA's Futsal Laws of the Game encourage a skilled sport by punishing all physical contact fouls.
10. **Fun:** Players enjoy the challenge of playing a fast-paced, fun-and-skill-oriented game that tests their abilities.

“I needed extremely good feet, because you're always attempting to beat opponents in the minimum of space. I loved the challenge of playing on such a small pitch.” – Ronaldo



Technical Aspects

- ▶ Answer the equation with the ball
- ▶ Ball control in tight spaces, ability to take on defender(s), ability to get out of trouble with the ball
- ▶ Shooting technique (diagonal to second post) with purpose
- ▶ Movement away from defensive pressure with ball utilizing sole of the foot
- ▶ Accurate and proper passing technique to proper side/foot of teammate



Tactical Aspects

- The ability to increase the thought process of what to do with the ball prior to receiving it
- What to do after releasing the ball
- Knowing how and why to play total soccer and the responsibilities of each position
- Understanding possession mode versus counter attack mode
- Defending principles applied to outdoor soccer: pressure, cover & balance



U.S. Youth Futsal Rules



▶ General Rules:

- 5v5 Game: There are 4 field players and a Goal Keeper (GK).
- No offside.
- GK can only play the ball (by feet or hands) for 4 seconds in own half. If GKS is in opponents half, he/she has no playing restrictions. Once the GK plays the ball, he/she cannot touch the ball a second time in their own half unless it has been touched by an opponent.
- 4 seconds restarts: Once ball is placed on the line (kick ins and corners) or GK has for restart, player has 4 seconds to put ball back in play.
- 24 minute halves for tournament and for league play. 3 minutes for half time and each coach may call (1) one-minute time out per half (use or lose) when in possession of the ball. There are no time outs in overtime/extra periods. Time out requests are made to the referee.

U.S. Youth Futsal Rules



▶ Substitutions

Free substitutions are made "on the fly". Player can only enter or leave the game in the substitution areas marked by their respective benches, and a player may only enter a game after the player they are replacing has left the field. Failure to do so results in a caution and an indirect free kick is taken from where the ball was situated when the game was stopped to caution the player.

▶ Kick off

Opposing players must give 5 yards until ball is in play.

▶ Ball Out of Play

◦ Kick in

A ball kicked out over the touch line (side line) by one team becomes the other team's ball. The team kicking in has 4 seconds to get the ball back in play or it becomes opponent's kick in. Defense must give 5 yards distance. The referee will give a visual count with his hand. Players taking kick in can not step into the field while kicking ball back into play. Goals cannot be scored from kick-ins.

◦ If the ball hits the ceiling, a kick in is taken at the closest point on the nearest touchline, running parallel to the goal line.

◦ Goal Clearance

Futsal for goal kick. When the offensive team puts the ball over the end line, the other team gets the ball. The goalie must throw the ball within 4 seconds of retrieving it and put it back into play by throwing it. The throw must leave the penalty area. Opposing team must stay out of penalty area during a goal clearance. If a player touches ball before it leaves penalty area, GK retakes the throw. The GK cannot touch ball again until an opponent touches it.

◦ Corner Kick

To be taken inside the corner arc, If there is no arc, kick is taken at the point where goal line and touch line meet (at corner).

U.S. Youth Futsal Rules



▶ Fouls and Misconduct

▶ Fouls

- Futsal is a minimum contact sport. However, some contact may occur, as long as it is done in a legal manner. It cannot be done by play that is careless, reckless, or with excessive force.
- Slide tackling is allowed in futsal under certain conditions, if in the opinion of the referee:
 - 1) No opponents are nearby, a player may slide to intercept or direct the ball. No foul results.
 - 2) The slide is dangerous to an opponent, but no contact is made. Dangerous play foul results in an IFK.
 - 3) Contact is made with an opponent in a careless, reckless or excessive force manner (or if referees believe that such contact could have resulted). An accumulated foul results in a DFK.

Exceptions

The GK is allowed to slide in an attempt to clear the ball, if in referees' judgment, the slide is an attempt only to make contact with the ball, not the opponent. If GK slide is at least careless (a foot in air, a hook, rolling tackle) it is a foul and possibly a cardable offense. A field player may slide in instances where there is not an opponent close by and no injury is likely to occur. This would most likely happen when a player is attempting to stop the ball from going out of bound or an offensive player sliding to knock the ball into the goal where there is not other defensive player close to the play. Players and coaches should use this general rule, if you slide tackle near a player, assume a foul may be called.

6th Accumulated Foul

Upon a team's 6th accumulated foul in each half and all other accumulated fouls within the half, the other team is awarded a free kick taken from the 10 meter penalty mark or where the infraction occurred if it is in a more favorable spot. The defending team cannot build a wall to block the kick. The player taking the kick must be clearly identified and the player taking the kick must make an attempt at the goal.

U.S. Youth Futsal Rules



Accumulated Fouls resulting in Direct Kick

- Kicking or attempting to kick an opponent
- Tripping or attempting to trip an opponent
- Jumping at an opponent
- Charges an opponent
- Strikes or attempts to strike an opponent
- Pushes an opponent
- Tackling
- Holding an opponent
- Spits at an opponent
- Handling the ball (except the GK in their own Penalty area)

▶ Sending Off Fouls

- Handling the ball deliberately, except for GK in their area.
- Denying an obvious goal scoring opportunity by handling the ball (except the GK in their own penalty area).
- Denying an obvious goal-scoring opportunity by fouling an opponent moving toward the goal.
- Player sent off cannot re-enter the game. Substitution is allowed after 2 minutes.

▶ Indirect Free Kick

5 yards of distance from kicker to set up wall, and ball is in play after it has been touched. If the kicking team takes more time than

Basic Coaching Points

▶ Technical:

- 1. Sole of the foot:** use of sole of foot for first touch (controlling) and dribbling: rolling/moving ball away from defensive pressure utilizing sole of the foot
- 2. Finishing/Shooting:** Toe poke is a great resource. Aim for second post (Far Post). A poor shot resulting in GK save/catch generates counter attack for the opposing team.
- 3. Passing:** Movement is key in Futsal. Supportive runs and diagonal runs are vital when passing/moving the ball. Accurate passing to proper teammate's foot is critical for ball possession and offensive creation.
- 4. Half-Shin Balls:** To break out of pressure, creative players may lift the ball off the ground for penetrating passes and/or solve problems.



Basic Coaching Points

▶ Tactical:

1. **Formations:** 2-2; 3-1; 1-2-1; 4-0. Which one should I use? Your team may have different formations throughout a game. Most common used in Youth Futsal is 3-1, using the Pivo.



Responsibilities

▶ Individual:

1. Immediate Chase after losing the ball or your teammate
2. Delay the ball forward until your teammates can get goal side of the ball
3. Channel the player to weak foot, to a teammate or side lines
4. Active/Tackle

▶ Team Defense

1. 4 back in 5 seconds.
2. Behind the line of the ball
3. Don't turn your back! Keep the ball and player in front of you
4. Don't let a player serve a ball past you, dribble past you or run past you
5. Defensive bump to alter the run of your opponent
6. Press the point of attack (BALL)
7. Press & Tuck to Press Press
8. Don't change when your team doesn't have the ball
9. Know when to double team: head down, bad pass or bad touch
10. Defense is physical when your man doesn't have the ball; and becomes tactical when they possess
11. Wrap up in front of your goal
12. Defensive body language. (Aggressive, intense, committed)

Role/Responsibilities by U.S. Youth Futsal

#1 Goal Keeper

1. Organize your defense in front of you
2. Read and execute who and how to build offensive patterns
3. Take your time on goal throws when you can and should so we can change or set up
4. Stay in tighter to the goal and make yourself big. Let them beat themselves
5. Identify where to distribute the ball, simple is better. Do not create turnovers
6. Set up defensive restarts quickly

Role/Responsibilities

#2 Fixo (Defender)

1. Defend 1st, support the attack 2nd, get in offense 3rd.
2. Last man on goal throws
3. Organize in front of you not generically but who has who
4. Communicate to players in front of you, direct them when they should press or drop back. Be very vocal!
5. Deny your man the ball (front). You normally marking the others team most dangerous player. First deny your player the ball first through physical play and tactical awareness and once he receives the ball it becomes mostly tactical
6. Organize defensive restarts quickly
7. Play early balls (1 touch) in order to release players early
8. Be dynamic in your defensive play
9. Make runs in relation to the ball and deep player in order to create passing lanes then return. Can also pick (screen) the wide player's man

Role/Responsibilities

#4 – 2nd Ala (Forward)

1. Know when to stay high up and when to drop back. Most of the time pressing point of attack (ball) or becoming the tuck player. Don't turn your back to the ball.
2. Don't let your player play the ball past you (close down the space), don't let him dribble past you or run past you (bump)
3. Double team and hunt. Create defensive attack situations
4. Many times you will be the first player to the Pivo (Target), if any other player is linking up with Pivo get to the second post
5. Face your player with the ball. Take players on especially wide and deep. Look for Pivo on either side of your man when you have the ball
6. Know where Pivo is at all time and get eye contact with him before you receive the ball

Role/Responsibilities

#3 – Ala (Midfielder)

1. Press the point of attack. Do not let your player dribble past you, play balls past you or run past you (bump)
2. Know when to be the tuck player, cut out the middle (no split) and read when to go press/press
3. Find Pivo with early balls to release #4 Ala
4. Make runs in relationship to ball and Pivo in order to open up passing lanes
5. On the ball for offensive restarts
6. Get to second post when opportunity presents itself
7. Shoot diagonally
8. The ability to take on wide players especially in the attacking half of the field
9. Turn and face your opponent when you have the ball

Role/Responsibilities

#5 Pivo (Target)

1. Don't turn your back to the ball when it goes out of bounds
2. Double team the ball and hunt. Create defensive attack situations. When your partner doubles you must cover
3. Know when and where to stay high up and when to drop back
4. Know when and how to be the tuck player, cut out the middle (no splits).
Read the player with the ball so you can anticipate the pass and press/press
5. Constantly be an option to the ball. Cannot hide
6. Be unpredictable, 1 touch, turn and shoot, 2 touch. Clear space to let Alas attack flanks
7. Get to second post! Shoot diagonally
8. Gain space through physical play when back to goal