

FUTSAL:

For youth soccer players who want to build foot skills, speed, control, and competitiveness!

Soccer greats such as Kaka, Ronaldo, Ronaldinho, Marta and Messi grew up playing Futsal and credit it for developing their incredible skills. **Futsal builds quick reflexes, fast thinking and pin-point passing.** The major heads of US Soccer and FIFA declared that Futsal is necessary for youth soccer development because of:

- More touches on the ball
- Better foot skills
- More movement without the ball
- Quick decisions
- Technical speed of play
- High-scoring games
- Constant excitement

Futsal training is a cornerstone of youth soccer player development and builds the following qualities:

- Ball retention – possession is key in Futsal. Players need to be able to keep the ball using good technique and movement
- Quick play – the small playing area forces quick play. This again requires good technique and movement
- Passing – Futsal develops quick, accurate passing – no margin for error
- Skillful play – Futsal encourages skillful play, either to retain possession or to create a shooting opportunity
- Confined spaces – everything happens much quicker and there is less margin for error
- Tactical awareness – futsal is a "whole-team" game. Each player needs to be aware of their own responsibilities
- Skill acquisition – the increased number of touches on the ball accelerates the learning process
- Movements – with and without the ball increase significantly in Futsal

Futsal is, essentially, a scaled down version of outdoor soccer played indoors. It is a small sided game (5v5) played on a smaller field (roughly basketball court sized) with a smaller (size 3-4) ball. Futsal is played with touchline boundaries. There are no walls in play. In Futsal, players are constantly reminded to play with precision and control. The same skills are required for success in the outdoor game.