

Appendix 5 – FUTSAL

*** Click here to go to the FIFA website for a comprehensive listing of the **FUTSAL Laws OF The Game***
[FIFA Futsal Laws of the GAME](#)

“A Great Game” or just “A Great Off-Season Training Tool?”

Futsal is one of the fastest growing games in Australia and indeed the world today. Many coaches once embraced it as an easier way to keep their players fit and sharp during the off-season thus alleviating the amount and intensity the preseason work required to get their player’s match ready and fit for the new season

In the past few years Futsal has become much more than just an off-season game. It is the only indoor soccer game with a world championship and an endorsement by FIFA. It is a great training tool for developing young soccer players and is also a fun and very safe game to play.

Although the goals are much smaller than outdoor soccer, Futsal I believe is one of the best training grounds for all aspiring goalkeepers, the intensity and speed of the game usually producing shots at goal every few minutes.

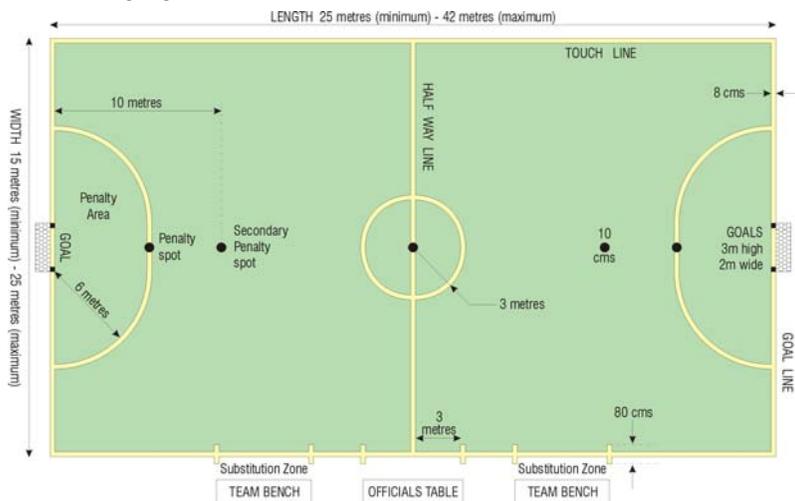
What is Futsal?

Futsal may be new to some coaches, so I'll describe it briefly here. This is a court soccer game. Its origins are credited to Uruguay some 30 years ago. This game is common in certain areas of Brazil where the shortage of open space encourages short-sided court games and beach soccer.

Because of its availability and small-sided format, Futsal has impacted the early development of some of Brazil's finest players. This game is also played in parts of Europe, the Middle East, and Asia.

Futsal is a five-a-side game; it is played with a goalkeeper and four field players. This game was originally played as team handball and evolved to soccer. The character of this game is outdoor soccer played indoors. It is played in soccer's fundamental shape, the 4 vs. 4 format.

The Futsal ball is smaller and heavier than the outdoor soccer ball and has dampened bounce. Players, U12 and under, play with a ball about the size of a No. 3 outdoor ball. U13 players and above, play with a ball approximating a No.4 outdoor ball. Since the court surface is usually fast and the space small, these modified balls scale the game to the size of the court remarkably well. The smaller circumference makes precision touch and the sweet spot on the ball more challenging to hit.



The rules of the game are similar to the outdoor game with some friendly modifications that fit the game to the smaller space. Throw-ins are replaced by kick-ins and the goal kick is replaced by a goal clearance. The goal clearance is a restart by the keeper using his hands to put the ball back in play with restrictions similar to those of the outdoor soccer goal kick. Substitutions are made on the fly, including the keeper.

Fig. 23, The FUTSAL Field of Play, Definitions and measurements

The game is played with touchlines and goal lines, with all the consequences that go with them. Simply put, a bad play with the ball may result in the ball leaving the field of play with the resulting loss of possession being the consequence. This game also emphasizes skill and control. Rough play is discouraged. Shoulder charges and slide tackles are forbidden. Fouls are tracked and teams penalized for playing too roughly.

A sanction is placed on a team after 5 fouls have been assessed in each half. This sanction takes the form of a revised free kick process. Only the goalkeeper may defend the goal during the taking of the kick. The offending team loses the privilege of their wall and the ball is spotted on the second penalty spot 10 meters from the goal. This is a strong deterrent to rough play.

Futsal is great for young players. It provides numerous ball touches in a short period of time and it presents many of the fundamental tactical patterns of the big soccer game. The game contains many of the challenges faced in the final third of the field and provides repeated opportunities to finish.

As a requirement of all teaching, Futsal provides repetition and recognizable consequence for poor execution. It also reinforces good play with tangible results, mostly shots and goals. Futsal presents all the primary combination plays. It emphasizes both attacking and defensive support, but most importantly, immediate transition. Futsal is a brutally honest game. It will isolate and expose your team's deficiencies. It will also showcase your team's strengths.

The game is fast and numerous finishing opportunities are offered when played well. Technical and tactical speeds are emphasized. A bad touch or a slow recovery will almost always result with a loss of possession. Quite frequently the lesson is driven home with a goal scored by the opposition. These lessons learned hard are not easily forgotten.

The satisfying thing about this game is that these lessons are quickly learned and that players readily adjust themselves to the game's demands. All soccer coaches stress that the game is the best teacher. By putting players in learning situations, the results of the decisions and their technical execution will educate them with a minimum of coaching involvement. In Futsal, you can see this happen immediately.

When teaching outdoor soccer to young players, some coaches struggle with getting effective player movement off the ball. Players tend to feel that their work is done after they deliver the ball to a teammate or when a shot is taken. In this game, supporting movements and management of space are keys to success; slow transition and lazy supporting play will result in turnovers and goals to the opposition.

This game requires strong play in these areas. If not addressed, the score can get ugly. Team success requires good spatial management, patience, and poise.

This is a position-less game (excluding the goalkeepers). Players must continually rotate between defensive positions in the back and attacking runs to the front. Players must organize themselves to maintain both defensive and attacking shape.

Futsal's great appeal to all players is that they get more playing time and shots on goal. Possession and shots in Futsal are more frequent.

One of the powerful attributes of this game is its accessibility. Any hall or open warehouse space will do. A basketball court fits nicely into this game. The three-point arc defines the penalty area and it comes complete with a half line and boundaries to the pitch. All you need to add is the goals.

The Goalkeepers role in Futsal

Goalkeepers must be more than an obstacle standing in front of the goal; they must also play in the field and support the attack. A good Futsal goalkeeper is a sweeper and a goalkeeper. Because of the speed of the game, communication and anticipation are necessary and are usually rewarded with ball possession and finishing opportunities that generate enthusiasm and reinforce quality decisions and execution.

Futsal goals are 3m wide by 2m high. For goalkeepers, the smaller space, closer proximity to attackers and smaller goals means some adjustments in the way you play. Here are **a few pointers on being successful in the indoor game:**

- **Low and Lower.** With a goal only six feet high, only the youngest and smallest goalkeepers need to worry about getting beat over the top. Many shots are from close in and along the ground, the goalkeeper needs to cover as much of that area as possible. Keep the knees bent, hands down and wide, and the head up. This is the same position you take up once you close down an attacker on a breakaway.
- **Be Patient on Breakaways.** The penalty area, where the keeper is allowed to use their hands, is much smaller indoor than out. If you leave the line too soon, you'll run out of space and quickly become stranded. Time your run to meet the attacker a yard or so inside the top of the area.
- **Use Your Feet.** The small penalty area also means that the keeper needs to leave that area more often to sweep up stray balls. Don't sit on the line! Use the opportunity to get involved and work on those foot skills, clear long balls. Be available for back passes, and be part of the game.
- **Coordinate with Your Defence.** Due to the lack of an offside rule, you will face many more breakaways and 2v1 situations. Make sure you and your defence are on the same wavelength, if there are two attackers and only one defender, should the defender take the ball carrier or play the pass? Personally, I prefer to have the defender cover the pass, since I feel I can usually cover the entire net and stop the shot. This is the opposite of what suggest defenders to do outdoors. Which way you go is personal preference, but make sure you talk about it first.

Fundamental differences between Futsal and Soccer

Futsal (FIFA Indoor Soccer)

#3 or #4 ball with reduced bounce
5 players
Unlimited "flying" substitutions
Smaller 7 x 10 sized goal
Kick-in
Main referee
Running clock
20-minute halves
1 time-out per team per half
Goalkeeper throws ball back into play
4-second rule on restarts
No offside called
4-second rule to put ball back into play
5-foul limit (and "no-wall" free kick)
Player sent off can be substituted for after 2 minutes
Corner kick placed on corner
No slide tackles under any circumstances

Soccer (FIFA Association Football)

#5 ball
11 players
3 substitutions
Large 8 x 24 sized goal
Throw-in
Main referee & two linesmen
Running clock operated by main referee
45-minute halves
No time-outs
Goal kicks
No absolute time limit to restart play
Offside rule
Goalkeeper's steps
Unlimited fouling
No substitution for player sent off
Corner kick placed in arc
Slide Tackling Allowed