

A Guide to Merseyside School Games: Futsal

What is Futsal?

Futsal is a fun and exciting fast-paced small sided game with a large emphasis on technical skill and ability under high pressure, requiring quick thinking and excellent movement. Its currently the fastest growing indoor sport in the world and is the only small sided football format recognised by both UEFA and FIFA.

Many of the top world class footballers played futsal in their youth and credit it with supporting their football development. Pele, Ronaldinho, Cristiano Ronaldo and Messi are just a few names who played and enjoyed futsal.

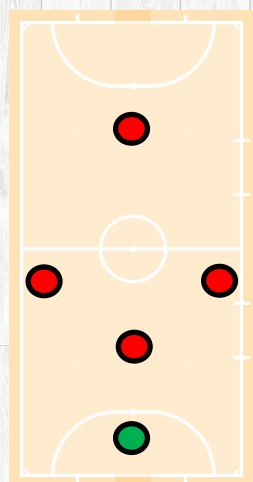
Rules/Laws to be played

Games are played indoor with a reduced bounce ball with hockey/handball sized goals.

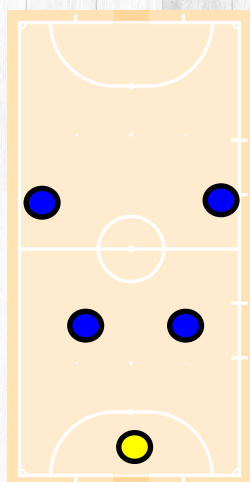
- Squad size of 10 players with only 5 players permitted on the court at each time
- Subs are roll on and off and are unlimited. Can be made at any time during the game.
- Played to lines. Ball is returned to play with a kick in.
- Players have a 4 second limit to return the ball into play once placed down.
- GK's return the ball into play by rolling or throwing. They also have 4 seconds once they have control of the ball.
- Once the GK has released the ball, either by kicking or throwing, the GK cannot touch the ball again until the ball goes out of play or is touched by an opponent. The sanction for violation is an indirect freekick. The GK may receive the ball freely in the opposition half.

Basic Formations/Shape (In possession)

1-3-1



1-4-0



Basic Coaching Points

- Futsal players use the sole of their foot for more effective control and ball manipulation.
- Its important to keep possession as lots of chances are created through counter attacks
- Players will work hard to attack & defend together as a team.
- When possession is lost, players will get tight together in order to reduce space for opposition to play.