

Why Futsal?

Futsal is FIFA's official indoor soccer game which is 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. This is the game that outdoor soccer players around the world play when they are indoors to refine and maintain their ball control skills and touch.

It is superior to walled soccer in terms of developing better skills and technique. In traditional American walled soccer, players regularly whack the ball (and sometimes their bodies) against the boards which promotes improper technique. In Futsal, players are constantly reminded to play the same quality control game that is required for success in the outdoor game.

WHY FUTSAL?

Futsal is the only indoor game sanctioned by FIFA. If skills development is important, Futsal is recognized as the best form of indoor soccer. Futsal offers players:

- Better Skills Development - Futsal promotes quality touches
- Safer - Futsal eliminates injuries associated with wall collisions
- Less Expensive - Futsal makes quality soccer more affordable

WHO SAYS FUTSAL IS REALLY THAT MUCH BETTER?

FIFA says Futsal is better. And the Brazilians are among the many nations that swear by it. Pele, Ronaldo and Bebeto all credit Futsal for much of their skill and technique development. All the major heads of US Soccer and FIFA declared that this is the way to go. Once you experience Futsal, you will see the reasons.

IS FUTSAL NEW?

Futsal is the new rage in American soccer. However, as is often the case, the US is just catching on to what the world already knows. Superior soccer skill is built by simulating the outdoor game indoors with small-sided games, and a smaller ball. Futsal has been around for over fifty years, but US interest in soccer skill development has only recently focused it's attention on the training techniques used in successful soccer powerhouses such as Brazil, Holland, Germany, France, and Italy. So, Futsal has been around for many years but interest is just starting to explode in the United States.

HOW DOES FUTSAL PROMOTE BETTER TECHNIQUE?

Just watch Futsal players fight to keep the ball from crossing the touchline and you'll immediately begin to see how Futsal develops skill, ball control, and technique. A small field with lines puts players constantly under pressure from other players and out-of-play boundaries. Players must learn to settle the ball rapidly, turn sharply, shield effectively, pass quickly, and move into open space.

Compared to walled soccer or large indoor field soccer, Futsal places a greater premium on ball control. There is no reward for errant passes because the other team gets the ball. There is no incentive to 'kick and run' because the field is too small and packed with players. Players with the ball must use proper technique to maintain control and must seek out other players in space. Players without the ball must move to 'real' space and must truly support their teammates.

However, for Futsal, the emphasis is clearly on control and technique. Without proper control and technique a player cannot expect to succeed in Futsal. If you are serious about skills and technique development, Futsal is the superior activity. Futsal promotes better technique and develops skills more rapidly. It is the "expressway" to correct soccer player development. It is time well spent.

HOW IS FUTSAL BETTER THAN WALLED SOCCER?

Futsal improves player soccer skills better than walled soccer for both offensive and defensive skills training.

As an offensive Futsal player, there are no walls to save errant passes. There are no walls to stop long balls. There are no walls to rebound errant shots. There are no walls against which to pin the ball or your opponent. There are no walls to help you if you lack the feinting skills to beat a defender. There are no walls to save you if your teammates are not moving into space to support you. In general, you must control the ball, use proper touch and technique, use correct pace, send accurate service, and truly work dynamic combinations.

As a Futsal defender, you can 'face up' on an oncoming player just like in outdoor soccer (there is no wall pass to beat you). You can let errant passes go out of bounds to win the ball (the proper result of your opponent's faux pas). Goalies and defenders can concentrate on proper shot blocking angles. You do not need to worry about long overhead balls, which should go out of bounds. You can drive an oncoming player into the side to break up break-a ways or outnumbered breaks. In general, you can practice and perfect the defensive techniques, which apply to outdoor soccer. You don't waste time working on defending against phantom players (i.e. walls).