



## FUTSAL BULLET POINTS

(by Otto Orf, 6-20-2014)

### Commonly asked Questions:

Are you wondering why you have not heard of futsal? Is it just a gimmick? Is there any real benefit to playing the game versus playing regular indoor soccer? Here are a few quick answers to common questions. Write us to find out more:

- . Does futsal translate to outdoor soccer? YES. Just watch Spain, Brazil and Argentina play. This is why US Soccer is now promoting the game to all of its Academy programs around the country.
- . Why the special ball? The futsal specific ball stays close to the ground on the hard futsal surface and it is also at the player's feet much more. It's where we need players to have the ball, especially when they are young!
- . How can futsal help my child? Increased confidence on the ball, dribbling & defensive skills, movement without the ball are just a few of the ways that futsal can help a player of any age.
- . Is futsal appropriate for all players? If your child loves the game of soccer they should be taught the proper fundamental skills. Futsal helps to reinforce these skills and forces the use of them to be successful.

### Benefits inherent to the game of Futsal:

You will find that the differences below are part of the game of futsal. With or without a coach these factors will improve a child's soccer play. With guidance and reinforcement an amazing leap in development can be made in a short time:

1. There are no walls: simply put the option to 'boot' the ball aimlessly is eliminated. If your child wants to play the game of soccer a premium should be put on learning the number one skill of the game, PASSING.
2. The 'low-bounce' ball stays on the ground: This makes it easier to control and also keeps the ball at the players feet so they can get many more productive touches in during each game or practice.
3. Court surface is flat and fast: Even the youngest 3 and four year olds can learn the skills and dribble on this surface. In addition the ball moves quickly, players learn to play directly to one another or the ball goes out of play.
4. Shots attempts and goals: Many shots and goals make the game fun and engaging as well as giving both teams more practice in the offensive end of the field.
5. Transition time: Players will have to constantly change from playing defense to offense and then back to defense. This helps teams immensely when they return to the outdoor game.

### Benefits of Futsal Specific Training:

Insight from professionally trained futsal staff helps to deliver simple and direct instructions on how to properly use the fast, crowded, reduced spaces of the futsal court. Introducing young players to the proper techniques and terminology at the very beginning of their career will benefit them exponentially as there is no need to break bad habits and re-teach. These are a few of the major benefits of playing futsal:

1. Learn to pass accurately.
2. Learn to receive the ball with the sole of the foot.
3. Encourage lifting of the head to view the field once possession is gained.
4. Increased confidence on the ball.
5. Learn to play negatively as to keep possession and attack.
6. Learn to involve the goalkeeper.

### Common Terminology and Principles of Heart & Sole Futsal Training:

There is no substitute for repetition and by using the same fun common terms over and over we engrain proper thoughts into the minds of our students. These are some of the words and phrases you will frequently hear:

- **Step On It** • **Back Post** • **The Windmill** • **The 'Dinosaur'** • **The Anklebone** • **The 'Body Line'** • **Check to the Ball** •