

Futsal (Portuguese pronunciation: [\[futˈsal\]](#)) is an indoor version of (soccer) that is played on a hard court surface with no use of walls or boards. Since the game is played on a small court it is 5 v.5 sided games (1 keeper, 4 field players) with unlimited substitutions. Futsal is also played with a smaller (size 4) ball with less bounce than a regular soccer ball due to the surface of the field. The surface, ball and rules create an emphasis on improvisation, creativity and technique as well as ball control and passing in small spaces.

Futsal was developed in [Brazil](#) in the 1930s and 1940s.

There are 4 players + a goalkeeper(GK) on the court per team.

Regulation games are 2- 24 minute halves with a 3 minute halftime.

Just like soccer the game begins with a kick off at center court as well as after every goal.

The basketball lines on the court delineate the boundaries of the playing field.

With any ball out of bounds (on the side line) the opposing team has 4 seconds to settle the ball on the touch line and play a "Kick In". There are no "Throw Ins" in Futsal.

You cannot score on a 'Kick In'.

The opposing team must allow 5 yards distance.

Corner kicks and goal kick rules apply the same as soccer. Opposing team must allow 5 yards distance on any restarts.

Any balls handled by the Goalkeeper (save) must be distributed with a throw. No Punts. They have 4 seconds to play the ball in their own half.

If the ball hits the ceiling the opposing team gains possession at the spot on the floor near the closest touch line under the point of ceiling contact.

There are no off sides.

Unlike Soccer there are no slide tackles or excessive/aggressive body contact in order to emphasize the beauty and quality of passing, creativity, and foot skills.

Any foul infractions (tripping, excessive contact, slide tackles, etc) result in a direct free kick. Defense must allow 5 yards distance.

Here at Neuqua goals will be set directly on the basketball baseline under the BB hoop.

***Ball Mastery Drills(30-60 sec. each)**

*each student should have their own ball

*perform drills in their own space

*emphasize soft touches

1. Inside-to-Inside, Foundations, "Tic-Tocs"- Perform stationary and moving fwd/bwd
2. Toe Taps or Ball Taps
3. Sole Roll
4. Pull-Push
5. Step Overs
6. Scissors
7. Inside-Outside of foot
8. Dribble-Pull-Backs
9. Roll Overs "walk the dog"

***Dribble in Space avoiding teammates-Call out Ball Mastery Drills Above**

***Dribble 15 yards thru cones(use all surfaces of the foot)**

1. Use Right foot only
2. Use left foot only

***Passing Drills**

*emphasize settling the ball with their first touch utilizing either a sole trap, inside of foot trap, or outside of the foot trap, then pass.

* Have them line up opposite their partner about 5-10 yards apart and then eventually progress distance.

1. Partner Sole Pass
2. Partner Inside of foot pass * Emphasize taking 2 touches, 1st touch to trap ball, 2nd to pass ball
- 3.. Partner Outside of foot pass
- 4.
5. Pass and receive drill (emphasis on different surfaces of foot)
 - have students partner up, one partner (w/o ball) on perimeter of a large circle with others
 - the other partner is on the inside of the circle with a ball at his/her feet
 - the object is to dribble around utilizing different surfaces of your foot and then communicating with the people on the outside, executing a pass to them, and receiving a return pass back, continuing to dribble around in the circle finding a different person on the perimeter to pass to.
 - After about 2 minutes have partners switch places
 - Emphasize having passers squaring their hips to their target. Many kids will try to touch ball with their preferred foot no matter where the ball is delivered, and swing their leg across their body. They have to get used to using both feet, eyes up, and soft touch using the inside or outside of their foot. "No Toe Balls"

5 v. 2 Keep Away "Rondo" or "Monkey in the Middle"

Whoever made the last pass that was touched by any of the players in middle, goes in middle.

