

INTRODUCTION TO FUTSAL

LEVEL "O" WORKBOOK



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FUTSAL IN AUSTRALIA

Futsal began in earnest in Australia at the Bankstown YMCA, Revesby in 1972.

Great soccer superstars such as Pele, Zico, Diego Maradona and Ronaldo grew up playing the game and credit futsal with developing their skills. Futsal is played with a special low bounce ball, necessitating players to use their skills, rather than the ball's bounce, to propel it.

Futsal is normally played on a basketball-style court, although it can be played on a variety of surfaces. The game does not require the use of expensive dasher boards, as does other versions of indoor soccer, therefore making it a very economical and safe sport. Because the sport is a great skill-developer, demanding quick reflexes, fast thinking, and pin-point passing, it is an exciting game for children as well as adults.

The term "futsal" is the international term used for the game. Sometimes it is also called "five-a-side". It is derived from the Spanish or Portuguese word for "soccer", FUTbol or FUTebol, and the French or Spanish word for "indoor", SALon or SALa.

The origin of futsal can be traced back to Montevideo, Uruguay in 1930 when Juan Carlos Ceriani, who was a coach from Argentina, devised a five-a-side version of soccer for youth competitions in YMCAs simply because he was tired of waiting inside buildings for the rain to stop. The game is played on basketball-sized courts, both indoors and outdoors without the use of side walls.

Once Ceriani got the ball rolling, futsal gained rapid popularity throughout South America, particularly in Brazil. The skill developed in this game is visible in the world-famous style the Brazilians display outdoors on the full size field.

While Brazil continues to be the Futsal hub of the world, the game is now played all over the world and on every continent.

DIFFERENCES BETWEEN OUTDOOR AND INDOOR SOCCER

OUTDOOR SOCCER RULES	FUTSAL RULES
Size #5 Ball	Size #4 Ball with 30% less bounce
11 Players 3 Substitutions	5 Players Unlimited Flying Substitutions
Throw-in	Kick-In
Running Clock	Stopped Clock (International)
45 Minutes halves	20 Minutes Halves (State to International)
Offside Rule	No Offside Rule
Unlimited fouling	5 foul limit. No wall after 5th foul
GK cannot touch by hand ball kicked back	One back pass to GK allowed (one touch)
No substitute for player sent off	Substitute for player sent off allowed after 2 mins or other team has scored.
Goal can be scored from a kick-off	Goal can be scored from a kick off.
Corner kick placed in arc.	Corner kick placed on corner.
No limit on restarts (GK 6 secs)	4 second rule on restarts

COURT SIZE

The maximum length and width of a Futsal pitch is 40m in length and 20m in width.

MARKINGS

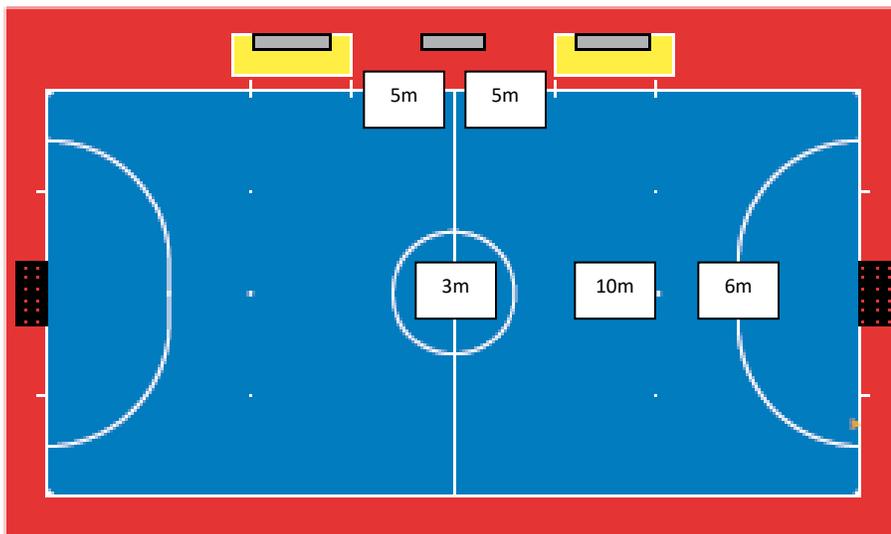
There are two markings for **penalties**

- 6 metre penalty which results from a foul with the Goalkeepers penalty area or also known as the “D” area
- 10 metre penalty which results from a team accumulating 6 direct fouls.

The **Substitution Zone** is located in a 5 metre area which is 5 metres from the halfway line.

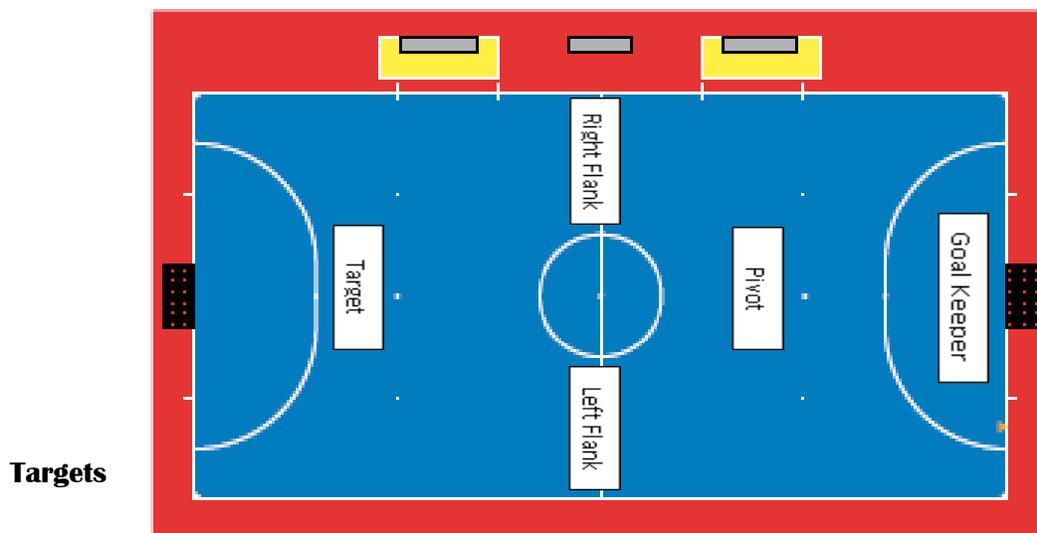
The “D” or “penalty area” is a 6 metre radius from the goals.

The **Centre Circle** is a 3 metre circumference from the middle of the court.



POSITIONS IN FUTSAL

In order to give a team the ability to be tactically flexible it is important we understand the skills and attributes required for each position and the ability to develop these with individual players.



Targets

Ideally the target is strong and physical with the ability to hold off defenders when in possession of the ball. A skillful, mobile player who can turn defenders and finish are also good attributes for a target. The target is critical to the shape of the team's defense. Consequently he//she needs to have a good understanding the team systems.

Flankers (Left & Right)

These are attackers and defenders and must be mobile, speedy and good finishers. Must also be good passer of the ball, also a cornerstone of the defensive shape when protecting the middle of the court.

Pivots

Whilst primarily a strong defender who must have the ability to control a strong physical "target "and or a smaller skillful one, also must be mobile, a good passer of the ball and contribute to the attack.

Goalkeepers

The role of the Goalkeeper is primarily as a "Shot Saver", however it is also important that the GK is also proficient in passing the ball with the feet to enable he/she to play (when required) as a fifth (5th) court player. Given that the GK is the player closest to the back of the court and has a better view of the game than the court players, it is critical the GK is a strong team communicator.

Good ball distribution is another essential element of the goalkeeper's position. Throws needs to be timely and accurate and the GK must have a good understanding of the team systems, set plays and strategies.

FUTSAL OFFICIALS (REFEREES)

Four officials are used in Futsal although most local competitions only use two or one for junior games. As the game is played on a smaller court are and at an extremely fast pace, Futsal referees require strong man management skills, ability to think and react quickly and sound knowledge of the laws of the game.

It can be generally extremely difficult to keep on top of game when you are required to referee senior games on your own.



1. Enjoy the GAME. Futsal is a difficult game to master. It takes many years of practice to learn the skills required to compete at the elite level let alone at local competition level. Give yourself and your player's time to learn.
2. Because you are a good outdoor player, do not expect to be a good indoor (Futsal) player. The game tactically is more aligned to "basketball" than outdoor soccer.
3. Learn the positions early. In Futsal we are all "defenders and "attackers".
4. There are two (2) games to play the "Defensive game" and the "Attacking game"

PLAYER EQUIPMENT

All players must comply with the law of player's equipment. Player's equipment includes:-

1. A jersey or shirt must be numbered. All shirts/shorts and socks in a team must be the same color. Shorts-If thermal under-shorts are worn they must be the same color as the shorts.
2. Players cannot wear long trousers or tracksuit bottoms except for goalkeepers.
3. Socks and Shin-guards must be completely covered by the socks and be of a size and made of suitable material as to give a reasonable amount of protection.
4. Footwear- the only type permitted are soft soled training or gymnastic shoes, indoor futsal or turf boots.. (NO STUDED OR BLADES FOOTWEAR IS ALLOWED)
5. Goalkeeper- may wear tracksuit bottoms and a shirt that easily identifies him/her from other players and the Referee.
6. Safety- A player may not wear anything that is dangerous to himself or any other player. **NOTE- this includes all jewelry, ribbons, piercings, ribbons, scarves, hair pins and any other item considered as non-uniform.**
7. Spectacles-Only approved safety glasses may be worn. These should be submitted to the Referee or Administrator for approval prior to each game.
8. Bandanas, hats and casts of any sort - cannot be worn

PLAYERS "CODE OF CONDUCT"

1. Respect the rights, dignity and worth of fellow players, coaches, officials and spectators.
2. Do not tolerate acts of aggression
3. Respect the talent, potential and the development of fellow players and competitors.
4. Care for and respect the equipment provided as part of Club and State League competitions
5. Be frank and honest with your coach concerning injury and illness and your ability to train fully within the Club's requirements
6. Conduct yourself in a manner befitting your status as a representative of your team and your Club in regard to language, temper and punctuality.
7. Maintain high personal behavior standards at all times
8. Abide by the rules and respect the decision of referees and officials, making all appeals through the necessary formal process.
9. Be honest in your attitude and preparation to training. Work equally hard for yourself and your team.
10. Cooperate with coaches and the Club Committee in development of the program to adequately prepare you for competition

COACHES/OFFICIALS "CODE OF CONDUCT"

1. Do not tolerate acts of aggression
2. Provide feedback to players and other participants in a manner sensitive to their needs. Avoid overly negative feedback.
3. Recognise players' rights to consult with other coaches and advisers. Cooperate fully with other specialists. (E.g. sports scientists, doctors and physiotherapists)
4. Treat all players fairly within the context of the sport, regardless of gender, race, and place of origin, athletic potential, colour, sexual orientation, religion, political beliefs, socio economic and other conditions.
5. Encourage and facilitate players' independence and responsibility for their own behavior, performance, decisions and actions.
6. Involve the players in decisions that affect them.
7. Encourage players to respect one another and to expect respect for their worth as individuals regardless of their level of play
8. Ensure that the tasks and/or training set, are suitable for age, experience, ability, and physical and psychological conditions of the players
9. Ensure any physical contact with players is appropriate to the situation and necessary for the players' skill development
10. Avoid situations with your players which may be misconstrued as comprising.
11. Be acutely aware of the power that you as a coach develop with your players in the coaching relationship and negative consequences which may result
12. Accept and respect the role of officials in ensuring that competitions are conducted fairly and according to established rules
13. Know and abide by the rules, regulations and standards, and encourage players to do likewise. Accept both the letter and the spirit of the rules.

BASIC RULES OF THE GAME

1. There are 5 players, one of which must be a goalkeeper.
2. Each team may have 7 substitutes with unlimited substitution. Substitutes can be made at any time without informing the referee; however a substitute cannot enter the court until another player leaves the court. Failure to comply will result in a yellow card.
3. Substitution must take place at the Substitution Zone. (5metres from the halfway) The player being replaced must be completely off the court before the replacement enters the court. The Referee need not be informed.
4. The team winning the toss must decide which way to run. A goal can be scored from the kick off. The ball is in play when it is touched and moves forward.
5. When the ball passes over the touchlines the game is restarted by a kick in. The ball must be stationary and can be kicked into play in any direction. The kicker must have both feet on the touchline or behind the touchline. You have only 4 secs to take the kick-in.
6. Goal Clearances – When the ball passes over the goal line having last been played by an attacker the game is restarted by a goal clearance. This must be done by the goalkeeper and the ball must be thrown directly out of the penalty area. You have only 4 seconds to take the goal clearance.
7. If the ball hits the roof a kick in is taken by the other team opposite to where the ball hit the roof.

8. Goalkeepers can:-
 - a. Leave their "D" area, however when in possession of the ball in their own half can hold the ball for four (4) seconds only.
 - b. Can hold possession of the ball in the opposition half with no time limitations.
 - c. Are still subject to the two (2) touch rule no matter where they position themselves on the court.
9. Scoring
 - a. Goals can be scored from within the goal keeper's area (The "D").
 - b. The Goal Keeper can score
 - c. Goals CANNOT be scored directly from a "Kick-In" unless the ball touches another player first.
 - d. Goals can be scored directly from a corner, free kick or kick-off.
10. Goalkeepers cannot receive the ball by hands or feet after releasing the ball from their possession unless it has been touched by the opposition. This also applies to a goal clearance. Goalkeepers must release the ball within four seconds of gaining control of the ball.
11. At free kicks, kick-ins, corner kicks all opponents must be 5 meters from the ball and the ball must be put into play within four seconds of taking possession of it.
12. Fouls & Misconduct: Fouls resulting in a direct free kick are the same as outdoor soccer with the following additions:
 - a) Charges an opponent with the shoulder
 - b) SLIDE TACKLES PERMITTED HOWEVER. Must not be completed in a careless or reckless way or of use excessive force.
13. Penalty mark is 6 meters and second penalty mark is 10 meters. The second penalty mark is used if a team accumulates more than five fouls in a half.
14. Accumulated Fouls
 - a. Are those sanctioned by a direct free kick
 - b. The first five fouls sanctioned by a direct free kick, in each half are recorded
 - c. For these first 5 fouls a defensive wall may be formed by the opposing team to defend the kick.
 - d. Beginning with the sixth foul the players of the opposing team may not form a wall to defend the kick.
 - e. The kick is taken from the second penalty mark unless the foul occurred beyond the mark when the non-offending team has the option to take the kick where the foul occurred or from the second penalty mark of 10 meters
 - f. The player taking the kick must be identified and must kick with the intention of scoring. The ball cannot be passed to another player.
 - g. The goalkeeper must remain in his penalty area and be 5 meters from the ball.
 - h. All other players must remain behind an imaginary line level with the ball and parallel with the goal line.
 - i. They must be five meters from the ball and may not obstruct the player taking the kick.
15. Kick Off – The ball is in play when it is kicked or touched and clearly moves.

Man on Man

This can be extremely difficult to play. Requires much energy and endurance and will leave you vulnerable against skilful players. As with a Full Court game it exposes too much space around the court. (Not recommended)

Half Court

The more favored game. Allows you to defend only half a court and promotes counter attack opportunities. This game requires patience, discipline and good communication.

Third Court

Not used all that often. Generally used when defending against a much stronger more skilful opposition. This game also requires patience, discipline and good team communication.

The strategy is to wait until the opposition makes a mistake and score on the counter attack. You must have strong counter attacking skills.

FORMATIONS

Three (3) - One (1)

This is commonly known as a diamond shape. Should be used when opposition attacks in a 3 - 1 formation. Generally used at Half Court and Third Court.

Two (2) - Two (2)

This formation is commonly known as square shape and can be used when the opposition attacks in a 2 - 2 or a 3 - 2 (where GK acts as fifth court player) or 4 - 0. Also can be used a Full Court Press.

One (1) - One (1) - Two (2)

This is commonly known as "Y" shape. Generally used as a Full Court Press and requires much skill, anticipation and communication. The player covering the middle position of the "Y" needs to have great speed and anticipation.

SOME DEFENSIVE RULES

1. Good communication is the KEY to good defense.
2. Everybody defends.
3. Always defend behind the line of the ball.
4. Always nominate the player you are marking.
5. Always shut down (close) the middle of the court.
6. The goalkeeper needs to be continuously communicating to players.
7. Always defend the empty space behind you first, then the player you are marking.
8. When defending from set plays (free kicks, kick-ins, corner kicks etc) always make sure you can see the ball and the player you are marking simultaneously. If you cannot achieve this, move into a position where you can.
9. Always follow your runner, particularly after he/she has released the ball. (Later when you have developed your defensive game you will learn how to bounce)
10. Always adjust your defensive formation to suit the opposition attacking shape. (I.e. watch your game as well as your oppositions)

NOTE A team that consistently defends strongly will win possession consistently and will be able to mount fast, organised counter attacks which will yield many goals to them.

THE ATTACKING GAME

Full Court

The full court should always be used in attack. Of course this is subject to where and how the opposing team is defending. The most popular systems are all based on using the full court. Generally when your Goalkeeper has possession of the ball your team should be in full court mode.

Half Court

It should be stated that in almost every game we should attack using the full court, however when the opposing team is defending at the halfway line or deeper, you are in fact, attacking in the half court. Your challenge is to break down the half court defensive shape and in so doing open up space to create opportunities to score.

Counter Attack

The counter attack comes as a direct result of either forcing the opposition into an attacking error or a simple mistake. In Futsal this type of game is preferred by teams defending half court or third court. E.g. when the opposition loses the ball at half way you still have half a court of space in which to attack.

SOME ATTACKING RULES

1. You should always keep your shape (balance) in attack using the width and the length of the court to stretch the opposition's defense. This will minimise risk of counter attack.
2. Minimise risks by playing simple balls.
3. Passing is always preferred to beating the player. Develop and promotes team game. (carrying the ball tends to slow the game down)
4. Always have a Pivot (last man)
5. Never take a player on with the ball when you are the pivot (last man)
6. When playing an attacking system, always look up and be aware of your shape and positioning.
7. Creating space is critical. Movement through switches, blocks (screens), dummy runs, rotations and positioning is KEY. These will create space for moving out of defensive zones into scoring opportunities.
8. Always try to have a "Target(s)" in place near the opposition "D". This provides a target for teammates to stretch the defense and opens up opportunities for layoffs.
9. When making a run or movement always do so with a purpose. I.e. don't run for the sake of running.
10. Always remember the GK can be used as a fifth player particularly when taking kick-ins from a defensive position.
11. Try to use the sole of the foot when receiving the ball. This reduces time and minimizes risk of the ball being exposed to the opposition. It also allows you to promote the ball more quickly to continue the attack.
12. Be patient, disciplined and communicate when attacking, particularly against a half court defense where your opposition is giving you the space to play in.
13. Do NOT force unnecessary passes. Play the simple ball or to your team mates call.

PENALTIES FOR SERIOUS AND/OR CONSISTENT FOUL PLAY

1. When a player accumulates five (5) yellow cards that player will have an automatic suspension of one (1) match.
2. Further suspension by accumulated fouls may result in the player being expelled from the competition. This will be subject referees reports and a review by the competition manager.
3. A player receiving two (2) cautions in a game, which results in a red card, will be dismissed for that game and in addition be suspended for one (1) match.
4. Any player receiving a red card for any offence is automatically suspended for at least the following match and any additional matches depending on the severity of the offense.
5. A player can be dismissed for
 - a. Serious foul play.
 - b. Violent conduct.
 - c. Spits at an opponent or any other person.
 - d. Uses offensive, insulting or abusive language.
 - e. Denying the opposing team a goal or an obvious goal scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his own penalty area)
 - f. Denying an obvious goal scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or a
 - g. Receiving a second caution in the same match

TERMINOLOGY –commonly used words & terms in Futsal

6 metre penalty	Near post
10 metre penalty	Open up
Anchor	Penalty
Behind the ball	Pivot (anchor & last man)
Bench	Press (step up, push on)
Block	Roll
Bounce	Rotate
Close the middle (tuck in)	Runner
Corner Kick	Screen
Drag & roll	Set-up
Far post	Shut down the ball
Far post runner	Skin him/her
Flanker	Squeeze
Free kick	Starting five
Goal clearance	Step Off
Goal clearance	Step off the Wall
Indirect	Sub
I've got ball	Switch
I've got "top"	Target
Kick in	Time Out
I've got "top"	Track
Last man	Track back
Lay off	Two on the ball.