

LEARN ABOUT FUTSAL



WHAT IS FUTSAL?



PLAYED ON
hard indoor or outdoor surface
without boards

5-on-5
small sided soccer

USES
special smaller
low-bounce ball

WHO IS FUTSAL FOR?

ALL ages, skill levels,
experience levels,
or locations!

Increased skill development

Improve your reaction time

Increased ball touches

Faster pace of play

FUN!

WHY PLAY FUTSAL?

High scoring

High excitement

Cost effective

WHEN & WHERE?

Played year round, mainly during the
SUMMER & WINTER

Find out more about Futsal by visiting: <https://www.soccerindiana.org/indiana-futsal-home/>

10 Basic Futsal Rules

1. A team consists of five players, four field players and a goalkeeper.
2. Goalkeepers are allowed to play the ball with their feet anywhere on the court, but can only use their hands within the goalkeeper arch.
Goalkeepers can not pick up a pass from a teammate with their hands.
Goalkeepers can not drop-kick the ball at any time.
3. There is no offside.
4. Games are started with a kickoff from the center circle.
Play is also restarted after a goal with a kickoff.
A player can not score from a kickoff.
5. The ball must entirely cross the sideline or goal line to be declared “out” or “goal”.
6. Out of bounds on the sidelines must restart with a kick in, with the ball set stationary by hand where it crossed the sideline.
Defending players on a kick in must be at least 10 feet back from the ball.
A player can not score directly from a kick in.
7. When the ball crosses the goal-line off of the attacking team, play is restarted with a “goal clearance”. Play restarts from the goalkeeper’s hands and must be thrown or rolled into play.
8. When the ball crosses the goal-line off of the defending team, play is restarted with a kick-in from the corner.
9. No slide tackling, shoulder-to-shoulder challenges, or otherwise dangerous play allowed.
10. Fouls inside the penalty area result in a penalty kick from the top of the goalkeeper arch.



Simplified Futsal Rules



This is an overview of the Futsal. Some State, Regional and National Tournaments may have modified rules for their events. For rules specific to an event, please refer to the website of that event

General Rules

Teams may call one one-minute timeout per half (when in possession of ball, ball out of play).

There is no overtime, injury time or stoppage time.

Teams are comprised of four outfield players and one goalkeeper.

The goalkeeper must wear a different color jersey than the outfield players.

There is no offsides in futsal.

Substitutions

All substitutions are on the fly, this includes goalkeeping substitutions. Referees will not stop play for goalkeeping substitutions. A substitute may not enter the pitch until the player leaving the pitch leaves through the substitution zone in front of his teams' bench. Any substitute who enters the pitch before the player being replaced has completely left the field of play may be shown a yellow card. All substitutions must take place through the substitution zone in front of his teams' bench -- *not* at the half-way line.

Both teams will switch benches (and ends) at the beginning of halftime, ensuring that all substitutions take place in the defensive half.

Restarts

Kickoffs: A goal may not be scored directly from a kick-off. The ball must be played forward first. Tapped balls are not in play – the ball must move forward.

Kick-ins: are indirect. The ball must be placed on or no more than 10 inches behind the line and the kick must be taken within 4 seconds. The kicker's non-kicking foot must be out of bounds or on the line. (A kick-in that goes directly in the opposing goal is a goal clearance for the opposing team. A

Kick-in that goes directly in the defensive goal is a corner kick of the opposing team.) If the kick-in does not enter the pitch or if the kick is not taken within 4 seconds the kick-in is taken by the opposing team.

Goal Clearances: are taken when the ball wholly crosses the goal line and not under the crossbar and between the goalposts and after being touched last by the attacking team. The goalkeeper must use his hands to roll, bounce or throw the ball from anywhere inside the penalty area to outside the penalty area.

Corner Kicks: are direct. The ball must be placed directly on the corner arc and the kick must be taken within 4 seconds. If the kick is not taken within 4 seconds the restart becomes a goal clearance for the opposing team.

Free Kicks: may be indirect or direct. The ball must be stationary before the kick may be taken.

Penalty Kicks: are taken from the penalty spot and must be taken by a clearly identified kicker. Defenders may not be nearer to the ball than 16 feet and even or behind the ball when the kick is taken.

Fouls and Misconduct

Indirect Free Kicks: When a player plays in a dangerous manner, impedes an opponent, prevents the goalkeeper from releasing the ball with her hands, goalkeeper takes more than 4 seconds to release the ball when in possession in his own half, plays the ball again within his own half after releasing the ball and the ball doesn't touch an opponent or has gone out of play, or commits any offense for which play is stopped to caution or eject a player.

Direct Free Kicks: When a player kicks an opponent, tackles an opponent, trips an opponent, jumps at an opponent, charges an opponent, strikes an opponent, pushes an opponent, holds an opponent, spits at an opponent or handles the ball deliberately.

Yellow Card / Caution: The offending player is shown a yellow card. If a player is shown two yellow cards in a match, he is shown a red card.

Red Card / send-off: The offending team plays with one less player for two full game minutes or unless scored upon before the two-minute penalty expires. The offending player serves a minimum one-match suspension.

Accumulated Fouls: All direct free kick fouls are recorded on the scoresheet and on the scoreboard. If one team accumulates 6 or more direct free kick fouls in one half, the opposing team will take a direct free kick without a wall. If the foul occurs farther from the attacking goal than the second penalty spot, the Direct Free Kick Without a Wall is taken from the second penalty spot. If the foul occurs nearer to the attacking goal than the second penalty spot (but outside the penalty area, of course), the attacking team may choose whether to take the Direct Free Kick Without a Wall from the second penalty spot or from the spot of the foul. All Direct Free Kicks Without a Wall must be kicked with the intention of scoring a goal by a clearly identified kicker. The defending team may not make a wall and may not be nearer to the ball than 16 feet and even or behind the ball when the kick is taken. The goalkeeper may be off the goal-line but may not be nearer than 16 feet from the ball. Accumulated fouls are reset to zero at the beginning of the second half and carry over into extra-time if being played.

Second Penalty Spot: 30 feet from goal-line and the center of the goal

Penalty Spot: 20 feet from goal-line and the center of the goal and placed at the top of the penalty area line.

Advantage: Advantage is applied in Futsal. Direct free kick foul will count as accumulated fouls if advantage is applied even if play is not stopped by the referees. If the referee gestures with both arms, the foul was a direct free kick foul and will be counted accordingly. If the gesture is with one arm, the free kick would have been indirect and will not count as an accumulated foul.

The Goalkeeper

- Must wear a different color shirt.
- He may wear long pants and/or other padding as deemed safe by the match referee.
- May receive a kick-in directly.
- May kick the ball directly over the half-way line.
- May score directly with his feet during the run of play.
- May not possess the ball for more than four seconds in his own half.
- May throw the ball directly across the half-way line.
- May not score a goal by using the hands (cannot throw or hit the ball directly into the goal)
- Cannot touch the ball again in any way within his own half after releasing the ball into play unless an opponent has touched it or it has gone out of play.

U.S. FUTSAL

Brazil is the spiritual home of futsal and their teams have often dominated the international scene - here, they are beating Russia in the 2018 Youth Olympics



A winter warmer

In the first of a new series on futsal, **RUSSELL FRYER** explains its history, how it improves technique and why it is perfect on cold and wet evenings

The origins of futsal can be traced back to the streets of Montevideo in 1930.

Inspired by Uruguay having hosted and won the first-ever men's World Cup - and having seen the many youngsters kicking balls around in tight, urban spaces - a 23-year-old named Juan Carlos Ceriani devised a new variant of the sport.

The plan was to combine soccer rules with elements of other sports, such as basketball, water polo and handball. It was five-a-side, 20 minutes each way and could be played on basketball-sized courts, both indoors and outdoors.

Ceriani was involved with the YMCA, and the game was adopted by many of the youth social movement's local groups as it was easy to play in compact areas.

Versions of the game spread rapidly across South America and became particularly popular in Brazil, where the first set of rules was published, the first governing body was founded and the first world championships were held.

The game grew further and reached Europe, with the second World Championships held in Madrid. Fifa created its own competition in 1989, hosted in the Netherlands. As with the other two tournaments, Brazil won.

"Teams consist of five players, but squads can have up to 14, with rolling subs..."

Spain ended the Brazilian dominance with back-to-back wins in the next two Fifa tournaments, indicating the emergence of the European nations, who have competed in every final since.

Many of the world's greatest football stars began their careers playing futsal, including Pele, Ronaldo, Lionel Messi, Neymar, Ederson,

Alisson, Ronaldinho, Andres Iniesta, Luis Figo, Philippe Coutinho and Xavi.

RULES AND REGULATIONS

The game as we know it today is governed by two bodies, Fifa and AMF - but it is Fifa who publish the laws of the game.

They are not too dissimilar to the laws of association football, but there are some key differences:

Players: Teams consist of five players, including a goalkeeper, but squads can have up to 14 players with unlimited substitutions throughout the game on a rolling basis.

Match length: Games are played in two 20-minute halves, with the clock stopping every time the ball goes out of play or the referee blows their whistle. Coaches can request a 60-second timeout in each half.

Fouls: Accumulated in each half and reset at half-time. Once a team reaches five fouls against them, every foul thereafter results in an unopposed 10-metre penalty against them, much like free throws in basketball.



Futsal was invented in Uruguay in 1930 - here the national team take on Iran at the 2008 Fifa Futsal World Cup

The penalty area: All players are allowed inside the area and goalkeepers are allowed out of it, if using their feet.

Restarts: If the ball goes out behind a goal, play restarts with a goalkeeper throw. The goalkeeper then cannot touch the ball again until they have crossed the halfway line or the opposition has touched it. If the ball goes out of play at the sidelines, play restarts with a kick-in, which must be taken within four seconds. This time limit also applies to free-kicks, corners and goal clearances.

Goalkeepers: Teams can play with a fly goalkeeper, which can be a traditional goalkeeper or an outfield player wearing a goalkeeper shirt - the idea being to have an extra player to maintain possession or create an attacking opportunity. The goalkeeper cannot be in possession of the ball for more than four seconds in their own half. All infringements of this rule result in an indirect free kick.

Goals: The dimensions are of the goals are 3m by 2m and are more akin to those used in handball - this makes them narrower than a football goal, which makes it harder to find corners and results in specific techniques used by futsal goalkeepers in a more upright position.

Other rules: Games are played to lines and not off walls, and the ball is allowed over head height, contrary to some people's belief.

THE BEST WINTER TRAINING?

The benefits of futsal in the development of soccer players cannot be overstated, both for the sport of futsal in its own right and the development of those who play the full-sized game. Many football-playing children around the world also play futsal as a way of improving their abilities.

If you live in a country where the winters are dark, wet and cold then futsal could be the answer to cancelled training sessions and matches.

By using futsal as part of your training curriculum, you could be providing your players with a brilliant opportunity to develop speed of thought and movement, as well as lots of 1v1 opportunities, both defending and attacking.

By playing on a small court with a more dense ball that stays closer to the ground and encourages players to find solutions in tight spaces, you will be creating an environment where players will get more touches, more dribbling opportunities, more shots, more saves, more and faster passing and more tackling opportunities than they have ever had before - and they will love you for it.

Futsal is now being used more and more in professional football clubs to aid in creative growth and it is no surprise that many of the players you see on the world's biggest stage were born from Futsal roots.

Futsal is a sport that can be played in any hall, on any outdoor court and in any park on any surface. It was no surprise to me, on a coaching trip to Rio de Janeiro, to see children playing the sport in any space available to them - and it shouldn't be any surprise that Brazil produce a series of technically gifted soccer players.

From its origins in Uruguay almost 100 years ago, to a sport now played by more than 10 million people in more than 100 countries, Futsal should be part of your regular yearly training plan. **SCW**

FUTSAL PRACTICES

Three futsal drills

Use this trio of activities to help develop players' passing and ball control and manipulation. By **RUSSELL FRYER**

WHY USE IT
Helps develop their ability to control, manipulate and pass the ball.

PRACTICE 1
Set up: Players work in pairs, standing approximately 15 yards apart. A cone is placed in front of each player.
How to play: Players pass between each other. They control the ball with the sole of their foot and drift it with their feet back to the other side of the cone. They then pass back to their partner. Progress by changing the direction the ball is played and the foot players use.

PRACTICE 2
Set up: Players are in groups of four (one ball per group). Set up five cones in a diamond shape with one cone placed in the middle. Players stand next to a cone (one cone in front).
How to play: Players pass to each other after which they move to the unoccupied cone. Make it more difficult by adding another ball.

PRACTICE 3
Set up: Normal futsal game but pitch is split into thirds.
How to play: Play a normal game but ball must be played through each third. In progress, a set number of passes must be completed before attempting to score.

1 Players pass between each other. As they control it, they drift it to the cone then to the other side of the cone.

2 Set up five cones in a diamond shape. In groups of four, players pass to each other and then move to the unoccupied cone.

3 Normal futsal game but pitch is split into thirds. Ball must be played into each third.

Now use Russell's three futsal practices on page 5 >>

Transferable skills

Futsal part two: **RUSSELL FRYER** looks into similar techniques and formations



There are 211 Fifa member associations, of which 158 have national futsal teams.

Among the leading countries are Brazil, Spain, Argentina and Portugal and it is no coincidence that they are also among the top soccer nations, too.

Some of the world's best soccer players cite futsal as one of the reasons for their success. Players like Ronaldo, Andres Iniesta, Neymar, Cristiano Ronaldo, Lionel Messi, Pele and Ronaldinho all claim to have spent some of their formative years on the futsal court.

They highlight how the game helped them to think faster, react faster and play faster. This is because players are always under pressure, working in tight spaces and having to adapt to quickly changing situations.

Even elite goalkeepers who have played futsal are easily identifiable, in that they are excellent with their feet and are happy to play out from the back.

They also create a huge frame in 1v1s, staying upright for longer, performing split saves, K-saves and block saves.

"In futsal you need to think quick and play quick, so it's easier for you when you move to soccer." Pele

Ederson, Alisson and David De Gea are all examples of goalkeepers who played the game in their early career and are among the very best at blocking shots at close range with their upper body and feet.

"Futsal helps soccer players think and act faster and be more technically proficient..."

TRANSFERRABLE SKILLS TO SOCCER

There are many who believe that playing futsal benefits soccer players. These converts to the sport say it will help 11-a-side players think faster, act faster and become more technically proficient.

But, aside from knowing that many of the best players began their journeys in futsal, how can we know for sure this is the case?

In 2016, leading researcher Luca Oppici produced a report called 'Transfer of Skills From Futsal to Football in Youth Players', in which he took groups of soccer and futsal players and carried out a number of tests.

The first saw each group playing their own sport and the second had futsal players playing soccer and vice versa.

It was found that when the futsal players played soccer they still demonstrated marginally faster reception time - the time players had to receive the ball from their teammate's pass - and they performed, on average, six more technical actions per minute more than the soccer players.

The futsal players also showed faster and more accurate passing execution in both games, and they gazed less at the ball when

1-4-0, 1-3-1 AND 1-2-2 - THREE PRIMARY FUTSAL FORMATIONS

Just like in soccer, there are a variety of formations in futsal.

In possession, coaches will usually choose between three different shapes. In a **1-4-0** formation (see fig 1, right), the players line up in a bowl shape, with the wide players playing higher up the court than the two central players.

In the **1-3-1** (see fig 2, right) three players start in deeper roles, with one player - known usually as the pivot - playing much higher up the court.

Finally, in the **1-2-2** set-up (see fig 3, right), two players play in a deep role and two players play higher up the court.

Teams can also play with a 'fly goalkeeper'. Most teams will only do this if they are losing and need the extra outfield player to create overloads - or they may use it if they are winning and want to retain the ball.

Out of possession, teams can opt for a few different formations and strategies, such as the full press, where the key is to spot triggers like a bad touch or a slow pass and then pressing hard as a team.

The half-court press is where the opposition are allowed to have the ball in their own half, but once they enter your half, a full player-to-player press is executed.

The practice example on page 5 is set up for a team working in a 1-1-2-1 formation and a low block, which is used to force the team in possession to go around and not through, making them shoot from a much wider angle.

Fig 1 - the 1-4-0 formation

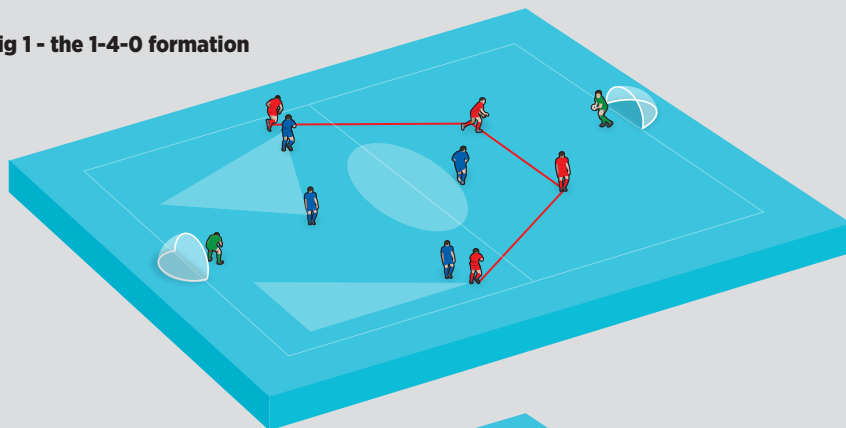


Fig 2 - the 1-3-1 formation

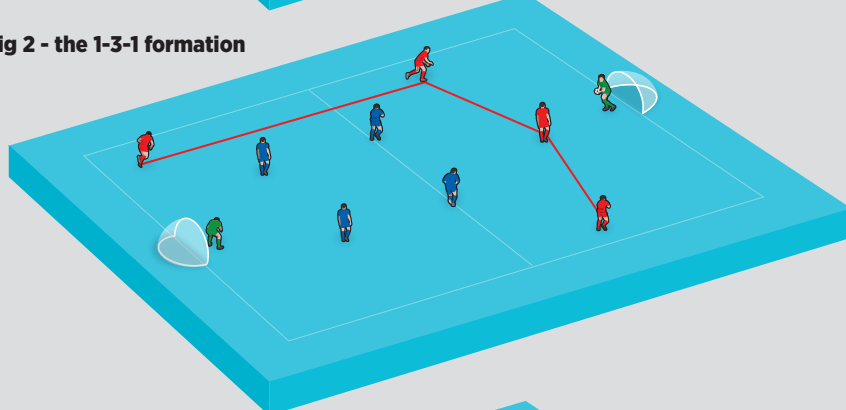
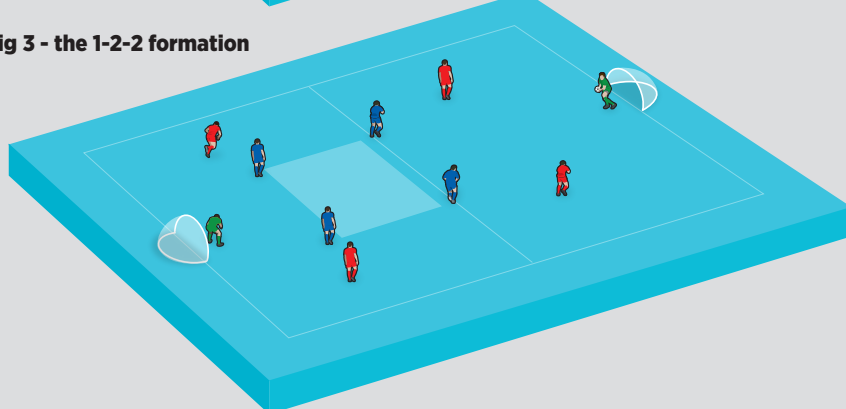


Fig 3 - the 1-2-2 formation



receiving, meaning they looked more at other players and the space around them.

It was hypothesised that futsal players develop more efficient perceptual and decision-making skills than soccer players, and that these skills are transferrable from futsal to soccer.

Of course, this was one study and there are some high-level soccer players who have never played futsal.

However, when you consider some of the players mentioned in this article, the study above and the fact so many top soccer clubs are now using futsal as a developmental tool, it is clear that the game complements its bigger sister in many ways, and that younger players in particular would benefit from playing both sports, at least until specialism becomes a requirement.

Although there are some key differences between futsal and soccer, there are also many similarities - and some of those occur more often within futsal and at a much higher level of intensity.

Therefore we should look at futsal as being an effective tool we can use in player development, specifically around actions such as receiving the ball under pressure and scanning.

In particular this could happen during the time of the year when the environment dictates that training would be more effective inside rather than outside.

By carefully planning the training curriculum, we can make sure that we focus on these areas of the game when it would be beneficial to transfer training to an inside facility such as a sports hall. **SCW**

FUTSAL PRACTICE

The diamond ring

Defensive players learn to hold their shape and win the ball back in this futsal practice. By **RUSSELL FRYER**

WHY USE IT

Teaching players how to defend within a diamond formation.

SET UP

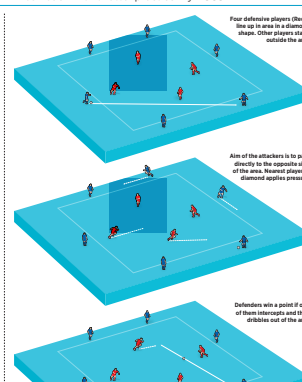
Set up an area suitable for your players. Four players are locked within the area, with the rest of the players - in this instance, six - positioned around the outside. These outer players represent the attacking team, while those inside the area are the defending team.

HOW TO PLAY

The coaches look to regain the ball by passing it around the outside of the area. They win a point if they are able to pass directly to the opposite side of the area (i.e. the ball travels through the area). The defenders try to prevent this - if they successfully intercept a pass and are then able to dribble out of the area, they win a point. The practice continues for a set period of time and then the players rotate their roles.

COACHING POINTS

Four defenders within the area are required to stay within a diamond shape. The coach player to the ball needs to pressure the player in possession, while the two wider players need to ensure they remain compact as



Now use Russell's defending in a diamond practice on p5 >>

Tactical benefits of incorporating futsal

In the last part of his series on how futsal can influence soccer and help player development, **RUSSELL FRYER** discusses movement and creating overloads



In the previous two weeks, we discussed how futsal improves speed of thought and action, and the transferrable skills from futsal to soccer.

In this final article, we will look at the tactical side of futsal and how it can also be transferred over into soccer.

Let's begin with rotations and their relation the 'pass and move' you hear mentioned so often in the soccer world. The main difference in futsal is that when you pass you are encouraged to move forward.

Futsal is a riskier game than soccer and players are not usually fixed to their positions. They are encouraged to move forward quickly and look to receive the ball in pockets of space between the lines.

Once a player moves into space, they will consider if they can receive and play forward again. This determines whether they rotate back to the original formation or if their teammates rotate to cover a forward run.

In futsal, this is done all over the court. In soccer, we tend to only see these kinds of movements in the final two thirds of the pitch, between the midfielders and forwards.

For example, the Liverpool team from 2017 to 2022, which had a front three of Sadio Mane, Mohamed Salah and Roberto Firmino, was often said to have no formation, such was the fluidity of the players' positioning and the rotation between them.

Another perfect example was Pep Guardiola's Barcelona team of 2008-2012, where the likes of Lionel Messi (in his 'false

"Futsal is a riskier game than soccer - players are not usually fixed to positions..."

nine' role), Xavi, Andres Iniesta and Sergio Busquets would form a diamond that would rotate constantly, mesmerising opposition players with their passing and movement.

None of them appeared fixed to a specific position and they all exchanged places fluidly as they transferred the ball forward.

The interesting thing here is that none of those Barca players mentioned were blessed with pure speed, but all were a step ahead in terms of spacial awareness, allowing them to ghost into areas in between their opponents.

Is it a coincidence these players all played futsal? In fact, they often cite futsal as one of the main reasons for their style of play.

OVERLOADS (2v1 and 3v2)

In futsal, one of the areas coaches look to work on a lot is developing overloads.

This is a crucial aspect of the game, given there are only four outfield players and less opportunity for players to find space.

Creating overloads in futsal requires a lot of effort in terms of rotation and fake movements ('show and go'/'go and show').

Lots of two-player moves - such as wall passes, diagonal passes and straight runs (and vice versa), overlaps, pass and follow and lending passes - take place in futsal, to create 2v1 or 3v2 situations.

Quite often, if executed correctly, these can result in a finish at the far post, especially as there is no offside in futsal.

Those who have played futsal develop ball skills which can help them in the 11-a-side game



In modern-day soccer, more coaches are looking to create overloads in certain areas of the pitch, particularly in wider areas in order to isolate the full-back and create crossing opportunities.

Many in-possession exercises incorporate the creation of overload opportunities on the opposite side of the pitch from the larger concentration of players.

Teams like Manchester City, Paris Saint-Germain and Bayern Munich are very good at drawing their opponents over to one side of the pitch, in order to switch play quickly and expose players in 2v1 or 3v2 situations.

This requires a great deal of focus and the ability to control possession in the smaller, more condensed area of the pitch - often putting together dozens of passes on one side before the transition can take place into the open area on the opposite side.

By switching the ball at this particular moment, there is usually an opportunity to isolate the full-back and create a 2v1 situation. Then, if the player on the ball can play at speed and be decisive, and the supporting player can make creative and well-timed movements, it puts the defender in a very difficult position.

Could it be that a coach like Pep Guardiola is learning from his futsal days and blending this into his soccer tactics and philosophy?

Those who have played futsal will develop an ability to create overload scenarios more effectively, as they are performing the associated actions a lot more often and more quickly on a futsal court, where space is limited and reaction times are enhanced.

Many of a player's movements in futsal are made for their team-mates and not for themselves. By making the right type of run, it can create space for another player to move into and exploit.

"More coaches are looking to create overloads in certain areas of the pitch..."

Also, by applying this constant rotation it can disorientate the opposition and force them into making an error, leaving space where an overload can be executed.

With some of the largest soccer teams around the world having affiliated futsal teams - Barcelona, Benfica, Boca Juniors, Sporting and Sampdoria, to name just a few - and the countless players that have come through futsal and into top-flight soccer, it

seems inevitable more will follow suit.

I coach hundreds of grassroots soccer players in futsal sessions every week and see the progress they make, compared to their peers who only play soccer - and there are many other coaches who do the same.

If we can help to open the eyes of other soccer coaches - and young players' parents - to the wonders of futsal and its benefits in relation to player development, then soccer will be the real winner. **SCW**

FUTSAL PRACTICE

Artistic movement

Practice starts unopposed and then moves to the target player in their own half while the other two make runs off the ball in this futsal-inspired practice. By **RUSSELL FRYER**

WHY USE IT

Support players with their movement to allow them to be in a position to receive the ball within the tight constraints of a futsal pitch.

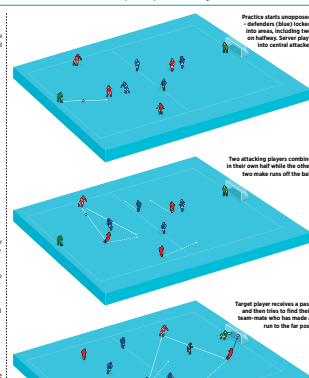
SET UP

Set up an area suitable for your players that represents a futsal pitch. The attacking team has three players in their own half and a target player in the attacking half. The defending team has one player locked into each half with another two restricted to moving along the halfway line. A server starts the practice from one end, while there is a goal and goalkeeper at the other.

HOW TO PLAY

Practice starts unopposed - the attackers can only block or intercept a pass. The server plays into the central attacker in the near half who then passes to one of the wide players. They look to combine before playing into the target player. The attacking player will be involved in the passing combination makes a forward run into the attacking half and looks to receive the ball from the target player. Progress by allowing the defenders to tackle before attacking them as well.

COACHING POINTS



Now use Russell's movement practice on p5 >>