

FUTSAL "FIFA 5 A SIDE" FOOTBALL - What's it all about?

Individual Skills	Team Skills	Fitness & Preparation
<p><u>To be drilled within grids, designated spaces, with partners, small groups, minor games and relay formats:</u></p> <ul style="list-style-type: none"> - Control & Trapping - Passing/ Laying Off - Dribbling/ Evasion - Shooting & Finishing - Heading, Chipping & Volleying - Checking & Blocking - Moving with the ball - Shielding & Tackling - Deception & Mobility - Individual Marking - Individual Attacking - Goalkeeper Skills - Combined Skills - Ball Mastery 	<p><u>Modified small sided Games,/ Practice Matches for Attack & Defence OR Conditioned Play & Drills that focus on:</u></p> <ul style="list-style-type: none"> - Teamwork - Counter Attacking - Zone & Press Defence - Positioning & Balance (Support & Cover) - Possession, Movement & Control - Penetration/ Funneling (Denying Space) - Team Shape, In & Out of Possession - Rotations & final phases - Set plays - Escaping & Applying pressure - Power plays 	<p><u>Main Fitness Components:</u></p> <ul style="list-style-type: none"> - Aerobic & Anaerobic Power - Flexibility & Agility - Speed & Power - Muscular Strength & Endurance - Balance & Coordination <p><u>Main Methods of Training:</u></p> <ul style="list-style-type: none"> - Interval Training (speed) - SAQ/ Core Strength Work - Resistance Training - Plyometric Training - Aerobic/Speed play work - Dynamic/ Static Flexibility <p><u>Other Considerations:</u></p> <p>Management & Recovery Psychology & Motivation Goal Setting, Philosophy, Planning & Periodisation Overload, Specificity, Intensity, Frequency & Duration of Program Content & Relevance to Age/ Standard of Athletes Game planning & Strategies Fitness Assessment & Game / Opposition Analysis</p>



BENEFITS & VALUES

Fitness Maintenance
 Motor Skill Coordination
 Enhances Memory, Learning
 Problem Solving & Productivity
 Fun Oriented
 Provides Social Skills
 Improves Self Esteem
 Provides Competition &
 Organisation
 Goal Oriented & Personalised
 Promotes Commitment
 Instills Discipline & Pride
 Encourages Teamwork
 Enhances Focus & Creativity
 Demonstrates Work Ethic



Why Play Futsal?



If you ever wanted to improve your football, watch the Brazilians, Argentinians, the Dutch, the Spanish, French and Italians... What's their secret? From a young age, they are encouraged to exhibit - creativity, speed, running off the ball, 'deadly' finishing and dribbling skills, elegant defending and the ability to anticipate play, playing under pressure, making quick decisions and plenty of constructive touches on the ball! Their 'speed of technique' execution is unparalleled... All this, at no expense to their tactical awareness, adaptability and 'game intelligence'. They emphasise positive possession of the ball under a controlled manner, building effective attacking forays upon their opponents. They strive to always breakdown and frustrate opponents by denying them the ball, space and getting back the ball aggressively in the opposition half when possession is lost!

For years mainstream coaching at all levels has included practice situations in small spaces, where the focus of developing all the skills required for football, can be finely tuned under these modified conditions. Many respected coaches around the globe have 'waxed lyrical' about the benefits of improving technical, cognitive and tactical skill levels and overall football sporting performance through small sided games, 5 a side training regimens and the advantages of practicing all manner of 'football' skills under constant pressure and limited space. Players in turn have "voted with their feet" - Beach, Street, 7 a side, Indoor and freestyle versions of football are also great examples of the appeal of the small sided versions of football. FIFA has recognized Futsal as a sport in it's own right, realizing the valuable link between a young developing player and what Futsal has to offer. Brasil has been taking advantage and realising the value of Futsal for the last twenty five years – Pele, Rivaldo, Ronaldo, Juninho and Robinho, as well as, Barcelona's 'Ronaldinho' and Deco are all a tangible modern testament to these claims!

"You learn to make snap decisions, as everything is much tighter and happens more quickly than in normal football. Speed, perfect technique and the ability to weigh up the situation fast are the key things futsal teaches you... It's better for youngsters to play on small pitches because that way they get the ball more often, you only get better by practicing and getting the ball a lot. (Ronaldinho, FIFA 2005 Activity Report, p.115)

All the great players will tell you that to become a better player, 'realistic' practice, fitness, discipline and a true enjoyment in what you do cannot be ignored. The sport of Futsal is not an overnight scheme dreamed up by over zealous sports entrepreneurs – it is and has been the 'crux' of football skill development for over 25 years!