

INTRODUCING THE GAME

What makes football so popular worldwide is that it can be played anywhere at any time in one form or another. Through the years, many forms of the game have developed often out of local traditions or influenced by factors such as the weather or availability of suitable facilities.

The prime example of this is Futsal – the official UEFA and FIFA version of five a side football. Futsal is a format of football that is played extensively throughout the world and consequently is recognised and fully supported by UEFA and FIFA.

Futsal is football in its purest form. It is an essential precursor to what Pele referred to as “the beautiful game” Pace, skill, teamwork and high drama characterise this popular indoor game.

Futsal is a sport in its own right which does not compete with football but serves to enrich it. It is widely viewed as the ideal skill building environment for producing technically excellent football players.

There are proven benefits to playing Futsal for the technical skill development of young players, with particular emphasis on the skills of passing, dribbling and close control. Indeed, some of the world’s most celebrated footballers are vocal in their endorsement of the game.



“I played Futsal for 2 or 3 years before I joined Santos. Futsal was important in helping to develop my ball control, quick thinking, passing.... also for dribbling, balance, concentration.... futsal was very, very important, no doubt”.
Pele, World football icon and arguably the greatest ever football player



“Futsal is an extremely important way for kids to develop their skills and understanding of the game.”
Ronaldinho
(FIFA World Footballer of the Year 2004, 2005)

The FAI is confident that with the support of all its affiliates and the ongoing support of UEFA and FIFA, that Futsal will continue to grow in popularity in Ireland. The development of Futsal in Ireland will complement existing football programmes and will help to promote and improve participation in soccer in Ireland. From a viewpoint of improving ball skills, embracing the concept of Futsal will be a sound investment in the future technical development of our young players.

WHAT IS FUTSAL?

- Futsal is the official FIFA and UEFA version of indoor 5 a side football and indeed the only internationally recognised small sided game.
- The word “Futsal” comes from the Portuguese phrase “futebol de salao” or the Spanish, “futbol de sala” which basically means indoor football.
- The main feature of the game is the ball which is a size 4 slightly weighted leather ball with restricted bounce rather than the fluffy, bouncy, yellow ball traditional to the indoor game in Ireland.
- Futsal originated in South America in the 1920s and is attributed to the natural skills and playing style associated with Brazilian football in particular.
- The game is professional in many countries including Brazil, Italy, Spain and a large number of Eastern European countries.
- World superstars such as Pele, Zico, Ronaldo and Ronaldinho cite futsal as a major influence in their skill development.
- FIFA and UEFA have acknowledged the importance of Futsal to world football and now host World and European championships. UEFA has also launched a club champions cup competition called the UEFA Futsal Cup.



BENEFITS ...WHY PLAY FUTSAL?

- The smaller ball with restricted bounce makes it easier for young players to master their ball control skills.
- As the futsal ball is designed to stay on the floor, players get far more contact with the ball than in traditional 5 a side. This results in players improving techniques such as dribbling, passing and close control at an accelerated rate.
- As the rules of Futsal include the pitch having sidelines and end lines, players must be more accurate with their passing as opposed to just kicking the ball wildly off a wall.
- The dimensions of the Futsal court and reduced number of players means players participate more in the game than they would in outdoor 11 a side.
- Playing in reduced space helps develop creativity. Players are encouraged to find their way out of tight situations with a clever pass or piece of individual skill. Futsal can encourage self reliance and free expression.
- Playing close to opponents in a small area encourages players to think and make decisions very rapidly. It also causes players to learn to move off the ball in order to create free space for their team.
- The continuous rapid action means players quickly learn to develop their awareness in relation to game situations, positional sense and their reading of the game.
- Because of the free flowing substitution rule, all players get approximately the same playing time.
- It's easy to put a team together as only a minimum of 5 players are needed.
- Futsal is the smallest, easiest way of playing football without losing any of the ingredients such as the ball, opponents, team mates, space, pressure, rules, time, direction and tactics.
- Futsal is weather proof!



FUTSAL ...THE WORLD GAME!

- Futsal is played professionally in many countries world wide where the game is well attended and regularly commands large audiences on National television channels.
- Futsal is considered an integral influence on the football development of world giants such as Brazil, Spain and Argentina.
- In Italy, it is estimated that there are four million registered futsal players compared to one million registered 11 a side players.
- Spain currently has 18 professional futsal clubs including some directly connected to famous football clubs such as FC Barcelona.
- FIFA and UEFA run World and European Championship competitions every two years while UEFA has introduced an annual club champions competition called the UEFA Futsal Cup.

It is estimated that there are 30 million futsal players worldwide at the moment with that number expected to grow considerably in the future.



SUMMARY OF THE RULES

THE BASICS

A futsal pitch for senior games should be between 38 - 42m in length and 18 - 22m in width. However, a pitch which is a minimum of 25m long and 15m wide is acceptable, particularly for junior games. The goalposts measure 3m wide by 2m high. A penalty spot is marked 6m from the goal line. Another "free kick" spot is marked 10m from the goal line. An arc of radius 6m from the line and goalpost uprights is marked as the goalkeeper's area. The game is played for two halves of 20 minutes with junior games being 15 minutes a half. The ball used is a size 4 and is designed to give a restricted bounce. Each team starts with five players on the pitch including the goalkeeper.



MATCH OFFICIALS

Usually there are two referees who officiate from the touchlines and a timekeeper controlling the clock on the sideline. However, it's not entirely necessary to employ three officials for junior games with one being adequate.

TIMEOUTS

Each team is allowed a one minute timeout in each half. Coaches are not allowed on the pitch during the timeout. No timeouts should the match go to extra time.

SUBSTITUTIONS

Each team can name up to seven substitutes and make unlimited substitutions. Any player replaced may re- enter the game to replace another player at any time. The substitutions only take place through marked substitution zones or areas.

BALL OUT OF PLAY

Futsal is a fast moving game and rules are designed to discourage time wasting. When ball goes out of play at the sidelines, it is kicked (not thrown) back into play. Opponents must be five metres from the ball for the

kick in. Goals cannot be scored direct from kick ins. When the ball goes wide at the end lines, goalkeepers can only throw the ball back into play.

If kick ins, restart, corners and free kicks are not taken within four seconds, the other team get possession of the ball.

FOULS

Futsal is designed to be a safe game with the emphasis on skill. Direct free kicks are awarded for kicking, tripping, charging, striking, pushing, holding, slide tackling (except the goalkeeper within his / her arc), deliberate handball and dissent. All other free kicks are indirect. Opponents must be 5 metres from the ball for free kicks.

ACCUMULATED FOULS

When a team has committed five fouls in any one half of the game, every subsequent foul by that team in that half is penalised by a direct free kick from the 10 metre mark. This is irrespective of where the foul took place on the pitch and unless the foul was closer than 10 metres from goal. The defending team is not allowed to form a defensive wall for these free kicks.

RED CARDS

If a player is sent off, a substitute can be sent on **AFTER TWO MINUTES** – but the player who has received the red card may not return. If a team reduced to three or four players concede a goal within those two minutes they may bring on an extra player, but only if their opponents had more players on the pitch at that time. If a team is reduced to less than three players, the match is abandoned.



ANATOMY OF A FUTSAL PLAYER

BRAIN

Calm and concentration are key: players must keep their team's foul count down. Any more than five and they can no longer form a defensive wall at free kicks. Well timed tackles are vital. Lack of space fosters the Futsal intelligence needed for well timed passes and clever skills.

EYES

The fast pace and tight space mean peripheral vision is well honed: with a sharp awareness of team mates' and opponents' positioning, one incisive pass turns defence into a scoring chance.

EARS

Fluid tactics and rolling substitutions mean that a Futsal player's ears must be constantly tuned to his coach's instructions.

BODY WORK

Sliding tackles are banned, so upper body strength helps players muscle in on possession or avoid being muscled out. With space limited, it also helps players hold their position against jostling opponents. Hearty lungs are a must to deal with constant swapping of positions and switches between defence and attack.

LEGS

There's no time to let tired legs relax when a player takes to the bench. Players might be required to go from sitting to scoring in a matter of seconds under the rolling substitutions system. Sprinter's legs are needed for fast counter attacking and to revert swiftly to defence on losing possession, when a team often changes its formation completely.

FEET

Good Futsal players should be able to use both feet. Waste time switching the ball between feet and there'll be a defender cutting out your options or whipping the ball off your toes. Back heels and other tricks are useful for getting out of a tight spot and a top notch piece of skill creates options from a dead end. Rather than executing short passes with the instep like a footballer, Futsal players achieve better accuracy over short distances with the point of the toe, while the sole of the foot is also important for controlling the ball. Footwear is designed to grip the playing surface and maximise ball control.



BASIC TECHNICAL AND TACTICAL TIPS

There are a number of notable technical skills frequently used in futsal which are a direct influence of the smaller weighted ball used:

- As the ball tends to stay on the floor, the sole of the foot is quite often used to bring it under control.
- The sole of the foot is very often used in moves to beat players.
- As players are closed down very quickly and time is sometimes limited to split seconds to make a pass or to shoot, the point of the toe is often used to play the ball. Because there is no back lift of the leg, the pass or shot can be made far more quickly. The point of the toe can also produce a powerful shot.

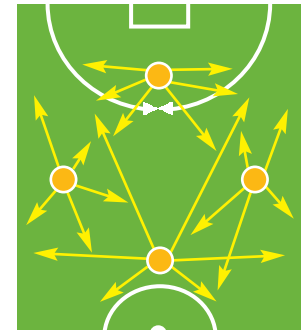
- There are normally no pre-defined defensive or attacking positions exclusively allocated to individual players in futsal as there is in 11 a side football. All players ideally should be able to attack and defend. One exception to this is that some teams often use a specialist "stay put" central striker known as "the pivot". This player usually plays with his / her back to goal to control attacks and set up opportunities for oncoming team mates.

Playing systems

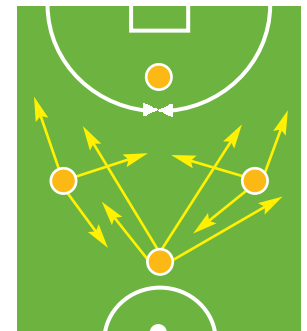
There are four Futsal formations: 3-1, 2-2, 1-2-1, 4-0.

The 3-1 system uses a lone striker. The defence looks to play the ball to him early and, as he holds it up, break quickly to support him. In the 2-2 model, the players stay close together and hunt like a pack, always pressurising an opponent on the ball or supporting a team mate in possession. The key to 1-2-1 is getting the ball to the two wide players, who carry it swiftly up the wings and cross it low into the striker's path. Finally, 4-0 is the defensive formation that most teams revert to on losing possession.

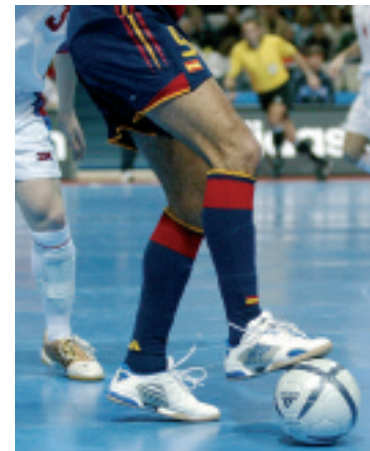
- Players tend to rotate positions and find they can be defending one moment and then attacking often within a matter of seconds.
- Usually, the highly skilled players are the ones who can create most scoring opportunities with their ability to beat players and create space.
- Because of the non stop high pace of the game where players must constantly attack and defend, rolling substitutions are a popular feature of the game. Teams often change the outfield players one, two and even up to four at a time to maintain the relentless pace of the game and allow players a rest period before rejoining the action again.
- World futsal superpowers Brazil, Spain and Italy favour a "pressing" game which requires a superior physical conditioning of players.



ROTATION: EVERYONE MOVES IN ALL DIRECTIONS



CENTER AS A TARGET REFERENCE MAN





FUTSAL MINI LEAGUE

WHY NOT TEAM UP WITH SOME OF YOUR NEIGHBOURING CLUBS TO RUN A MIDWEEK OR WEEKEND FUTSAL MINI LEAGUE?

Advantages include:

- Sharing the cost of indoor venues.
- Making indoor venues more accessible to clubs.
- More playing and competitive opportunities for players.
- A better focus to training during the week.
- Futsal is weather proof!

SUGGESTED 8 TEAM FUTSAL TOURNAMENT FORMAT

- 2 groups of 4 teams – each team plays minimum of three matches.
- Duration of matches at discretion of organiser and/or subject to indoor hall time secured.
- The following format can be used in a one day blitz format or a continuous league format.

GROUP 1

A v B
C v D

GROUP 2

E v F
G v H

A v C
B v D

E v G
F v H

A v D
B v C

E v H
F v G

Top two in each group can play off against each other in a mini league format or semi final and final format can be used.

ORDER OF PLAY FOR LEAGUES OF 4, 5, OR 6 TEAMS

6 TEAMS

A v B
C v D
E v F
A v C
B v E
D v F
A v E
C v F
B v D
A v F
D v E
B v C
A v D
B v F
C v E

5 TEAMS

A v D
B v C
D v E
A v C
B v E
C v D
A v B
C v E
B v D
A v E

4 TEAMS

A v C
B v D
A v D
B v C
A v B
C v D

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UMBRO FUTSAL 5 PACK



€85.00
incl. Postage

TO RECEIVE YOUR UMBRO FUTSAL 5 PACK, COMPLETE THIS FORM:

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Contact Name: _____

Phone Number(s): _____ Email: _____

Delivery Address: _____

PLEASE ENSURE THAT THE ADDRESS SUPPLIED CAN ACCEPT DELIVERY OF BALLS DURING BUSINESS HOURS

Number of Packs Required: Total Amount Enclosed: €

Please Ensure all Cheques/Postal Orders/Bank Drafts are Made Payable to the **FOOTBALL ASSOCIATION OF IRELAND.**

Send Completed Application Form and Payment to:

FAI TECHNICAL DEPARTMENT, FOOTBALL ASSOCIATION OF IRELAND, P.O. BOX 10820, DUBLIN 13.

Contact Name: Derek O'Neill, Telephone: 01-7037534, Email: derek.oneill@fai.ie