

FUTSAL – Notes from Coaching Ed + Practice Activity Descriptions

NOTES from 12-2-17 Coaching Education Sessions

Primary Differences, futsal vs. soccer:

- Different Footwear - Players must wear flat shoes to participate in activities. Running shoes are okay, but understand the risk of playing on a flat surface with "high-soled" shoes. There is a chance to roll an ankle if shoes are not flat soled.
- Different Ball - The Futsal ball is heavier and smaller than the typical outdoor ball to encourage control and passing.
- # of players - 4 Field players and 1 Goalkeeper
- Restarts:
 - Kick Ins - Players have 4 seconds to place the ball ON the line and play the ball into play. The ball must remain still and the player's foot must be BEHIND the line of play.
 - Goal Throws - Goalkeepers have 4 seconds to get the ball back into play using their hands. I encourage coaches to emphasize quick play and not trying to throw the ball up field as far as possible each time.
- Interacting with the Keeper - The goal keeper can only touch the ball one time until it crosses the half field line, this includes feet!
- Other Notes: No slide tackles or shoulder charges. Kicks from the side line are In-direct, meaning they must touch a player to be considered a goal. If a ball hits a fixture like the ceiling it will be considered an out of bounds kick on the side line.

ALSO: Please print & read through the DC Stoddert Futsal Rules and the FIFA "Crashcourse in futsal rules" documents.

Practice activity text descriptions (supplements practice graphic):

- 1) Requires 3 players – one at each cone and one central. Player performs 1-2 with end player and follows their pass. Constant movement & interchanges.
- 2) Players pass in the shape of a 5 pointed star (pass across the points). Always follow your pass. Have 2 extra players start wherever the ball starts.
- 3) Players pass around a triangle. Perform a 1-2 and stay on your cone. First, stay completely outside the triangle. Progression – receive outside, pass inside the triangle.
- 4) 1 v 1 game-play: passer defends, recipient attacks. Add another line of attackers for 2 v 1 situations.
- 5) 2 attackers, can progress to a 2 v 1. Top forward passes to central forward. Central forward controls with sole of the foot, passes to first forward to one side, then peels off + goes to far side of goal for attacking help / tap in.