



**FUTSAL BASIC PRINCIPLES
MANUAL**



FUTSAL Training Manual

History of Futsal

The development of Sal3n Futbol or Futebol de Sal3o now called in many countries futsal can be traced back to 1930 in Montevideo, Uruguay, the same year the inaugural World Cup was held in the country. This early form of futbol Sala (futsal) was developed by Juan Carlos Ceriani to be played at YMCAs. Ceriani's game was designed for five players per team, and could be played indoors or outdoors. At around the same time, a similar form of football played on basketball courts was being developed in S3o Paulo, Brazil. These new forms of football were quickly adopted throughout South America. The Brazilian Confederation of Sport instituted its first official rules for *futebol de sal3o* in 1958.

The international governing body FIFUSA (*Federaci3n Internacional de F3tbol de Sal3n, International Futsal Federation*) was created in 1971 to administer the game, and held its first futsal world championship in S3o Paulo in 1982. Due to an apparent dispute with FIFA over the administration of *f3tbol*, FIFUSA coined the word *fut-sal* in 1985, while the United States Futsal Federation coined the name "Futsal" the same year.

FIFA soon began to administer its own indoor soccer games, creating its own version of the rules and hosting its first FIFA Indoor Soccer World Championship in 1989 in Rotterdam, Netherlands, in 1992 it was the FIFA Five-a-Side World Championship (Hong Kong) and since 1996 it has been called the FIFA Futsal World Championship (Guatemala). One of the most remarkable changes was the reduction of the ball weight and increase in ball size (from a handball size to a football size 4), which enabled faster play and, for the first time, scoring goals with the head (though this is still difficult and uncommon).

In 2002, members of PANAFUTSAL (*La Confederaci3n Panamericana de Futsal, The Pan-American Futsal Confederation*) formed AMF (*Asociaci3n Mundial de F3tbol de Sal3n, World Futsal Association*), an international FUTSAL governing body independent of FIFA. Both FIFA and AMF continue to administer the game.

Some professional players start out with FUTSAL to build fundamental skills. Brazilian players Ronaldinho, Robinho, Ronaldo, Rivaldo, Juninho and many more started out playing FUTSAL. In Brazil, the majority of children start out with Futsal rather than association football, as it occurs at a smaller space and the greatest part of the schools in the country doesn't have a field to play traditional association football. There are also some notable players like Falc3o who continue to play FUTSAL at the club level.



FUTSAL Training Manual

Accelerated Learning

80 Possessions A Player

In a 50 minute Futsal match, a field player on a team using a dynamic system of play with rotations and player exchanges (a 3-1, 4-0, Roof or 1-2-1 system, for example) to create and take advantage of space will touch the ball once every 29.5 seconds . . . that's just **over 80 possessions per player per match**, if the player plays the entire match. This compares to only 30 to 40 possessions per player in a full 90 minute outdoor soccer match (number varies by position and the style of soccer the team plays).

The majority of possessions in FUTSAL are quick 1 or 2 touch combinations with teammates. In Futsal players who put their head down and try three or more touch combinations usually find themselves double teamed and losing the ball. The game rewards players who keep their head up, who control the ball, who support their team mates and who use one and two touch combination play to work with team mates.

Faster Speed of Play

Speed, Agility, Quickness

The benefit to a Soccer player, of playing FUTSAL matches under the pressure of restricted time, space and pressure, is an improvement in:

- Speed of locomotion (speed of sprint)
- Speed of action/reaction with the ball
- Speed of action/reaction without the ball
- Speed of decision-making
- Speed of anticipation
- Speed of perceptual and visual processing
- Speed of performing soccer specific skills
- Speed in changing directions
- Speed at which feints can be performed
- Speed at which defense is played
- Speed of fast breaks
- Speed of transition from Attack to Defense
- Speed of transition from Defense to Attack
- Speed of goalkeepers reactions
- Speed of team combination play
- Speed of action converting all other aspects of speed into simply playing faster



FUTSAL Training Manual

Improved Attacking Psychology

The Creation Zone

To encourage players to be more creative a different psychological approach is used to encourage youth FUTSAL players in many other countries. This alternate view defines four areas of play on the pitch. The Defensive Zone is the quarter of the pitch closest to the goal your team is defending. The Transition Zone is the quarter of the pitch from the Defensive Zone to the midfield line. The Attacking (Scoring) Zone, from which most goals are scored, is the area in front of and closest to your opponent's goal. The rest of the attacking half of the pitch is the Creation Zone . . . the area where a team creates attacks on their opponent's goal. Players taught to use the Creation Zone to create scoring opportunities have a much better concept of which areas of the pitch can be used to create successful attacks.

Teaching Creative Attacking Play

Dynamic Attacking

While most coaches and trainers credit Futsal with improving skills, teams that use any of Futsal's dynamic systems of play learn to play creative attacking soccer.

Prior to the 1950's Futsal was played with a single defender and three attacking players. This system, referred to as the 1-3 is still used in the last few minutes of matches when a team is behind and willing to take risk to score goals. Because the defender didn't go forward to score and the attacking players didn't come back to defend this was a very static style of play.

In the 1950's teams started playing a 2-2 system with 2 defenders and 2 attacking players. Because the two defenders stayed in the back and the two attacking players stayed closer to the opponent's goal this was also a very static style of play. This style is still used by very young teams just learning to play the game.

In the very late 1950's the first of the dynamic styles of play became popular with the introduction of the 3-1 system with three defenders and a single attacking player. This system was the first of many dynamic systems that allow a team to creatively attack an opponent and force the opposing defense to make mistakes. The creative attacking concepts used in Futsal's dynamic systems of play also work well in FIFA's traditional soccer game.

The easiest way to see the possible patterns of movement and rotations that can be used to create attacking opportunities in the 3-1 is to draw a Futsal court on a sheet of paper and then play "what if". Put a coin on the paper close to the opponent's goal and label it target player. Then place three coins at the mid-court in the 4, 6 and 8 o'clock positions for three teammates. Now if the target player moves to the left side of the court what space is created and which player(s) can move to use it? If the target player checks back to their teammate with the ball what space is created and which player(s) can move to use it? What happens if the target player checks back towards their teammate with the ball and the ball is simply chipped over the target player to the space that has been created? There are over a hundred creative attacking options that can be used by a team using movement, rotations, exchanges, takeovers, chip passes, cross court movement and passes, feints and other techniques to create and effectively use the limited space available on a Futsal court.



FUTSAL Training Manual

There are many dynamic systems of attacking play including:

- 3 - 1 with a static target player
- 3 - 1 with different players rotating through the front as target player
- 4 - 0 with any combination of the four back court players attacking in an almost unlimited number of combinations, rotations and patterns
- Roof system with five court players (including the keeper)
- Carousel with constant rotations
- 1 - 2 - 1 with players playing more like the diamond on a playing card with the target player static
- 1 - 2 - 1 with players playing more like the diamond on a playing card with different players taking turns rotating through the target player position
- 2 - 1 - 1 with two defenders, a midfielder and a attacking player
- Y or 1 - 1 - 2 with a defender, a midfielder and two attacking players

The Futsal Court

