



Benefits of Playing Futsal





The Benefits - Accelerated Learning

Accelerated Learning – ‘60 Possessions per Player’

In a 30 minute Futsal match, a field player on a team using a dynamic system of play with rotations and player exchanges (e.g. 3-1, 4-0, Roof or 1-2-1 system) to create and take advantage of space will touch the ball once every 29.5 seconds. That is just **over 60 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, control the ball, support their teammates and use one and two touch combination plays to work with teammates.



The Benefits – Faster Speed of Play

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 goalkeeper's reactions
- Speed of team combination play
- Speed of action converting all other aspects of speed into simply playing faster

The Benefits – Improving Attacking Psychology

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.





The Benefits – Teaching Creative Attacking Play

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 1950s, 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 risks to score goals. Due to the defender not going forward to score and the attacking players not coming back to defend, this was a very static style of play.

In the 1950s, teams started playing a 2-2 system with 2 defenders and 2 attacking players. Due to the two defenders staying in the back and the two attacking players staying 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 1950s, 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.



THANK YOU!

