



What is Futsal?

Futsal is a format of five-a-side football that is played extensively throughout the world. The term 'Futsal' is an abbreviation of the Portuguese 'futebol de salão' or the Spanish 'futbol sala', both of which translated literally mean 'indoor football'. It is played on a pitch approximately the size of a basketball or netball court with a ball which is smaller and heavier than the outdoor football and has a reduced bounce. Famous professional soccer players like Ronaldo, Juninho, Maradona, Rivelino and even the great Pele have declared they played Futsal in their childhood.

Why play Futsal?

Futsal is an excellent sport that targets ball mastery skills, speed, and creativity which can also be used to enhance your performance on the soccer pitch. The ball forces a player to use their skill rather than the ball's bounce to propel it. Futsal compared to other sports is actually quite safe because slide tackling is not allowed and there is limited players in the air (i.e. jumping and bounding), so there is less stress on the knees and ankles.

Skills developed include:

- Soccer intelligence (reaction time, reflexes) - players are constantly placed in situations where they must receive or play whilst under pressure or in confined spaces.
- Ball control - as the Futsal ball has low bounce qualities it spends much more time on the floor. The smaller playing area demands quick decision making, movements off the ball, and intensity.
- Skills versatility - the positions in Futsal are goalkeeper, pivot (main defender), right flank, left flank, and target (main attacker). Despite the main role of each position, players have to perform different roles in a game because of the quick transition between attack and defense.