

Futsal

Coaching Manual

Adapted from FIFA

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The Development of Futsal

Established many years ago, futsal, a term that comes from the contraction of "futbol" and "sala" and which can be translated as "indoor football", is now played by most member associations of FIFA.

- ✓ 1930: Juan Carlos Ceriani, a physical education teacher from Montevideo, invents a new kind of football to play indoors, unaffected by the weather conditions
- ✓ 1949: After the sport becomes established in Brazil, the Brazilian Asdrubal do Nascimento draws up the first rules of the game.
- ✓ 1965: Foundation of the South American Futbol de Sala Confederation
- ✓ 1971: Foundation of the International Federation of Futbol de Salon (FIFUSA), presided over by the future President of FIFA Dr. Joao Havelange
- ✓ 1982: First world championship organized by FIFUSA
- ✓ 1985: FIFA decides to add futsal to the world football family
- ✓ 1989: The first FIFA Futsal World Cup is held in Holland
- ✓ 1996: FIFA publishes the first official list of referees for Futsal
- ✓ 2005: The first seminar for FIFA Futsal instructors is held



Special Features

Futsal is a form of soccer that is played:

- ✓ Indoors or Outdoors
- ✓ On a smaller field
- ✓ With smaller Goals
- ✓ With 5 players (4 outfield and a keeper)
- ✓ With a specific ball (smaller and less bounce)
- ✓ High speed game allowing more touches for players.
- ✓ Rules to complement speed of game
- ✓ With no offside's
- ✓ And unlimited substitutions

The Motivation to Play and Develop Futsal

1. The Development of Players

The characteristics of the game, such as fewer players, a smaller field, the special Futsal ball and an unlimited number of substitutions;

- ✓ Increase contact with the ball and shot on goal
- ✓ Limits time and space to control and pass the ball
- ✓ Favors rapid decision making
- ✓ Favors a dynamic playing system and the rotation of positions
- ✓ Involves and motivates all players
- ✓ Facilitates accurate passing and makes Futsal the perfect tool to develop and improve technical, tactical understanding, agility, coordination and also the players speed in both Futsal and 11-a-side soccer.

2. Accessibility

- ✓ Little infrastructure is required
- ✓ It is possible to use existing facilities (eg. Schools and YMCA)
- ✓ Not as many players are needed
- ✓ Not affected by climate or seasonal weather conditions.

3. New Opportunities

- ✓ Opportunities for even small clubs to host competitions.
- ✓ Possible revenue builder

4. A Compliment to Mainstream Soccer

- ✓ A potential first step to mod level and then 11 a side
- ✓ It expands the soccer base
- ✓ Diversification and extension of facilities, both indoor and outdoor
- ✓ The only indoor soccer approved by FIFA.

Planning a Coaching Session

If sessions are not planned, they will turn out to be haphazard at best. Consequently, the players will also be haphazard in their playing habits. Long, detailed, written plans are not necessary; however, jotting down main ideas, and taking some time and thought to plan the day will greatly enhance the experience for everyone.

A well-planned session which moves quickly from one activity to the other adds to the satisfaction of the players, commands respect and improves performance. Plus, focused, enthused players are seldom injured and almost never present discipline problems.

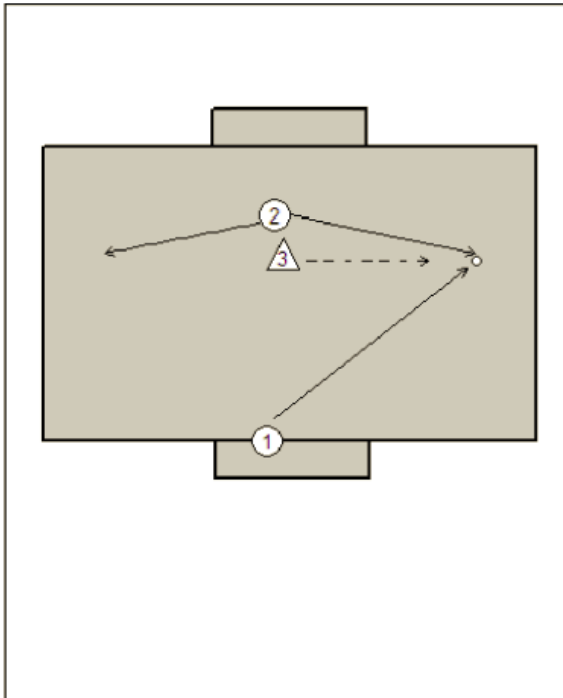
Planning a successful session takes skill, a skill which is developed with time. Each time out should be a learning experience, both for the coaches and players.

Take into account: The Session	Prepare: Equipment	Specify: The Exercise
Objectives (technical, Tactical, etc)	The field	Objectives
Season	Goals	Duration, breaks & intensity
Week	Balls (pumped)	Coaching points
Day of the Week	Pinnies	Organization
Last match & next match	Cones	Progressions
Number of sessions a week	Whistle	Equipment needed
Conclusions from previous session	Stop watch	Number and positions of players
Number of players available		Position of the coach
Standard of the players		
Positions of the players		
Facilities and Equipment available		
Weather Conditions		

Example of a Session Plan

WASHINGTON YOUTH SOCCER—RCL Jr ACADEMY PROGRAM

Un- Even Sided Games: Exercise 1 & 2



2 v 1 movement behind the defenders

Organization

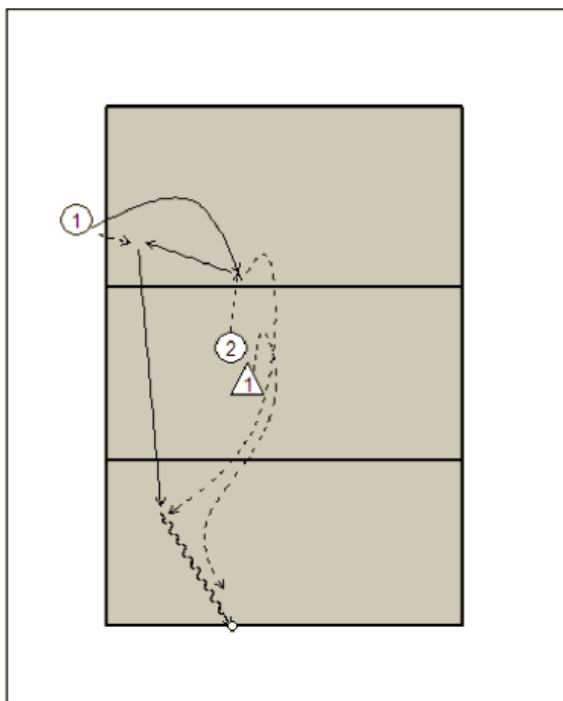
- Player 1 starts with the ball at the top of the pitch.
- Player 1 dribbles into the pitch and looks to [pass to player 2 who is making movement behind the defender.
- Player 1 must play to player 2 before they can finish on goal.
- Player 3 the defender if he wins the ball is able to strike on the goal.

Progression

- Add a goal keeper.

Look for!

- The correct technique on the turns - head up before shot and turn - good tempo.



2 v 1 receiving from the throw in

Organization

- The attack starts with player 1 taking a throw-in from inside the 10m line.
- Support player 2 must try and get free to receive the throw
- This creates 2v1 players must try and get the ball onto the end line.
- The drill then repeats from the opposite side

Look for!

- The correct technique of the throw.
- The first touch of the player receiving the ball.
- The creative movement once the ball is in play.
- Tempo and pace of the passing.


Technique

Passing

Passing is a key element of attacking play. It is vital to maintain concentration and balance in order to pass properly.


Activity #1 - Alternate Passing

The player in the centre returns the ball to team-mates at the side of the pitch. Alternating rapidly from one side to the other. The player uses both feet. Every 20 passes a player from the side changes places with the player in the center. The player at the side, after passing the ball to the centre, changes places with another team-mate at the side in order to alternate participation

Objective:	Variations:	Coaching points:	
<ul style="list-style-type: none"> Improved accuracy and speed of passing. 	<ul style="list-style-type: none"> Start with a short distance (5 yards), moving on to medium distance (10 yards) and finally long distance (20 yards). 	<ul style="list-style-type: none"> Watch the position of the body when the player strikes the ball Make sure that the strike of the ball is crisp, not prolonged. Make sure that the player who is going to make the pass looks left and right to get used to gathering information 	 <p style="font-size: small; text-align: right;">Created with www.SoccerTutor.com Tactics Manager</p>


Activity #2 - Possession of the Ball

The exercise is played on half the pitch, with no restrictions on movement in this area. The attacking team is assisted by a neutral player and tries to keep possession for 20 passes. If the defending team wins possession of the ball, the teams change roles. The neutral always assists the attacking team. If the attacking team manages to achieve 20 passes without losing possession of the ball, the defending team has to do 5 push-ups and then the same attacking team starts the game again.

Objective:	Variations:	Coaching points:	
<ul style="list-style-type: none"> Improving passing on the move and when faced by an opponent 	<ul style="list-style-type: none"> The game can be played with an unlimited number of touches per player or restricted to two touches, or even one touch, per player. 	<ul style="list-style-type: none"> Make sure that the player looks up before receiving the ball in order to see the movements of others. Pay special attention to team mates losing their markers in order to facilitate passing. 	 <p style="font-size: small; text-align: right;">Created with www.SoccerTutor.com Tactics Manager</p>

Activity #3: Attacking with a Limited Number of Passes

A real game using the whole pitch. Rules: the players of the team in possession have a maximum of two touches in their own half of the pitch and unrestricted play in the other half.

Objective:	Variations:	Coaching points:	 <p>Created with www.SoccerTutor.com Tactics Manager</p>
<ul style="list-style-type: none"> Efficient passing depending on the zone of play. 	<ul style="list-style-type: none"> The rules can be changed depending on the objective of the exercise, allowing one touch in the players' own half and unrestricted play in the other half; or unrestricted in their own half and two touches in the opponents' half, etc 	<ul style="list-style-type: none"> Constantly remind players by shouting out the number of touches in each area of the pitch. 	


Control

Good control of the ball ensures possession is retained and helps to initiate the next move more speedily and effectively. To allow proper control, the speed has to be taken off the ball. This means that the part of the body used to control the ball must be relaxed at the time of contact.

Activity #1 – Various Controls


A circuit with three stations is set Up (A, B, C):

At station (A), the players pass the ball along the ground in order to practice control with the sole of the foot. At station (B), the pass is short distance but off the ground, such that control is made using the chest, thigh or foot as appropriate. At station (C), the passes are longer and control is made by the chest, sole or inside of the foot, to absorb the speed of the ball, meaning that it is whether the passes are along the ground or in the air, fast or slow. Once a player has controlled the ball, he alternates with a teammate. The players change station every five minutes. The exercise is conducted with both feet.

Objective:	Variations:	Coaching points:	
<ul style="list-style-type: none"> • Making control techniques instinctive 	<ul style="list-style-type: none"> • Station C can include finishing to make it more like a real move. 	<ul style="list-style-type: none"> • Which part of the body that is used to control • Make sure that players get used to looking left and right before receiving a ball 	 <p><small>Created with www.SoccerTutor.com Tactics Manager</small></p>


Activity #2 – Directed Control

A player passes the ball firmly along the ground from the touch line. Another player runs from the other touch line, feints at the cone, anticipates the trajectory of the ball, carries out directed control towards the goal and then shoots. Each player changes to the opposite group after his turn. This exercise should be conducted from both sides of the pitch so that players use both feet.

Objective:	Variations:	Coaching points:	
<ul style="list-style-type: none"> • Improving directed control • Coordination between the direction and speed of a team mate and the power of the pass 	<ul style="list-style-type: none"> • A defender can be used instead of the cone, first shadowing the active player, then defending passively and finally defending actively. 	<ul style="list-style-type: none"> • The player who is going to use the directed control must start when his defender has lost visual contact because of the feint • Synchronizing the strength of the pass with the speed and direction of the player who conducts the directed control 	 <p><small>Created with www.SoccerTutor.com Tactics Manager</small></p>

Activity #3 – 5 v 5 Game

The only rule IS that the defenders use one-to-one marking so that the attackers have to feint in order to beat the defender. The player anticipates the pass from a teammate so that they can use directed control to get past the opponent. If the ball is controlled normally and not directed, the defender soon regains position and no numerical or positional advantage is gained.

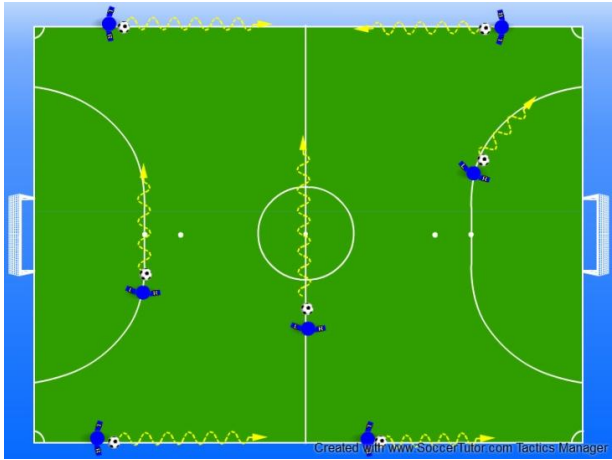
Objective:	Variations:	Coaching points:	
<ul style="list-style-type: none"> Practicing directed control in a match situation. 	<ul style="list-style-type: none"> A rule can be introduced making it necessary to control the ball before scoring if the goal is to count. 	<ul style="list-style-type: none"> During the match, do not lose sight of the fact that the main objective is directed control. 	 <p>Created with www.SoccerTutor.com Tactics Manager</p>

Running with the Ball

When running with the ball, whatever part of the foot is used, the most important thing is that the ball should be an extension of the foot so that the player doesn't have to look down but rather can look about to see what is happening in the game. This means that the tactical decisions taken will be much more effective with this wider field of view than if the player has to concentrate on the ball.


Activity #1 - Running with the Ball Along the Lines

The players move along the lines of the pitch while maintaining control of a ball. When meeting a team mate coming the other way, they turn around and go back along the line.

Objective:	Variations:	Coaching points:	
<ul style="list-style-type: none"> • Making running with the ball instinctive • Using the inside, outside and sole of the foot • Using both feet 	<ul style="list-style-type: none"> • The coach stands on the pitch and indicates with gestures (without speaking) which foot the players should use, and even which part of the foot. This makes the player maintain control while at the same time looking up to see the coach's instructions. 	<ul style="list-style-type: none"> • For the player to have a wide field of vision (does not look continually at the ball) • The ball should not leave the foot 	 <p>Created with www.SoccerTutor.com Tactics Manager</p>


Activity #2 - Eliminating Opponents

The players each run with a ball in a restricted space. The coach stands outside this area with an arm raised showing a certain number of fingers. The players must run with their ball while raising their hand showing the same number of fingers as the coach. This demand that the players are getting their head up and looking for information. They try to kick the balls controlled by team-mates out of the area while protecting their own ball. If a ball leaves the specified area, that player is eliminated and has to do push-ups before returning to the game. The coach changes the number of fingers held up every five seconds.

Objective:	Variations:	Coaching points:	
<ul style="list-style-type: none"> • Running with the ball while maintaining a good field of view in a challenging situation 	<ul style="list-style-type: none"> • The coach can shout out what part of the foot should be used to control the ball • The coach can change which hand is raised to indicate which foot should be used by the players 	<ul style="list-style-type: none"> • The players have one arm raised but use the other arm to gain information about the locations of their opponents and to protect the ball • Make sure players look up in order to get information about their situation while under maximum pressure 	 <p>Created with www.SoccerTutor.com Tactics Manager</p>

Activity #3 – Counter Attacks while Running with the Ball

The goalkeeper passes the ball to one side of the pitch. The player receiving the ball runs with it, using at least three touches, before passing to a team mate on the other side of the pitch who then runs in to shoot at goal. After the goalkeeper has played the ball out, the defender (red) drops back to defend against the attack. When a move has finished it is repeated towards the other goal using the players at the halfway line (yellow) with one of the other players in red coming on to act as a defender.

Objective:	Variations:	Coaching points:	
<ul style="list-style-type: none"> Running With the ball in a match situation. 	<ul style="list-style-type: none"> A restriction on the amount of time before finishing can be imposed (eg. 5-'10 seconds). 	<ul style="list-style-type: none"> Make sure that players position their bodies correctly while running with the ball, in order to have a view of their team-mates and of the goalkeeper Make sure that attackers who run off the ball measure their speed in order to offer themselves as a safe pass 	

Tactics

Dead-Ball Situations

Kick-Ins

There are two main objectives from kick-ins:

1. To launch an attempt on goal
2. To ensure possession of the ball is retained

These objectives are influenced by the distance from the opponents' goal, the position of the opposing defenders, and the position of the attackers and, very importantly, how the player taking the kick-in reads the game.

Corner Kicks

The main objective of corners is to score a goal or at least create problems for the opponents. Sometimes the objective is merely to retain possession of the ball. This latter option depends on the score, the time left in the match, the possibility of the corner being effective and how the player taking the corner reads the situation.



Free Kicks

The most important thing about free kicks is coordination between the movements of the team and the delivery of the ball by the player taking the free kick. In this situation, it is very important that the player taking the free kick has excellent timing and can play the ball accurately and with the right strength. For this reason, the player taking the free kick should be unhurried and very good at reading the game.

Organization of Play


Defending

Individual Defense

- This approach is very physically demanding
- Individual responsibility
- The objective is not just the ball, but also the opponent


Activity #1 - Individual Defense

3 v 3 to one goal. Each attacker wears a different colored bib. The defenders have to pair up with an attacker and not lose them during the attacking move. The roles (attacker/defender) are changed after every five attacks. At the end of the exercise, the number of goals is counted up to see which team has defended better.

Objective:	Variations:	Coaching points:	
<ul style="list-style-type: none"> • Practicing individual marking. 	<ul style="list-style-type: none"> • Impose a time limit on finishing the move. 	<ul style="list-style-type: none"> • Do not lose sight of the assigned attacker • The defender should not keep too tight on the attacker this makes it easier to counteract his attempts to move into space 	 <p>Created with www.SoccerTutor.com Tactics Manager</p>

Activity #2 – Game

A 5 v 5 game with only one-to-one marking.


Objective:	Variations:	Coaching points:	
<ul style="list-style-type: none"> • Practicing individual marking in a match situation. 	<ul style="list-style-type: none"> • Upon the coach's signal, individual defense is imposed in half, one third or three-quarters of the pitch • Individual defense can cause an opponent to make more mistakes • Cover is not provided 	<ul style="list-style-type: none"> • The same as the previous exercise • Look at the ball from time to time to get information, but without losing sight of the marked player 	 <p>Created with www.SoccerTutor.com Tactics Manager</p>

Zonal Defending

- Facilitates defensive cover
- Favors the organization of counterattacks when the ball is recovered
- Less physically demanding than other types of defense
- Improves team unity
- Requires great coordination between zones
- The defensive reference point is the ball, not the opponent


Activity #1 - Zonal Defense

6 attackers against 4 defenders and goalkeeper. The attacking team members throw the ball to each other as many times as they want, but the players do not move. The defenders have to move towards the ball without losing their zonal organization.

Objective:	Variations:	Coaching points:	
<ul style="list-style-type: none"> • Making movements corresponding to the position of the ball instinctively. 	<ul style="list-style-type: none"> • The attackers can move and even score a goal • The ball is kicked instead of thrown • Impose a time limit for finishing 	<ul style="list-style-type: none"> • Defenders must place their body weight on their toes and not on their heels in order to move more quickly • When moving, defenders have to watch not only the ball but also the movement of their team mates 	 <p>Created with www.SoccerTutor.com Tactics Manager</p>

Activity #2 – 5 v 5 Game

5 v 5 plus a coach on each touch line with a ball. At any point in the game, one of the coaches can pass a ball to the nearest attacking player and the previous ball no longer counts. This creates a new match situation and consequent defensive reaction


Objective:	Variations:	Coaching points:	
<ul style="list-style-type: none"> • Practicing the reorganization of a zonal defense depending on the position of the ball. 	<ul style="list-style-type: none"> • Use more balls • Impose a time limit on finishing or winning the ball 	<ul style="list-style-type: none"> • The same as the previous exercise. 	 <p>Created with www.SoccerTutor.com Tactics Manager</p>

Mixed Defense

- The two types of marking are combined in a mixed defense
- This normally means that each player marks a zone except for one who carries out individual marking. However, this is not a fixed rule as it depends on the coach

Activity – 5 v 5 Game

A real game in which the defending team defends zonally except for one player who defends the attacker in the green bib individually.


Objective:	Variations:	Coaching points:	
<ul style="list-style-type: none"> • Practicing mixed defense in a real match. 	<ul style="list-style-type: none"> • Challenge the defender to prevent the attacker in the green bib from touching the ball a certain number of times • Impose a time limit on finishing the move or winning the ball • This type of defense is usually employed to neutralize the opponents' key player • It does not have to be used throughout the match, only when required by the circumstances 	<ul style="list-style-type: none"> • In this kind of defense, the player defending individually does not need to watch the ball, just make sure that the marked player does not receive it • for the other players, apply the coaching points from zonal marking 	 <p>Created with www.SoccerTutor.com Tactics Manager</p>

Alternating Defense

- This approach requires mastery of the various types of defense
- References within play are needed in order to change the type of defense
- Requires coordination between players so that they make the same decision at the same time
- Disconcerts and surprises the opponents
- When used well, this approach gives the defending team a lot of confidence

Activity – Real Game

A game of 5 v 5. The initial rule is that the team defends zonally in its own half of the pitch and individually on the other side of the halfway line.

Objective:	Variations:	Coaching points:	
<ul style="list-style-type: none"> • Practicing alternating defense in a match situation. 	<ul style="list-style-type: none"> • A rule can be applied that the team defends in one way until the coach shouts "Change!" The team then changes the type of defense irrespective of what part of the pitch it is playing. • There are other methods for changing the style of defense, but these are specific to each coach. For example: when the opponents pass the ball back to the goalkeeper, the team defends individually everywhere on the pitch . 	<ul style="list-style-type: none"> • It is very important that the first defensive line takes the initiative as the other players follow this lead. 	 <p>Created with www.SoccerTutor.com Tactics Manager</p>


Transitions

Transitions are a really exciting part of Futsal as they demonstrate the speed, skill, teamwork and passion of the game.

Defensive Transitions


Activity #1 - After an Attempt on Goal

The yellow team attacks from a gradual build-up. When a phase of play finishes, the player who shot at goal and the corresponding defender take no further part in the exercise. The defending team rapidly turns to attack while the other team defends in a 3 v 3 situation.

Objective:	Variations:	Coaching points:	
<ul style="list-style-type: none"> Defensive transition after an attempt on goal. 	<ul style="list-style-type: none"> A time limit can be imposed on each move. 	<ul style="list-style-type: none"> When a team loses the ball, the players should not be distracted, they should only be concerned with dropping back to defend One defender should try to hold up the counterattacking opponent, not to dispossess him but to slow him down and give the other defenders time to get back into position 	 <p>Created with www.SoccerTutor.com Tactics Manager</p>

Activity #2 - Reduced Space


A 3 v 3 game on half a pitch with two goalkeepers. The reduced amount of space means that there are constant transitions, both offensive and defensive

Objective:	Variations:	Coaching points:	
<ul style="list-style-type: none"> Constant repetition of transitions. 	<ul style="list-style-type: none"> The game can be played one touch, two touches or unrestricted touches. 	<ul style="list-style-type: none"> The same as the previous exercise. 	 <p>Created with www.SoccerTutor.com Tactics Manager</p>

Offensive Transitions


Activity #1 - Numerical Inequalities

Both teams have a goalkeeper and defender in their own half of the pitch and two attackers in the opponent's half of the pitch. None of the players can enter the opposite half of the pitch. The goalkeeper can clear the ball directly to his team mates in the other half of the pitch to start a 2 against 1 attack, or he can supply the ball to his team-mate nearby to start a 1 v 2 attack. This player has to try to pass to his team mates on the other half of the pitch.

Objective:	Variations:	Coaching points:	
<ul style="list-style-type: none"> Working on the effectiveness of offensive transitions and numerical advantages. 	<ul style="list-style-type: none"> If the attacking team player closest to the goalkeeper receives the ball and manages to pass it to his teammates in the other half of the pitch, he joins them in a 3 against 1 attack play 2v3/3v2 A time limit can be imposed on the transition A limit of touches 	<ul style="list-style-type: none"> The most important point is that the attackers of the second line open up clear passing channels Once the ball is received by the players in the second ball line, speed is the key. 	 <p>Created with www.SoccerTutor.com Tactics Manager</p>

Activity #2 - Teams of Three Players

One goalkeeper in each goal and three teams of three players on the pitch. The team in the centre starts by attacking a goal and tries to get around the defending team to score. Once the attack finishes for any reason (possession of the ball lost, shot goes wide, goal, etc.), this team becomes the defending team and the previous defending team attacks the other goal. This sequence is repeated several times.

Objective:	Variations:	Coaching points:	
<ul style="list-style-type: none"> Constant repetition of transitions 	<ul style="list-style-type: none"> A team that scores a goal continues attacking A time limit can be imposed on each attack A limit on the number of passes in each attack can be imposed 	<ul style="list-style-type: none"> Movement of attackers off the ball Speed of passing the ball 	 <p>Created with www.SoccerTutor.com Tactics Manager</p>


Attack

Attacking is the phase of play that requires most practice and experience. For a positional or gradual build-up attack to be successful requires patience, knowing how to read and understand the game and how to cause the opposing defense to become disorganized and take advantage of this. A quick attack, to be effective, needs speed, accuracy and an element of surprise.

Quick Attack


Activity #1 - After Winning the Ball

The yellow team attacks using just one player against four defenders. Two other players from the attacking team wait in their own half. The fourth player of the attacking team is off the pitch and does not take part at the moment. When the red team recovers the ball, they launch a quick attack. At this point, the yellow team player who lost the ball drops back to assist and the team mate who was off the pitch also joins in to help. The players of the red team try to finish a move before their opponents can organize themselves.

Objective:	Variations:	Coaching points:	
<ul style="list-style-type: none"> • A rapid attack after winning possession of the ball. 	<ul style="list-style-type: none"> • A time limit can be imposed on the quick attack. 	<ul style="list-style-type: none"> • The player who wins the ball has to move towards the centre in order to create two channels. • Once the ball is won, speed is crucial • Always finish, even if the ball goes out, so that the opponents cannot counterattack 	 <p><small>Created with www.SoccerTutor.com Tactics Manager</small></p>

Activity #2 - Quick Attack Down the Wing


In a 5 v 5 game, the yellow team attacks against a closed down defense. The goalkeeper has a supply of balls available in the goal. Once a phase of play has finished, two players from the defending team quickly run out, one to each wing to create a numerical advantage. The goalkeeper passes the ball to the player in the best position.

Objective:	Variations:	Coaching points:	
<ul style="list-style-type: none"> • Creating a numerical advantage on the wings by a quick attack 	<ul style="list-style-type: none"> • If the attack ends in a goal, the attacking team starts another move • A time limit can be imposed on the yellow team's positional attack • Impose a time limit on the quick attack (eg. 7 seconds) 	<ul style="list-style-type: none"> • The two players that come out at speed along the wings have to do so one or two seconds apart. One decoy for the defense, the second offers an element of surprise • The goalkeeper's body language should disguise where the ball will actually be played 	 <p><small>Created with www.SoccerTutor.com Tactics Manager</small></p>

Positional or Build-Up Attack


Activity #1 - Successive Attacks

A 5 v 5 game using half the pitch. The same team always attacks. If the ball goes out or is stopped by the goalkeeper, the coach, located in the center of the pitch with a supply of balls, starts off a new attack. The teams change roles after a certain number of attacks.

Objective:	Variations:	Coaching points:	
<ul style="list-style-type: none"> • Successive positional attacks 	<ul style="list-style-type: none"> • A time limit can be imposed on each attack • Impose a minimum number of passes before finishing 	<ul style="list-style-type: none"> • The emphasis is on the speed of passing the ball rather than the speed of the players' movements • Long lateral passes should be avoided as they are very dangerous when faced with an organized defense 	 <p>Created with www.SoccerTutor.com Tactics Manager</p>

Activity #2 - 5 v 4 Game

The goalkeeper of the attacking team comes out of goal to join the attack. (both teams can score)

Objective:	Variations:	Coaching points:	
<ul style="list-style-type: none"> • Built-up attack with numerical advantage. 	<ul style="list-style-type: none"> • A time limit can be imposed on each attack • Change to a 1-2-1-2 formation 	<ul style="list-style-type: none"> • Look for speed and accuracy in passing the ball • Very patient build-up until an opportunity arises • Ensure an easy backwards pass is always available 	 <p>Created with www.SoccerTutor.com Tactics Manager</p>

Physical Preparation

Specific Qualities and Requirements

In Futsal, the development of the players' physical condition must take into account the specific features of the game. The purely physiological objective is to provide the energy resources to make the players' tactics and techniques as effective as possible. With this in mind, the duration of efforts should be measured (timed) and the intensity (heart-rates) and distances run recorded. The invariable dynamic of the process of training physical condition is: load-fatigue-recovery-adaptation. The coach applies a load in training that causes a state of fatigue. As the body recovers from this, it adapts and in this way improves on the initial level. If the loads are very intense and frequent or the rest periods very short, this can lead to overtraining. If the loads are very light or the recovery period is too long, then the adaptation process does not occur and the level does not improve.



Physical Qualities

1. Endurance

This is the capacity to cope with efforts of greater or lesser intensity over the longest time possible.

Training methods: Continuous Uniform

- ✓ This is uninterrupted running for a set time or distance at a constant pace
- ✓ The duration of the effort ranges from 20-30 minutes to 60-90 minutes
- ✓ The heart rate when working ranges from 120-150 bpm to 160-180 bpm
- ✓ This means working at between 45-80% of maximum oxygen consumption

Continuous Variable

- ✓ This is running with changes of pace at certain times or distances
- ✓ This method not only improves aerobic capacity but also works on aerobic power
- ✓ It allows an interaction of the times and distances of work with the times and distances of recovery
- ✓ The duration of effort varies from 20-60 minutes
- ✓ The heart rate when working ranges from 140-180 bpm
- ✓ This means working at between 45-90% of maximum oxygen consumption

Extensive Intervals

- ✓ This technique is used to target more specific objectives associated with futsal (e.g. short, explosive efforts with incomplete recovery)
- ✓ The duration of effort ranges from 60-90 seconds
- ✓ The heart rate when working ranges from 160-180 bpm
- ✓ The heart rate when recovering should not go below 120 bpm
- ✓ The maximum oxygen consumption values are 70-95%
- ✓ Example: interval training, fartlek

Intensive Intervals

- ✓ These sessions target lactic anaerobic power and capacity as well as the improvement of alactic anaerobic power and capacity
- ✓ The duration of effort is 20-30 seconds for the former and 8-15 seconds for the latter
- ✓ The heart rate when recovering should not go below 120 bpm
- ✓ Example: sets of runs between 50m and 400m (efforts of between 6-7 seconds and 70-80 seconds, which are the shortest and longest efforts typical of futsal)

Repetitions

- ✓ This method concentrates mostly on developing lactic anaerobic power, alactic anaerobic endurance and speed endurance
- ✓ There is complete recovery between sets
- ✓ The duration of efforts varies from 10-45 seconds depending on the objective of the training
- ✓ The repetition of efforts increases lactate levels
- ✓ Example: sets of runs over distances comparable to those required in the sport

With Additional Resistance

- ✓ Changes in intensity are affected by the angle and length of Inclines
- ✓ Example: sets conducted on inclines

2. Strength

This is the capacity to overcome an external resistance by employing muscular strength.

Training Methods:

The methods depend on the type of competition and the type of strength to be worked on in accordance with the training schedule.

Muscular Development

- ✓ Develops maximum strength
- ✓ Use of medium loads (40-60%)

Intramuscular Coordination

- ✓ Develops maximum strength
- ✓ Very high loads (75-100%)

Plyometrics

- ✓ Development of maximum strength through the collaboration of the nervous and muscular systems arising when carrying out jumps and throws (multi-jumps, using steps)
- ✓ This approach is recommended for high-performance training
- ✓ It is recognized as transfer training, in other words, the improvement of a technical skill through a specific analytical physical exercise

Combined

- ✓ This method brings together all the forms of developing strength depending on whether we want to improve muscular development or intramuscular coordination
- ✓ It is achieved by different combinations of the amount of load moved and the number of repetitions

Speed Strength, Rapid or Explosive

- ✓ The Increase in speed strength is preceded by an increase in maximum strength
- ✓ This can be worked on in the same session using a transfer method

Endurance Strength

- ✓ Light loads are used (20-50%) with a high number of repetitions
- ✓ Circuit training is very useful for this approach

Exercises:

- ✓ Body weight training
- ✓ Isometrics
- ✓ Plyometrics

3. Speed

This is the capacity to carry out motor actions in the shortest time possible.

Training Methods:

Reaction Speed

- ✓ Reaction to various stimuli (visual, audio, tactile, etc.)
- ✓ Increasing the demands regarding the speed of perception, for example by changing external stimuli (increasing the number of balls in play, reducing the space for the activity, numerical advantage or disadvantage, etc.)

Acceleration Speed

- ✓ To improve this feature requires the development of strength and speed strength
- ✓ Starts from different positions, changes of pace, multi-jumps, plyometrics, etc.

Maximum Speed

- ✓ In developing this type of speed, intermuscular and intramuscular coordination is very important, as well as coordination between agonist and antagonist muscles
- ✓ Repetitions are used
- ✓ The effort should not last more than 6 seconds

Speed Endurance

- ✓ Use short sets, as for maximum speed, but with a greater number of sets and a reduced recovery time
- ✓ Endeavour to make sure that the efforts conducted are lactic anaerobic

4. Suppleness

This is the physiological capacity to achieve the maximum possible amplitude of movement in the joints without any delay in recovery or deterioration of the initial position.

Influential Factors

- ✓ The central nervous system
- ✓ Muscle tone
- ✓ The aponeurosis (membrane surrounding muscle bundles)
- ✓ Time of day
- ✓ Environmental temperature
- ✓ Age

The optimum age for developing suppleness is 11-14 years. Relaxed and forced passive movements should be introduced at 12-17 years. From the age of 17, general work on suppleness continues as well as concentration on the joints and muscle groups specific to the sport.

Exercises:

- ✓ Touching toes
- ✓ Splits
- ✓ Passive stretching
- ✓ Dynamic stretching

5. Coordination

This is a neuromuscular quality that allows a human being's movements to be organized, regulated and executed accurately, dynamically and energy-efficiently.



Types of Coordination

- ✓ General dynamics: Refers to global movements (e.g. running, jumping, etc.)
- ✓ Segmental coordination: Refers to movements of an individual body segment (hand-eye, foot-eye coordination, etc.)

Exercises:

- ✓ Jumping with legs out or split, arms out or in front
- ✓ Turns and somersaults
- ✓ Exercises with hoops, poles, etc.
- ✓ Jumping with feet together, circling arms forwards or backwards
- ✓ Triple jump with feet together
- ✓ Hopping
- ✓ Jumps using apparatus
- ✓ Climbing using ropes, beams, inclined benches, etc.

Guidelines of Physical Preparation for Young Players

When considering physical activities for children, the psychological and biological aspects of their growth at different ages have to be taken into account.

- ✓ Adapt the rules of the game to the children's level of knowledge and development so that it motivates them.
- ✓ Adapt the tasks to the children's levels of preparation.
- ✓ Every child should have positive reinforcement.
- ✓ The objectives should be short-term ones so that the children do not become de-motivated
- ✓ The fun of playing, curiosity, etc. are motivational factors for children
- ✓ Failure in competition can de-motivate children. For this reason, participation should be emphasized and positively reinforced

Endurance

- ✓ The genetic influence on maximum oxygen consumption is 90% while training only accounts for 10%
- ✓ Lactic anaerobic efforts should be delayed until the age of 15-16

Strength

- ✓ Work can start on improving maximum strength from the age of 16-17, with caution
- ✓ Work can start on developing explosive power from the age of 16-18
- ✓ Lactate endurance strength can be developed from the age of 18

Speed

- ✓ Exercises and games working on speed with short efforts can be introduced for young players
- ✓ Acceleration and speed of movement can be trained from the age of 14-15 for boys and 9-13 for girls
- ✓ Intense speed training usually starts from the age of 16

Suppleness

- ✓ Suppleness reduces with age
- ✓ Children's suppleness starts to reduce considerably from the age of 10 for boys and 12 for girls
- ✓ Bone structure is more consolidated from the age of 14-16, meaning that muscular strength increases and muscular elasticity may be reduced
- ✓ There should be daily work on suppleness

Coordination

Work to improve coordination can be classified into three groups:

1. Exercises that do not require the use of equipment:
Various exercises for the head, trunk, limbs; different types of turns, jumps, changes of rhythm, etc.
2. Exercises involving the skilful handling of equipment:
Work with sticks, balls, ropes, etc. In addition to the skill of handling, this also practices calculating possible trajectories and suitable positions for throwing and receiving.
3. Exercises that are specific to the sport:
Ball control: running with the ball, dribbling, etc. When coaching coordination, it is advisable to start with exercises from the first of these groups.



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