

WHAT IS FUTSAL?

Closely related to soccer, futsal requires **little space**, **fewer players** (5) and **no physical contact**. The sport was moved inside gyms in 1930 because of severe weather during the FIFA World Cup tournament. Its rules are inspired by soccer, basketball (when it comes to the number of players and team fouls) and handball (size of the playing area). Players like Pelé, Zico, Romario, Ronaldo and Ronaldinho attribute their success at the FIFA World Cup to the fact that they played futsal as children.

EQUIPMENT



1 futsal ball per player



Numbered jerseys (or t-shirts in the same colour)



Targets (goals)



Cones

HOW TO MAKE THIS ACTIVITY A SUCCESS



Provide **enough equipment** for everyone to play with the ball.



Replace the goals with **1 ball on 1 cone** to make the kicking more precise.



Pass and kick with the **inside of your foot** to keep the ball on the ground (to prevent face injuries).



Use **targets** for goals instead of goalies (especially if you have a small court).

THE INTRODUCTORY SESSION

Based on the time you have available, design a session to the skills and preferences of your students. Pay attention to the following pictograms:



Elementary school level



High school level



Outdoors



No equipment



Distancing



Solo



This activity can be played **outdoors** without any problem. However, keep in mind that the spirit of futsal (keeping the ball on the ground: focus on controlling the ball, passing with the inside of your foot and trapping with the sole of your shoe). Avoid big goals, high kicks and toe passes.

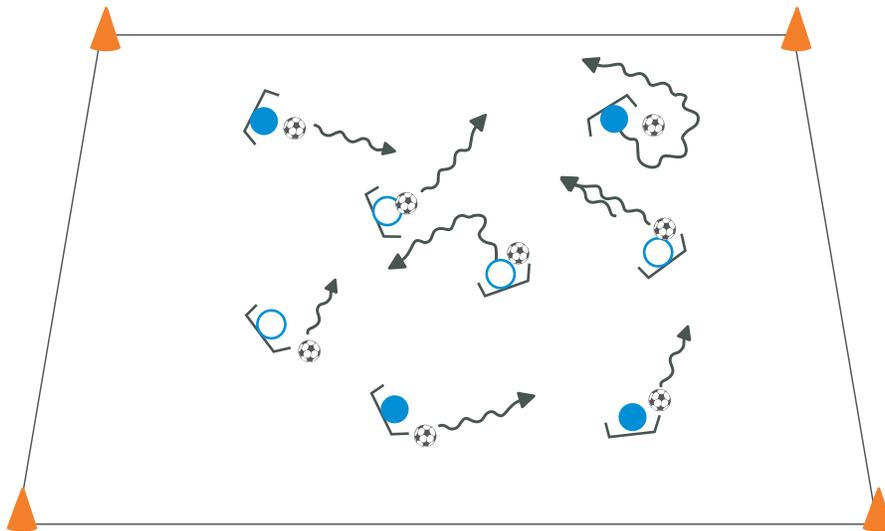
CONTROLLING THE BALL



EQUIPMENT: 1  per player and 4 

OBJECTIVE: Controlling and dribbling the ball despite obstacles (other players).

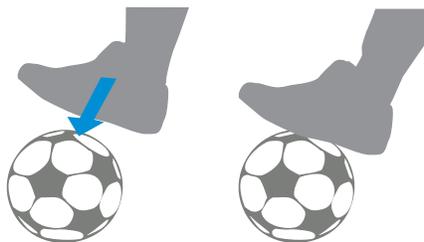
Keep your head up as you control the ball inside the square. At the signal, move as quickly as possible with the ball on a **line** (or another marker drawn on the ground) **bearing the announced colour** to **trap the ball with the sole of your shoe**. Avoid contact with other players.



VARIATIONS:

- Add **obstacles** to get around (more difficult to move).
- Narrow the **playing area** (more difficult to control).
- Include players without balls, who try to take the ball from the players in the square (**defenders**).

TRAPPING WITH THE SOLE OF YOUR SHOE. Trap the ball from rolling off the sole of your shoe by applying pressure on the ball with your foot. To prevent knee injuries, do not step on the ball or put too much pressure on it.



CONTROL WITH THE INSIDE OF YOUR FOOT. Keep the ball close to you between your legs. Kick the ball in front of you with light taps on it. Use both feet and keep your head up to see far ahead.



WARM-UP

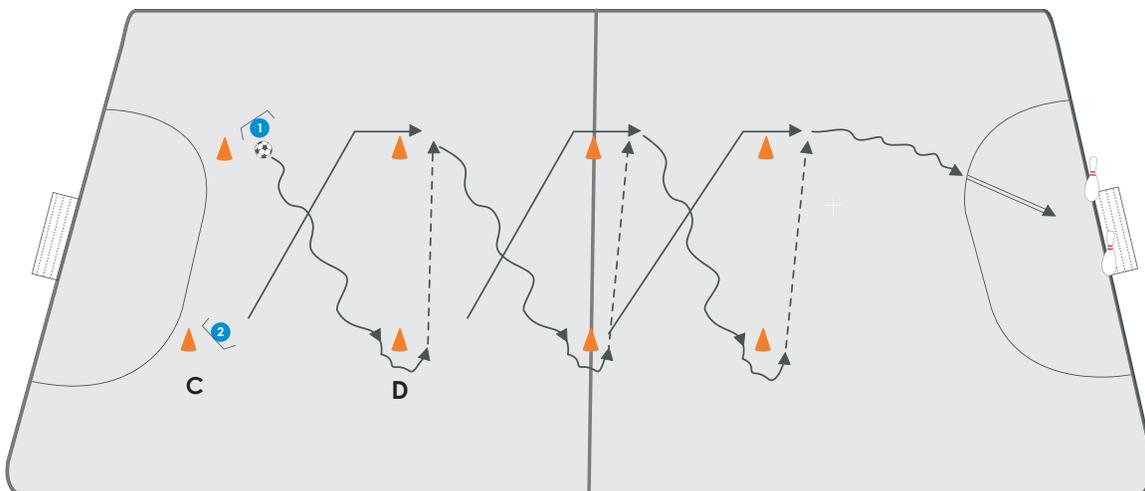
LE PARCOURS



EQUIPMENT: 1 per pair, 8 and 2 per court

OBJECTIVES: Controlling the ball, passing to a partner on the move and hitting a target with the ball.

In pairs, progress through the course with your partner. **Player 1** starts with the ball. He kicks the ball around Cone D, then passes it to **Player 2**, who has gone around the cone on his side. Then, Player 2 kicks the ball to the next cone while Player 1 goes through the centre to the next cone on the other side, and so on. Player (2) finishes with the ball and may attempt a kick at the bowling pin.



Try to **keep your head up** as much as possible when you control the ball to get a clear view of the playing area.

TECHNICAL ACTIVITY

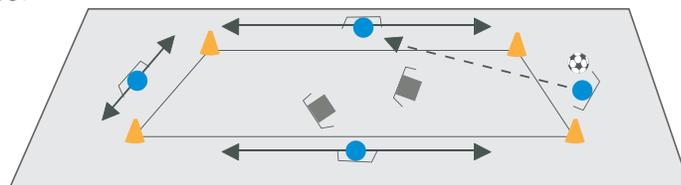
THE BULL-RUSH



EQUIPMENT: 1 and 4 per team

OBJECTIVES: Passing to a free or open player as well as controlling and passing the ball.

Form teams of **5 to 7 players**: **4 attackers** between the cones placed in a square pass the ball to each other. Place **1 or 2 defenders** in the middle, who try to intercept it. The attackers can move **sideways** between their cones. As soon as an attacker loses the ball (**by going out of bounds or recovering it from the defender**), he takes the defender's place.



VARIATIONS:

- Allow the attackers to **move**.
- Add 1 **defender** (play with 4 attackers against 3 defenders).



Use the **inside of your foot** to gain control of the ball and keep it on the ground. **Control** and **pass** the ball to an open, free player on the attack. To outwit your opponents, fake them out with your body (with a **hook** or **leg pass**). Defend by **moving quickly** to retrieve or intercept the ball.

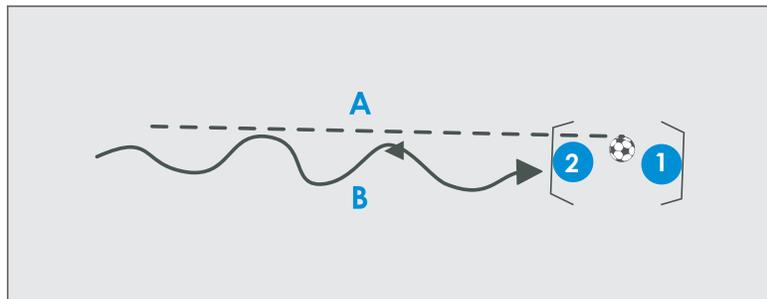
THE ELASTIC BAND



EQUIPMENT: 1 per pair and some

OBJECTIVES: Moving quickly to gain control of a free ball and making accurate passes between your legs.

Set up a **playing area** with cones. (A) In **pairs**, face to face, player **1** passes the ball between the spread legs of player **2**. As soon as the ball goes through player 2 legs, the player **2** pivots and runs to retrieve the ball and stop it with the sole of his shoe before it goes out of bounds. (B) Player **2** directs the ball towards player **1** to make a pass between his legs, and so on.



Control the **power of passes** and use the **inside of your foot** to make sure the ball can be retrieved by a player without the ball (not too gentle or too strong a pass).

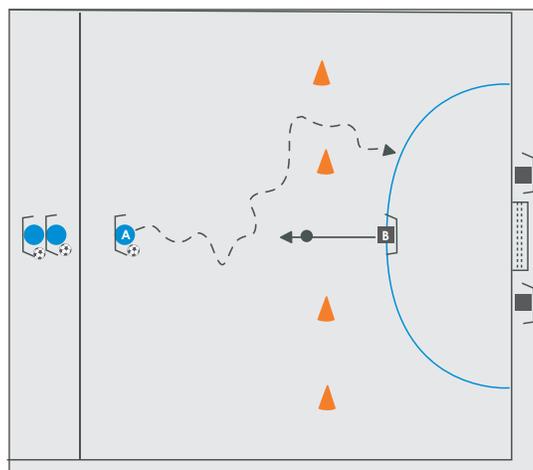
THE GATES



EQUIPMENT: 1 , 1 target and 4 per team

OBJECTIVE: Eliminating your opponent (duel) to score a goal.

Form teams of **5 to 6 players** divided in 2 and place **2 gates** (four cones). **Defender B** passes the ball to **attacker A**. Upon getting the ball, player A kicks it and tries to go through 1 of the 2 gates. If player A goes through one gate, he scores **1 point** and can kick at the target he chooses to score 1 extra point. As soon as the attacker goes through 1 gate, the defender can no longer do anything. The next defender takes the ball and passes it to the next attacker, then players A and B change positions.



VARIATION:

- Played as a **2-on-1** game (**2 attackers and 1 defender**), the gates become goalposts. To score, the attackers must trap the ball with the soles of their shoes between the gates



Kick the ball with the inside of your foot. Use the **hook** or **leg pass** to fake out the defender. **DEFENSIVELY:** Do not stay **between the 2 gates** and take **1 or 2 strides** in front of the attacker with your back to the gates.

MODIFIED GAME VERSION

BOWLING ALLEY



EQUIPMENT: 1 , some targets and 4  per team

OBJECTIVE: Eliminating your opponent (duel) to hit the target with the ball.

Form **4 teams** of **5 to 7 players**. Place these teams in a column next to each other on one side of the court. On the other side, provide each team with **3 or 4 targets** on the ground (such as a bowling pin or a ball on cone). At the signal, the first 2 players from each team pass to each other to advance to a kicking line 3 m from the targets. After the kick (with the inside of the foot), the player who did not kick the ball retrieves it quickly and passes the relay (ball) to the next runners. The first team to knock down all the targets win the round.

MODIFIED GAME VERSION

HOUSEKEEPING



EQUIPMENT: 1  and some 

OBJECTIVE: Recovering the balls in your zone and kicking them back into the opponent's zone.

Form **2 large teams**, each in its own playing area, separated by a centre line. Spread out a few balls on the ground, in both zones. At the signal, players pass the free balls in their own zone with the inside of their feet to an open space in the opponent's zone. Players can move the ball close to the center line before passing it. After a specified amount of time, the team with the fewest balls in their zone wins the round. Play multiple rounds.

VARIATIONS:

- With your hands only, **roll** the ball along the floor (prepare the goalies to hand the ball off).
- Pass the ball with only **1 foot** (with only the right or the left).
- Require players to **control** the ball before passing it.

MODIFIED GAME VERSION

3 ON 3

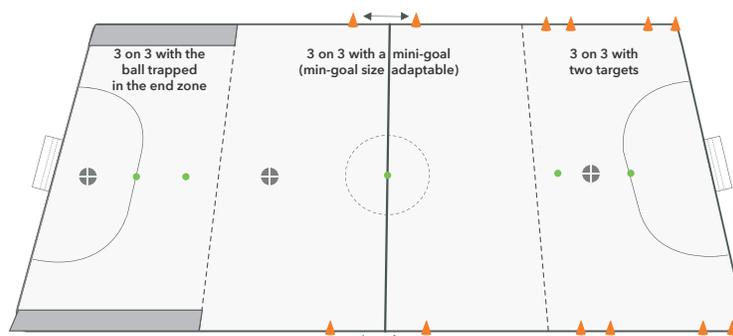


EQUIPMENT : 1   per player, 1 , some  and 2 targets per playing area

OBJECTIVE: Working as a team to successfully hit the target and score 1 point.

Organize **3-on-3 games** and focus on passing and handling the ball, regardless of the option:

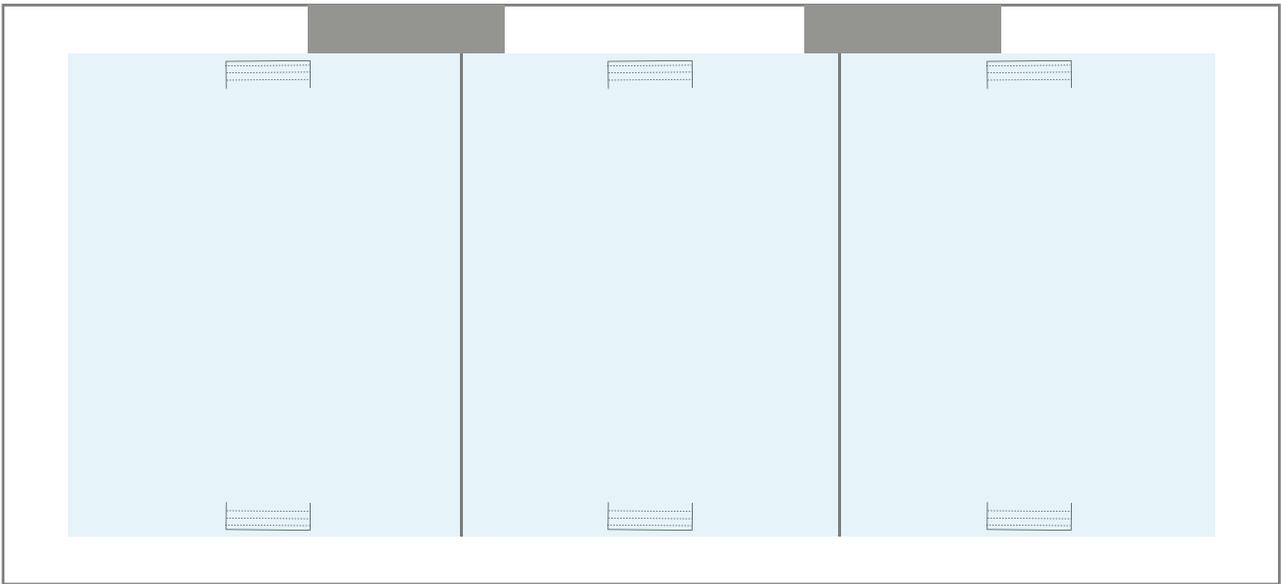
- **Trap the ball** in the goal area (marked with cones).
- Pass the ball through the **mini-goal** or on a **bench on its side**.
- Knock down **1 of the 2 targets** at the end of the field.



EQUIPMENT: 1  + 2 targets per field + 1   per player

OBJECTIVE: Working as a team to successfully score 1 point.

Form **2 teams** of **4 to 5 players** to play on a **half-court**. Place one full offensive team at the back of the field with the ball and **1 defender** 3 m away. The defender starts to move after the first pass from the opponent. The offensive players must make at least 3 passes before hitting the target (goal). The attempt ends when the **ball goes out of bounds, is intercepted or is kicked** (whether it's successful or not). The offensive team moves to the back of the field and 1 defender is added to the game. Continue this way until both teams are complete, then switch sides.



VARIATIONS:

- You can add **1 goalie** to protect the goal, if necessary (an offensive team strategy).
- **4 ON 4.** Play a final game with all the players. If the offensive team loses possession of the ball, **1 attacker** is removed from the game (causing the offensive team to be outnumbered) and the opposing team tries to score 1 point.



For more details on the **futsal** and **indoor soccer** leagues in your area, visit the RSEQ website.

RSEQ.CA