



WHY EVERYBODY LOVES AND PLAYS FUTSAL

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Abstract

Futsal is a fast, dynamic sport that is played on a small-sized pitch; it is a very attractive game that requires high physical skills and technical and tactical abilities; it is a game where one can score a lot, therefore it is pleasant to viewers; any player can adapt himself to the game, as such game can be adapted to the qualities of each particular individual; it is a tough game, but it has a high level of fair play; the risk to get injured is quite small; it can be played according to FIFA regulations in almost any sports hall and on almost all types of inside surface.

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JEL classification: *I10, I20, I29*

1. Introduction

Futsal is a small-sided game (5v5 including the goalkeepers) played on a small field roughly the size of a basketball court. The game is played with the touchline boundaries and does not require the use of dasher boards. The official ball is a special low bounce ball that is smaller than an official size 5 football ball. The ball forces a player to use their skill rather than the ball's bounce to propel it. It is a complete skill game. Futsal develops the overall fundamentals of football more effectively. It has been proven that youth players develop quicker reflexes, faster thinking and pinpoint passing. It is a superior game in terms of establishing players' touch and technique.

One touch passing is essential in maintaining ball possession on a smaller surface. Therefore, an individual's overall ball handling skills and off-the-ball movement enhance considerably. A player's split second thinking improves automatically as one learns how to maintain possession and distribute the ball quickly. Shots must be more accurate, since a shot off target will not produce a rebound. More shots are also taken during the course of a game, which will enhance the player's confidence, by taking on a defender and shooting quickly. A player does not have as much space or time to dribble with the ball. Futsal helps to develop tremendous close-quarters footwork.

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In the same time futsal requires the player to move both sides of his body synchronously. This is dependant upon the timing resolution in the brain which controls all movements. Smooth, coordinated movements are the results of precise timing and good integration between the two sides of the brain. This manifests in the form of effortless, flowing physical movements and it is possible only because of the perfect coordination of body and mind. A player can develop magic only with the combined powers of body, mind and spirit.

2. A short history of the game

The term „futsal” is an abbreviation of the Portuguese „futebol de salao” or the Spanish „futbol sala”, both of which translated literally means „indoor football”. It is a game played by two teams of five players each, including a goalkeeper, on each side. It is played in a court approximately the size of a basketball court with a ball which is smaller and heavier than the outdoor football ball and has dampened bounce. The rules of the game are similar to the classic game with certain modifications to allow for the smaller space.

Its origin is attributed to South America, whichever of the two versions we accept. One version claims that Juan Carlos Geriani devised a 5-a-side version of football for youth competition in YMCAs in Montevideo, Uruguay in the 1930s and the other says that it started in Sao Paolo in Brazil. Whichever the truth, the game was developed and gained popularity in Brazil where in 1954 all the states of Brazil agreed to common rules.

In 1974, the international body of FIFUSA was established in Sao Paolo and in 1989 most of the countries were integrated into FIFA, agreeing to combine all the variations of small-sided football and naming the game „Futsal”.

3. Why Play Futsal ?

Fun - Players enjoy the challenge of playing a fast paced skill oriented game that tests their abilities.

Safety - Futsal is much safer than outdoor and some other forms of indoor football. The rules of futsal restrict physical play, and there are no walls to run into.

Ball Touches - According to a FIFA report, in an average 40-minute futsal contest an outfield player will touch the ball roughly every 29 seconds, or 80 touches. Now compare that to a 90-minute outdoor game where it's only around 30-40 touches. That is more than double in just half the time.



Ball Control - With futsal, the emphasis is clearly on control and technique. Without control and technique you can not expect to succeed in futsal. With limited space, boundary lines, and constant opponent pressure, improved ball control skills are required.

Speed of Play - With limited space and constant opponent pressure, players learn to play fast to survive.

Continuity of Play - Action is continuous so players are forced to continue play in support of their teammates.

Mandatory Support - With only 4 field players on the field and always needing the proper support positions offensively and defensively, a player will instinctively learn better spacing, passing and general tactics from playing futsal. Players without the ball must move to space and must truly support their teammates.

Framing the Goal - The goal and Penalty Area are a perfect size for narrowing the angle so teams learn to frame the goal to score goals.

Knowledge - With four court players and all the basic options of the outdoor game, players' understanding of the game is enhanced.

Encouraged Learning - The rules of futsal encourage playing a skilled game by punishing all physical contact fouls.

Rewards - Futsal rewards the same basic skills, tactics and knowledge of the game as the 11v11 outdoor game.

Insurance - Every player, coach and referee registered with the indoor league is covered by an insurance policy. Very few indoor soccer facilities offer their players any insurance coverage at all.

Costs - Many people think the cost of indoor football is expensive, but when compared to other activities it is actually quite reasonable. Depending on the number of players, the average cost per player for a night of futsal is less than 20 ron. Compare this to going to the movies along with the customary snack and drink, the price is very reasonable and healthier. If you are serious about skills and technique development, futsal is the superior activity. If you haven't had the opportunity to see a futsal game, check it out!



4. Benefits of futsal

Because the sport is a great skill developer, demanding quick reflexes, fast thinking and pin point passing, it is an exciting game for children as well as adults. The game is very economical and safe, simple and fun to play. Just by playing with the ball develops precise ball control and technical skill, agility, lightening reflexes and decision making. As the balls have less bounce they tend to stay in play longer and promote close ball control. After playing in enclosed areas and learning to think and react quickly, players find when they play to the full game they react well under pressure. Playing in enclosed areas develops creativity; players are also constantly placed in demanding decision making situations in enclosed areas which is a major reason why futsal is one of the finest teachers of the quick pass and move. In football it is very hard to defend against a team that is adept at this type of play. Playing the beautiful game of soccer is developed through futsal.

Slide tackles and excessive bodily contact is forbidden in the modified game, which results in fewer injuries. It's no surprise that the game is popular with children, teenagers and adults of both genders and is growing in popularity internationally.

Futsal quickly develop skills required for soccer: - balance, motor ability, agility and coordination, ball mastery, accurate and quick passing and receiving, perception insight and awareness. Children learn through repetition and practice in small areas this occurs naturally. As futsal is fast and action packed, fitness is improved while learning and having fun. We find children love playing futsal. It is exciting, many goals are scored and the game is devoid of complex rules such as off side. Children learn so much faster if they enjoy the game and spend a lot of time playing with the ball.

A study conducted by the University of Frankfurt at the end of 2006 proven that it can nowhere be learned as fast as in futsal the classic football techniques from safe passing to ball reception and to goal scoring. Exceptional football players like Ronaldo and Ronaldinho played only futsal in their youth and it was there that they learned the technical skills that they were able to deploy on the full-size pitch. That is the reason why futsal is part of the basic school curriculum in Brazil. „I learned my technical skills in futsal” said former brazilian football star Juninho. „Futsal requires split second decisions, fast attacking with few players and good positioning, as well as being very physically demanding. Every player who started out playing futsal is one step ahead of the game”.

It is a game played around the world as many of today's world stars began their youth football by playing futsal. The brazilians attribute their world football success to futsal. Pele, Zico, Socrates, Ronaldo, Kaka and Ronaldinho grew up playing futsal and credit futsal with developing their skills.



Futsal is also one of the fairest team sports, the founders of the FIFA rules have combined sensible indoor football rules with proven ideas from other sports, which not only speed up the game, but, above all, minimize the risk of injury to players. The most important rules that proves why futsal is so incredible fast are :

1. the goalkeeper may only be passed to in his own half bt his four teammates under certain conditions, thus precluding tactical, boring back and forth in front of the goal;
2. the playing time of 2 x 20 minutes per half is net playing time. As in handball, basketball or ice hockey, the timing is halted every time play is stopped, thus eliminating unattractive playing for time;
3. set plays must be performed within 4 seconds otherwise the opposing team gains possession of the ball.

Playing futsal allows you to touch the ball nearly twelve times more than playing football and the benefits do not stop here. Because of the small number of players, all players have to both defend and attack in line with modern football thought which demands players capable of great many things; attacking from all positions and defending in any part of the field. Futsal provides perfect practice because two, three and four player combinations literally occur. There are lots of 1 vs 1 duels which improve individual attacking and defending skills and the smaller and heavier ball allows you to develop technical skills, just like Brazilians do. The speed of play is such that you are forced to make quicker technical and tactical decisions. For the goalkeeper too, the benefits are numerous. He learn to move with the game by staying in line with the ball and not be glued to his goal line. The goalkeepers learn how to participate in the attack, be proficient with their feet and develop quick reflexes.

5. Conclusions

The advantages of futsal are obvious: futsal is a fast, dynamic game played on a small pitch; futsal is attractive, highly skilled game; futsal is a high scoring game suitable for players of all abilities; is an ideal introduction to the game of football, to learn basic football techniques; is an aggressive but fair game with a low risk of injuries; can be played according to official FIFA rules in almost every sports hall.

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