

Futsal - the great skill developer

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Futsal (the International 5-a-side Indoor Game) is the only version of indoor soccer sanctioned by the games world governing body FIFA, (Federation Internationale de Football Association). FIFA are responsible for organising the Futsal World Championship™, for which National teams from all around the world compete in. In fact, it is the futsal equivalent of its more illustrious outdoor tournament, the FIFA World Cup™.

In Australia futsal is governed by the FFA (Football Federation of Australia) and is Australia's fastest growing sport.

The game is a great skill developer for people of all ages, especially youngsters, as futsal is played using a special low bounce ball, which, encourages players to develop skills instead of using the bounce of the ball to manipulate it. Those who play futsal improve their coordination, sharpen their reflexes and improve their decision making under pressure.

With a 4 second restart rule, small playing area and unlimited substitutions the game is designed as an excitingly fast game with non-stop action, as such the game significantly increases a players speed of play. Also playing within an area bounded by a touch line all around the court, further encourages players to keep the ball in play instead of relying on walls or nets, as often used in other versions of indoor soccer.

The basic principles like passing, shooting, and running into space are essential to master the game and should be emphasised early in a player's development. Due to the fact that fewer players take part in each game, each player gets more opportunities to be involved, thereby lessening any chance of them getting disinterested in contrast to outdoor 11 a side soccer.

The benefits of playing futsal as mentioned above together with the fact that the ages of 8 - 14 years is a crucial phase of a child's life, further validates the widespread belief that futsal is very effective in developing correct soccer techniques in children especially at a young age.

Great soccer players including Pele, Ronaldinho, Robinho, Ronaldo among many other international football superstars all grew up playing futsal on the many futsal courts found throughout Brazil and credit futsal for many of the skills they have perfected.

So why not contact 'Futsal Super5s' today and give futsal a go?