



Futsal Training Program

Program Director,

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Primary Objectives



- 1st Core objective : Skill development. Players executing technique under pressure.
 - Emphasis on introducing technique. Primary techniques, dribbling, passing, receiving, and finishing.
 - Incrementally add pressure, allowing for growth of skill development within a realistic game-related / futsal environment.
- 2nd Core objective: Improve awareness & understanding for improved decision-making.
 - Small-sided games in futsal environment organized to broaden player awareness, recognition, and understanding of attacking & defending principles. Using this information to make better decisions with & without the ball and improve speed of play

Futsal Benefits



A lot of the moves I make originate from futsal. It's played in a very small space, and the ball control is different in futsal. And to this day my ball control is pretty similar to a futsal player's control.

— Ronaldinho —

AZ QUOTES



Lionel Messi "When I was a young boy in Argentina, I played futsal in the street and in a club. It was great fun and helped me to become the player I am today" (FIFA World 2012)



I played futsal growing up in Baurd. In futsal you need to think quick and play quick so its easier for you when you move to normal football.

— Pele —

AZ QUOTES



Real Madrid winger Cristiano Ronaldo:

"In Portugal, all we played growing up was Futsal. The smaller court helped my footwork skills, the nature of the game made me feel so free when I played. If it wasn't for Futsal, I would definitely not be the player I am today."

Why Futsal?

#1 - All of the top clubs in the world (Barcelona, Real Madrid, Chelsea, Manchester United,...to list all needs a book...) have their youth players playing futsal.

#2 - In recent study it was observed that during the game, Futsal player has contact with the ball 210% more than player playing traditional US indoor arena soccer

#3 - Ball control - with limited space, boundary restrictions, constant opponent pressure and game pace, high level of technical skills are required.

#4 – With no walls to help them out, players must move of the ball and support each other just like in the outdoor soccer but with much higher pace and more transitions. This develops tactical awareness and facilitates right decisions in different phases of the game – attack, defense and positive and negative transitions that is easily transferred to the outdoor game

#5 – Because of importance of futsal for development of the game of Soccer, FIFA has made commitment to promote and structure the sport of Futsal globally, by means of competitions, courses and other proactive measures and to encourage it's members to do the same – embrace and promote game of Futsal.

"Many of the worlds top outdoor soccer players developed their amazing skills through the game of futsal. Soccer is about mastering techniques and futsal does just that ."



Keith Tozer,

US Men's National Futsal Team, Head Coach.

Why Futsal?



Facts:

- US and Canada have 355 millions population and did not produce one world class soccer player – while small countries like Portugal, Spain (not to talk about South American countries) produce major star in every generation...3 MAIN OBSTACLES PREVENTING HIGHLY TALENTED NORTH AMERICAN PLAYERS TO BECOME WORLD CLASS ARE:
- Technical ability – this is the most determining factor (defined by quality and quantity of the technical training sessions) for the level at which player will end up playing. Arsene Wenger states that player which does not achieve technical perfection before 14 years will never play high level soccer...
- Training mentality – young players in European academies train 12-15 hours per week (includes a lots of futsal). During the competitive season players do not continue to develop technical skills – they have wrong impression that playing games = development.
- Quality of coaching – For example, in Spain there are one A or B UEFA licensed coach on every 27 registered youth players . In North America there are one A or B licensed coaches on every 865 youth players.
- Frequent Futsal training and playing sessions provide youth players with needed exposure to intensive technical training leading to accelerated development of general soccer skills.



Futsal Training: Summer Season

- Summer Period: 2 weeks of intensive training offering 10 hours of training Monday – Friday and mini tournaments on Saturday (4-6 hours depending on number of teams)
- Dates: Week one – July 3 – July 8
Week two – July 10 – July 15
- Times: Starting at 5:00PM – 2 hours per group of 20 (5:00 – 7:00 PM; 7:00 – 9:00PM) – accommodates 40 players/20 per session of 2 hours .
- Costs: One week session (14 – 16 hours of training, \$250. Two weeks \$500. Cost covers coaches and futsal facility

Futsal Training: Fall Season



- Fall Period: One futsal training/technical training offered per week in addition to the outdoor training. 8 training sessions in the fall season
- Dates: 1 X per week from August 15 – October 15
- Times: 6:00PM – 7:00PM
- Costs: \$160 per player – cost covers coaches and futsal facility

Futsal Training: Winter Season



- Winter Period: One futsal training per week during school season – 20 sessions overall.

During school break in January (3-15) additional one week futsal camp (same as in Summer period) is offered – 2 weeks with 10 training sessions Monday – Friday plus mini tournament on Saturday.

- Dates: 1 time per week from October 15 – April 15
- Times: During school season Tues. or Wed. evening from 6:00 – 7:00PM. During winter break camp sessions are every day from 5:00 – 7:00PM
- Costs: Cost for school season is \$400, for camp cost is \$250 per week. Cost covers coaches and futsal facility

Futsal Training: Spring Season



- Spring Period: One futsal training per week – 6 sessions overall
- Dates: April 15 – June 15
- Times: Every Monday from 6:00-7:00PM
- Costs: \$120 per player, cost covers 2 coaches and futsal facility



Questions:

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Registration form to follow.