



Suomen Palloliitto
Football Association of Finland

Benefits of Futsal for Football players

Helsinki (Finland), 7/9/2013
Mico Martic (Croatia)



Mico Martic

24/2/1964, Doboj, Bosnia and Herzegovina, croatian / italian citizenship

Futsal player, from 1980-2010

Croatian National Futsal Team (44 caps, 32 goals)

UEFA European Futsal Championship – Granada 1999 (5th place)

FIFA Futsal World Cup – Guatemala 2000 (5th place)

UEFA European Futsal Championship – Moscow 2001 (5th place)

Futsal coach, from 1995

Croatian National Futsal Team (1/1/2004 – 28/3/2009)

Finland National Futsal Team (1/1/2013 – 0/0/0000)

FIFA Futsal Coaching Instructor, from 2005

TSG Member

UEFA Futsal EURO – Czech Republic 2005

UEFA Futsal EURO – Portugal 2007

FIFA Futsal World Cup – Thailand 2012

Founder and webmaster

futsalplanet.com (1997)

coachingfutsal.com (2011)





Intro

Futsal, very demanding sport

Futsal pyramid

Individual technique

Individual tactics (opening and marking)

Tactical actions

Systems

- defense
- attack (2-2, 3-1, 4-0, circular etc ...)

Strategies

- set-plays
- power play
- 4v3

How we scoring the goals ?





The features of futsal, Special Features

Futsal is a kind of football that is played:

- indoors or outdoors
- on a reduced-sized pitch (40x20 m)
- with reduced-sized goals (3x2 m)
- with smaller teams (4 outfield players + 1 goalkeeper)
- with a special ball (smaller), that bounces less
- with all players getting more touches of the ball; high-speed action and lots of shots
- with special rules that make the game fast, dynamic, non-violent and enjoyable
- in two 20-minute periods (excluding stoppages)
- with an unlimited number of substitutions
- with no offside





The features of futsal, Laws of the Game

- Kick-in with foot
 - Time-out
 - Flying changes
 - 4 seconds to restart the game
 - Effective time to play
 - In case of red card, 2 minutes inferiority
 - Limitations to pass ball back to the goalkeeper

FIFA Futsal - Coaching manual_E.pdf - Adobe Reader	
Tiedosto	Muokkaa
Näytä	Ikkuna
Ohje	
13	(14 / 97)
109%	
Referees (Laws 5 and 6)	
<ul style="list-style-type: none">Pitch surface: smooth, non-abrasive (artificial turf is allowed for national competitions)Dimensions: length 25 to 42 m and width 16 to 25 mPenalty mark: 6 m from goalSecond penalty mark: 10 m from goalHandball goals are used: 2 m x 3 m	<ul style="list-style-type: none">Each match is controlled by 2 refereesA third referee and timekeeper may be appointed
The Ball (Law 2)	
The ball does not bounce excessively: dropped from a height of 2 m, it should not bounce more than 65 cm or less than 50 cm.	
The Number of Players (Law 3)	
<ul style="list-style-type: none">5 players on the pitch, one of whom is the goalkeeper7 substitutes for official competitionsAn unlimited number of substitutions (changes) can be made during a matchA substituted player may in turn become a substituteA substitution can be made whether the ball is in play or notIf a player is sent off, his team continues with 4 players for 2 minutes, unless the opposing team scores a goal before the two minutes have elapsed	<ul style="list-style-type: none">Each team is entitled to a one-minute time-out in each periodThe half-time interval must not exceed 15 minutesThe timekeeper indicates the end of each period with an acoustic signalIf the ball has been kicked towards one of the goals, the referees must wait for the kick to end
Offside (Law 11)	
There is no offside in futsal.	
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The features of futsal, Motivation to play and develop Futsal

Development of players

The characteristics of the game, such as fewer players, a smaller pitch, the special futsal ball and an unlimited number of substitutions

- increases contact with the ball and shots on goal
- limits time and space to control and pass the ball
- favours rapid decision making
- favours 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 technique, tactical understanding, agility, coordination and also the players' speed in both futsal and 11-a-side football.





The features of futsal, Motivation to play and develop Futsal

Accessibility

- Little infrastructure is required
- It is possible to use existing facilities (e.g. schools, universities, sports centres, etc.)
- It is easy to start playing because not many players are needed
- It is accessible in regions and communities where it is difficult to play 11-a-side football due to the climate or because of the lack of space (e.g. large cities, isolated communities)
- It is accessible to women and children (e.g. in Muslim countries) and the elderly

New opportunities

- New careers for players, coaches, referees, administrators, etc.
- New opportunities for member associations to host and qualify for international competitions
- New opportunities for cooperation with NGOs, government authorities, private sponsors, etc.





The features of futsal, Motivation to play and develop Futsal

Marketing, advertising and the media

- One of the fastest-developing sports in the world
- Associated with football, but avoids its saturated market
- An attractive game (lots of goals, finely-honed skills)
- The indoor nature of the game make it a new focus for marketing and advertising

A complement to football

- A potential first step to 11-a-side football, producing high-quality players and simplifying the coaching and educational development of many children, using fewer resources
- It expands the football base: futsal attracts more players and fans
- Diversification of the activities of a football association and extension of activities, both indoors and outdoors
- The only version of indoor football approved by FIFA





FUTURE FOOTBALL

Since Sports Science was introduced into the game in the early 1990s the physical condition of the players has improved considerably. Plus tactical organisation has developed as well. This means that in today's game there is much less space and time to think and the game is quicker.

This is what futsal is like.

Futsal **teaches** players how to play in tight areas.

In football each player has 350 sqm and in futsal less than a quarter of this with just 80 sqm.

("Differenza tra i modelli di presentazione del calcio a 5 e del calcio a 11" - D`Ottavio)





WHAT IS FUTSAL ?

SUPERCOPA ESPANA 2013

<http://www.youtube.com/watch?v=DLuy2zxX6ss>

UEFA FUTSAL CUP 2012

http://www.youtube.com/watch?v=TEsnr_LC8BI

FIFA FUTSAL WORLD CUP – THAILAND 2012

<http://www.youtube.com/watch?v=mmubmHJvj54>

FALCAO

<http://www.youtube.com/watch?v=uzHfsI6z4Zo>





FUTURE FOOTBALL

You are not preparing youth players to play the current game but the game of football in the future. These trends will only continue and will lead to further **decreases** in **time and space** for players to find the right solution.





FUTURE FOOTBALL

"Prepare your players for the **future** demands of the game."

Arrigo Sacchi



Via Milanello, Carnago, VA, Italia





FUTURE FOOTBALL

"Everything is so much quicker (today). Not in the sense of running or moving quicker, no. Quicker in the head. There's no longer space, which means there's less time to think, analyse and control the ball. You have to find a solution before the ball arrives at your feet"

Leo Beenhakker





FUTURE FOOTBALL

"The game is getting more technical and there is a focus on decision-making, skill and creativity,"

Trevor Brooking, English FA's Director of Football Development & former England International





FUTURE FOOTBALL

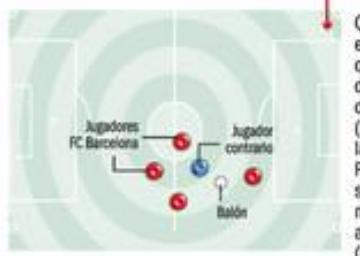
Pep Guardiola

(<http://www.youtube.com/watch?v=FiqvBrPT8ok>)



DEL PARQUET AL CÉSPED

LA PRESIÓN



Quizá la clave del Barça es la asfixiante presión que realiza en el campo del rival, con continuos dos y tres contra uno (hasta cuatro, como en la imagen ante el Panathinaikos). Esta situación se repite mucho en el fútbol sala, aunque a menos escala (dos y tres contra uno).

JUEGO EN TRIÁNGULOS



El juego del Barça se basa en repetidas triangulaciones que resultan letales para el rival si son efectuadas con rapidez y precisión. En este sentido, el fútbol sala es una sucesión de combinaciones con tres vértices que tienen como objetivo descolocar a las defensas contrarias



Este juego de triangulaciones resulta más meritorio en el Barça, ya que la superficie es mayor y las posibilidades se multiplican al contar con once piezas. A Guardiola le encanta reducir los espacios

CONTROL DEL BALÓN



Es habitual ver a Messi controlar el balón con el talón y buscar el regate pisando el esférico, movimiento del fútbol sala al ser los espacios mucho menores. Thiago e Iniesta también recurren a estas acciones en una baldosa de terreno



Dručjje metode Guardiolini savjetnici treneri "futsala" 21 jedinstvenim metodama tu

Malonogometni je trening tajna velikog Barcelonina uspjeha

Brza i protočna igra, puno dodavanja i savršeno kretanje Barceloninih igrača posljedica su vježbanja malonogometnih elemenata



teriju. Kada Barcelona ušla u lopu, igra se loptom i igrači se pokušavaju da ustanje tanjemu mjestu. Uz to se padača i vežbanja s malim brojem dodira uardionilom je dolaskom u svrševnu i ubrzana. Iako je igračima dovoljno da se bave igrom, neki su se preduvjeđaju na vironjati noćne. Duga i na prvi pogled usporjena priprema igre u sinu i u potpunosti je prehodna problema igrača. Predviđaju koja su učila u omladinskoj školi i u svu su obvezna za većinu igračkih zvjezdica. Eksperti otkrivaju da je najveći problem pripremljenje momčadzbog takо jedinstvenog na Barcelonu. Igre na raspolaganju mogu biti različite, ali uobičajeno je da će 25 minuta utakmice i 15 minuta drugog perioda.

des, Puyol, Xavi, Iniesta, Messi samo u neki od izdanaka španjolske škole



FUTSAL PLAYER

Futsal player is like a Kameleon, adopting his abilities to the difficult surroundings. He has to survive.





DECISION MAKING



What is it that makes these players some of the best in the world?

Physical qualities?

No.

Technical qualities?

Yes but not so much difference with other pro football players.

Intelligence?

This is their exceptional quality.

In futsal you are always involved even when you don't have the ball because you are close to the action. This means you are constantly assessing the situation and making decisions.



DECISION MAKING

Futsal coaches are reducing space of training to increase difficulties of the players, to let them think quicker and take better decisions!

Exercises examples from coachingfutsal.com:

1. Two balls: <http://coachingfutsal.com/article/72/>
2. 3v3 + 2 jolly: <http://coachingfutsal.com/article/80/>
3. 2v2 and 3v2: <http://coachingfutsal.com/article/453/>





DECISION MAKING

Exercise 1

**1X1, 2X1, 2X2, 3X2,
3X3, 4X3, 4X4, EN
CANCHA DE 20X20J**

J. Venancio López



DECISION MAKING

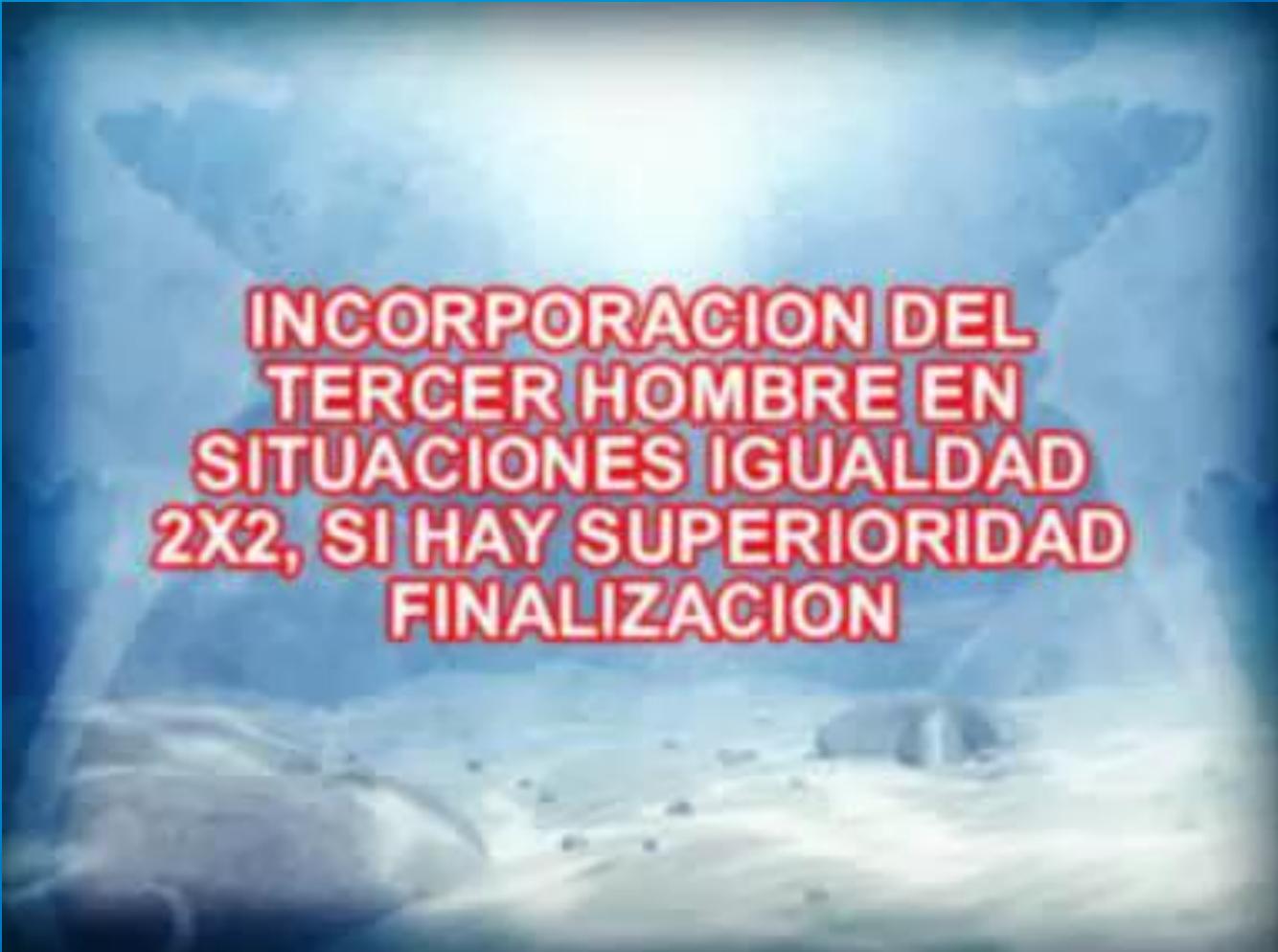
Exercise 1

**ATAQUE
DOS
PORTERIAS**



DECISION MAKING

Exercise 1



**INCORPORACION DEL
TERCER HOMBRE EN
SITUACIONES IGUALDAD
2X2, SI HAY SUPERIORIDAD
FINALIZACION**



EFFICIENCY OF FUTSAL

Kids today have many activities competing for their time - homework, computers and TVs plus parents are afraid to let them out on their own. This means these days they spend less time playing football.

That means we must maximise the efficiency and effectiveness of training. If we compare a 1hr of futsal to 1hr of football playing futsal the child will be much more involved in futsal than football. 1hr of futsal is probably equivalent to 4hrs of football.

Players touch the ball six times more per minute in futsal than in 11-a-side football according to University of Liverpool study.

Goalkeepers are involved in the action two to four times more than in 11-a-side football

The ball is out of play 8-10% of the time in a small-sided game, compared to 34% in 11-a-side





STREET FOOTBALL

Historically street football was the teacher of the game but this is now being lost in developed countries.

Futsal is similar to the games children used to play in the street. If you look into the background of nearly any top player they either played a lot of futsal or street football as children whichever country they came from.





MODERN FOOTBALL COACHING PHILOSOPHY

In the 1970's the Dutch FA noticed the decline in street football and the detrimental effect this would have on developing players. To counter this they formulated a coaching philosophy that was based on small sided games rather than drills. This was later adopted with great success by the Spanish FA and has now spread across the world as the recognised form of best developing players. Other federations are now catching up. For example The English FA completely rewrote their coaching philosophy a couple of years ago and got rid of 'technical' drills and based everything on SSGs.

Futsal is the ideal SSG as it is simple for coaches and players to understand and enjoyable to play. Without knowing it the children are experiencing the ideal and most effective way to develop and improve their skills, all while having fun.





THE EVIDENCE

- In Brazil and Spain it is the most practised sport with children playing the game when they're younger.
- Brazil are the country with the most Football and Futsal World Cups.
- Iniesta, Messi, Ronaldo, Ronaldinho, Neymar played futsal as children.
- Spanish Football Federation president **María Villar** introduced futsal. 22 years later the country won the world cup using a style of play similar to futsal.
- Ronaldinho's clip (<http://www.youtube.com/watch?v=C4paCPtVkio>)
- Neymar's clip (<http://www.youtube.com/watch?v=y63t9OaOJbo>)





QUOTES

"When I started, or when I played futsal, I didn't think about becoming a footballer. I played futsal just like many of my friends. We spent hours on the school playground. It was an education that I've carried with me all these years. As I said before, **my game today is what it was when I was 8 to 10 years old.**"

Andres Iniesta





QUOTES

"My time in FUTSAL was incredible, decisive in my life. **All players should go through FUTSAL.**"

Ronaldo (Brazil)





QUOTES

"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.**"

Cristiano Ronaldo





QUOTES

"As a little boy in Argentina, I played futsal on the streets and for my club. It was tremendous fun, and **it really helped me become who I am today.**"

Messi





QUOTES

"I played FUTSAL for 2 or 3 years before I joined Santos. FUTSAL was important in helping to develop my ball control, quick thinking, passing. Also for dribbling, balance, concentration. FUTSAL was very, very important, no doubt. **You need to think quick and play quick so it's easier for you when you move to normal football (11-a-side football).**"

Pele





FINAL QUESTION

Is the young Finnish player of today being prepared for the demands of the game tomorrow?





USEFUL LINKS

Futsal inside the football pitch (<http://vimeo.com/38218762>)

Individual defense (overcome pressing) (<http://vimeo.com/38218962>)

Individual technique (<http://vimeo.com/38421716>)

Specific tactical movements (<http://vimeo.com/38421824>)

Goalkeeper and famous players (<http://vimeo.com/36962252>)

Futsal aspects transferred to football in Japan and Brasil
(<http://vimeo.com/41244186>)

Santos F.C. Model (<http://vimeo.com/41492487>)

www.coachingfutsal.com



Suggestions and Questions





Thank you for your attention !

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