




# United States Futsal Federation

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	<b>WILLIAM "BILL" SAMPAIO</b>
	NATIONAL DIRECTOR OF COACHING
<b>U.S. FUTSAL</b>	p: 774-526-3209 e: <a href="mailto:bill.sampaio@futsal.org">bill.sampaio@futsal.org</a> P.O. Box 40077, Berkeley, CA. 94704



# Futsal 101

## Learning the Fundamental of Futsal



PASSING



RECEIVING/CONTROL



CARRYING







DRIBBLING/FAKE









SHOOTING

# History of Futsal

-  Uruguay or Brazil 1930
-  Early concepts
-  Evolution
-  Why Futsal?

# Passing

 Passing is the action of intentionally sending the ball to a teammate or to a determined zone of the playing court

-  Distance
-  Trajectory
-  Execution
-  SKILL PASSES
-  DRILLS

# Activity 1A: Magic Square

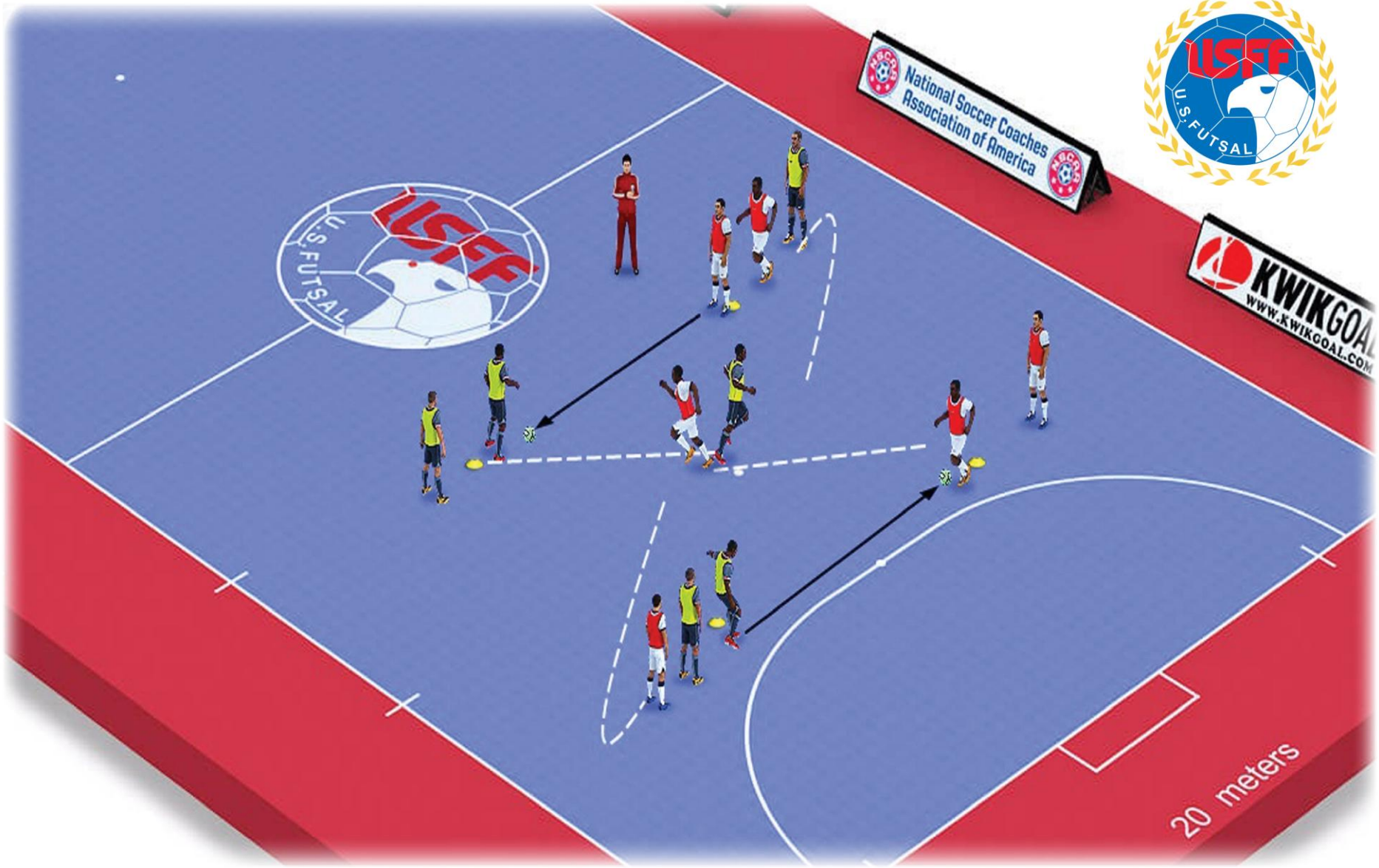




# Activity 1B: Magic Square



# Activity 1C: Magic Square




# Receiving/Control

 It is the action to get immediate control of the ball which originated from a pass or throwing.



# Receiving/Control

 Receiving a pass can be done with several parts of the body.

 Inside of the foot

 Outside of the foot

 THE SOLE OF THE FOOT

 The chest

 The thigh

 Instep ( laces )

 The head

# Activity 2A: Overlapping Passing Figure of 8



# Activity 2B: Overlapping Passing Figure of 8




20 meters



# Activity 2C: Overlapping Passing Figure of 8



# Carrying

 It is the action of keeping the ball under control as the player progresses to the different areas of the court.

 Trajectory


 Execution





**Students are directed to dribble at will around the court. When the instructor says a number, students should freeze his/her ball and run to form a group corresponding to that number.**






**Groups of FIVE!**

Students are directed to dribble at will around the court. When the instructor says a number, students should freeze his/her ball and run to form a group corresponding to that number.




# Dribbling/Faking

 It is the individual action, performed in possession of the ball, to deceive or “trick” the opponent, with the objective to evade.

 Offensive

 Defensive

# Dribbling

 KEEP IN MIND THAT WHEN DRIBBLING, WE TRY TO PLANT A SEED IN OUR OPPONENT'S MIND THAT WE ARE ABOUT TO DO SOMETHING WHEN ACTUALLY WE DO SOMETHING TOTALLY DIFFERENT. TO BE EFFECTIVE, BODY MOVEMENT AND BALANCE ARE ESSENTIAL TO ACHIEVE A GOOD RESULT.



Students dribble the balls around the court waiting for the instructor's command to perform a certain task.





When I say " GO " let's split the group in half ( EVEN ) and dribble inside the circle. READY, SET, " GO " .






Keep dribbling inside the circle... when I raise my hand... tell me 'HOW MANY FINGERS I HAVE UP'' .



# Shooting

 It is the action of striking the ball with the objective to score a goal, when the ball is static or in movement.

 Inside of the foot


 Outside of the foot

 USING THE TOE

 Instep (laces)


 Sweet spot

# Shooting

 SHOOTING USING THE TOE IS FUNDAMENTAL IN FUTSAL . DUE TO THE LOW BOUNCING AND WEIGHT OF THE BALL, ONE CAN STRIKE THE BALL WITH POWER AND ACCURACY USING THE TOE.


 COACHES SHOULD ENCOURAGE PLAYERS TO USE THE TOE SHOOTING TECHNIQUE WHEN PLAYING " F U T S A L " .

# Systems of Play (Tactics)

 It is the rational system of play of a team, resulting from individual and team actions, organized within the rules and regulations of a particular sport, taking in consideration the quality of its athletes as well as the opponents, with the objective of winning games.



# Systems of Play (Tactics)

 1-2 - 2



 1-3 - 1 (Static)

 1-3 - 1 (Rotational)




 1-4 - 0

 5 - 0 ?

# Playing the 1-2-2 system

-  It is a defensive system that is generally used for beginning teams or young children. It is the first system used when Futsal was developed in the 1930's.
-  Sometimes, during a close game, modern coaches will use the 2-2, also known as the BOX OR SQUARE, to avoid goals to be scored against his team.

# Playing the 1-2-2 system

-  Offensively, it has a small degree of creativity since its athlete's movements are restricted.
-  The 2-2 does not offer mobility during games and therefore restricts players' creativity to make runs or to receive through balls.
-  The 2-2 defines two players to play on defense and two players to play on defense.

# 1-2-2 Basic players' distribution

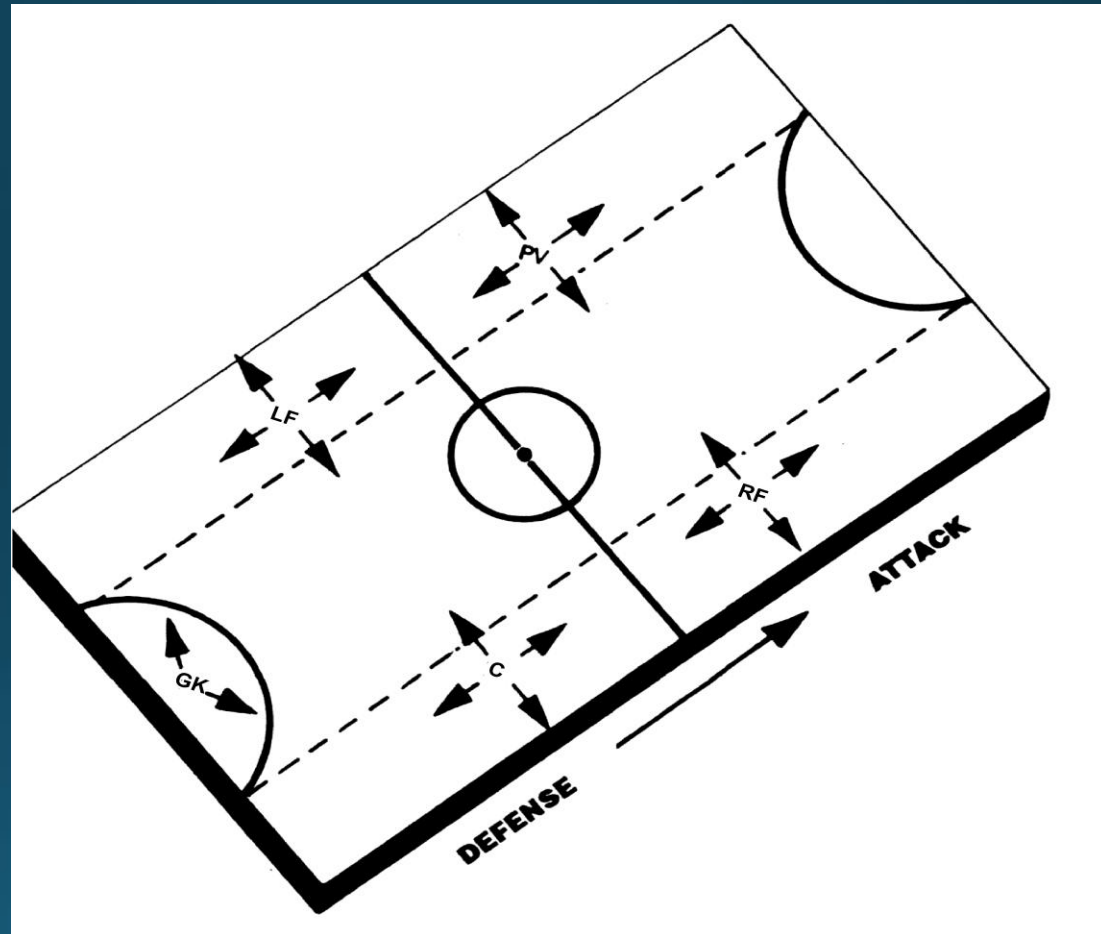
GK - Goalkeeper

C - Center

RF - Right Flank

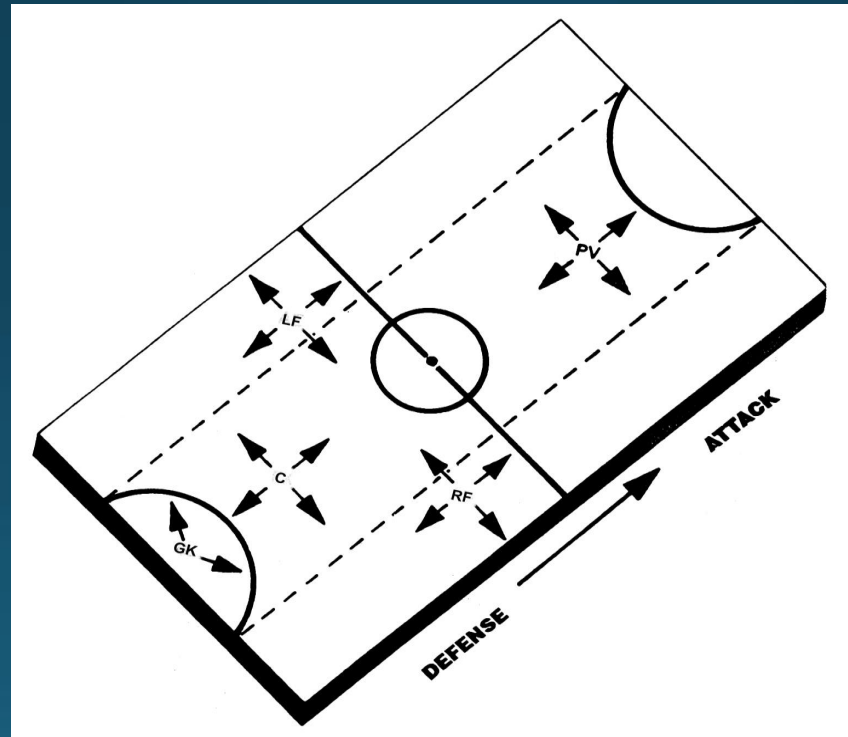
LF - Left Flank

PV - Pivot/Target



## 1-3-1 System

The 1-3-1 system as a variation of the 1-2-2, simply by changing the position of the flank players ( wings ) in relation to the playing court, and moving the pivot to the top of the opponents box.



# Playing the 1-3 – 1 (Rotational) System

 Offensive movements





# 1-3-1 Basic players' distribution

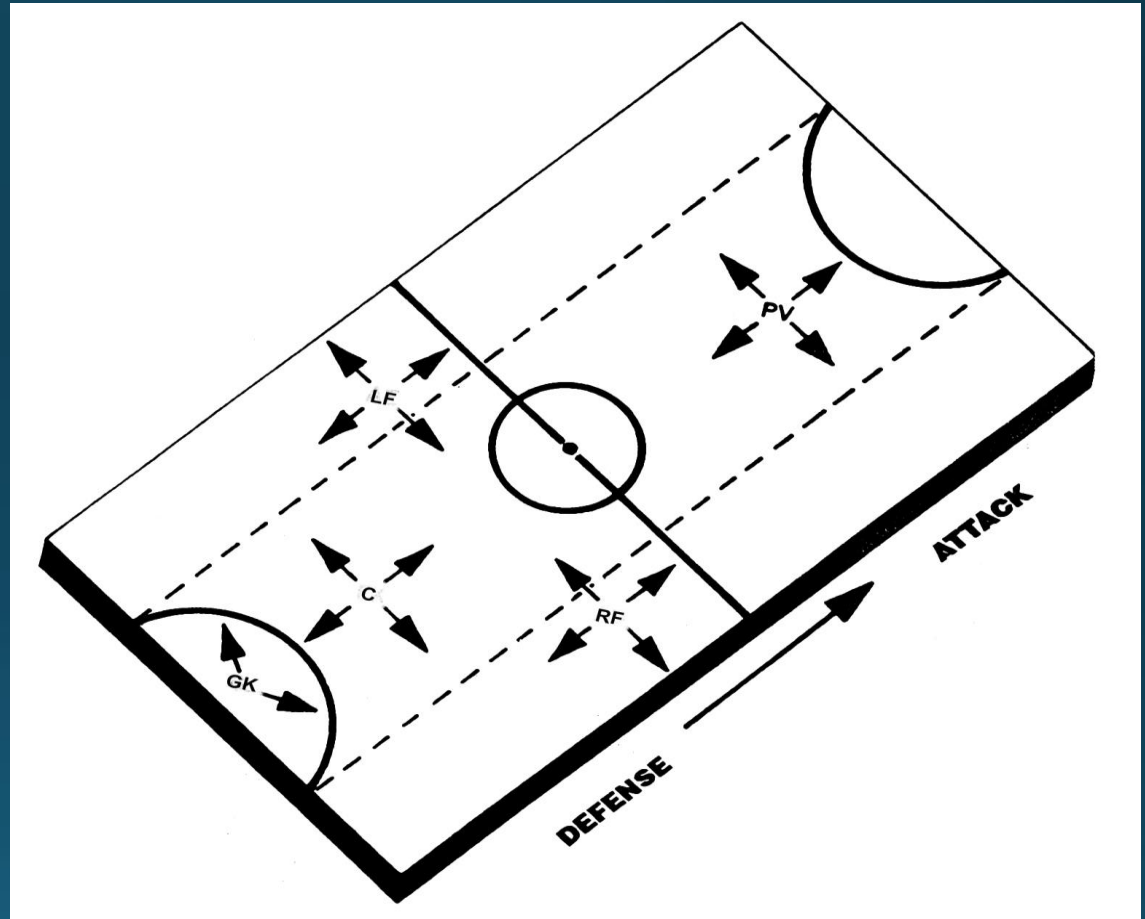
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# 1-4-0 or 4 On Line.

This system requires all players to be technically sound on all field positions. It requires constant movement from all players. All players must be “UNIVERSAL”.



Player 2 passes the ball to player 4.  
Players 2 and 3 make runs towards the center of the court.

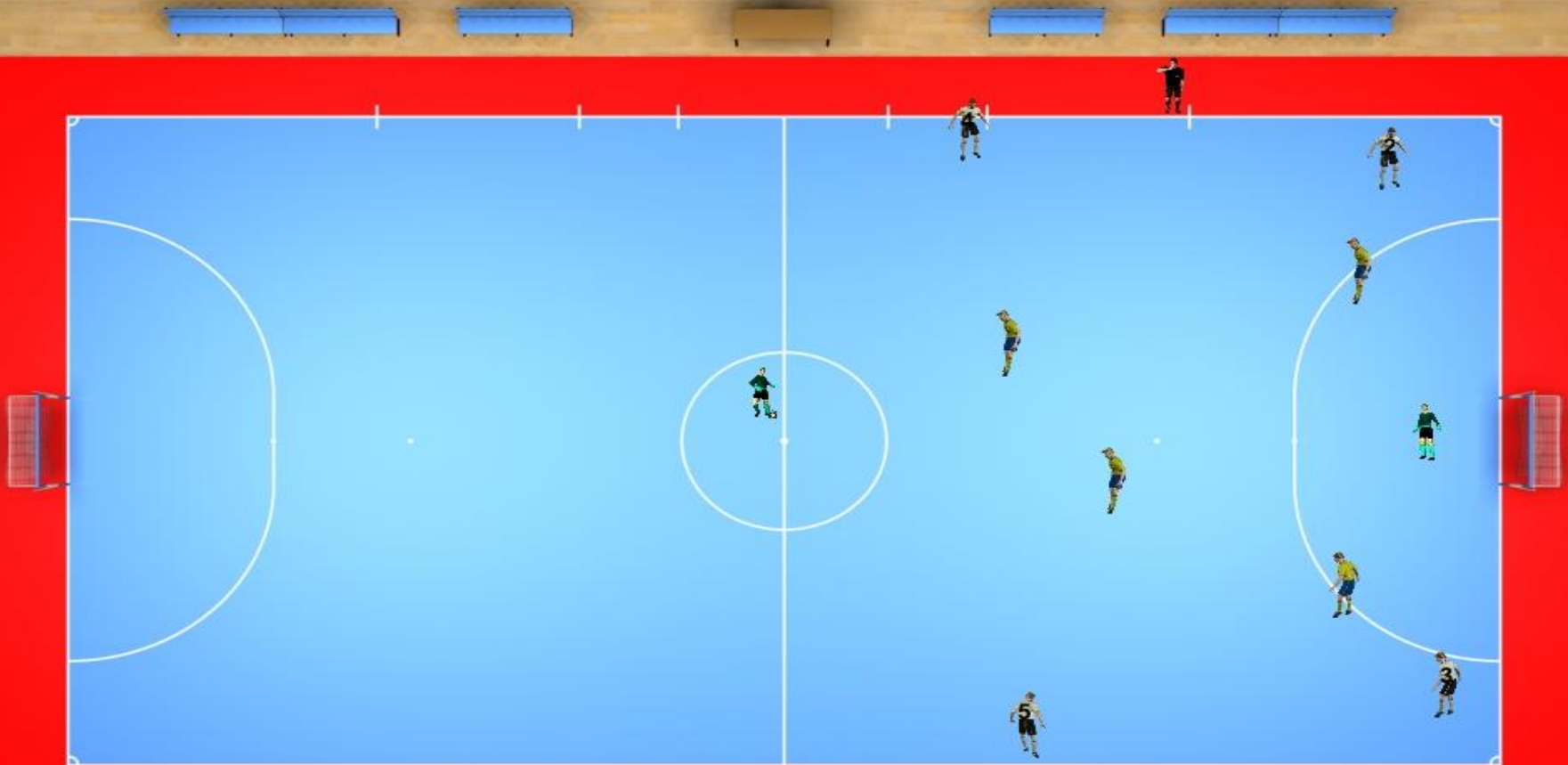


Players 2 and 3 “ bump ” and return to the outside of their corresponding sides.








5 – 0 The goalie.



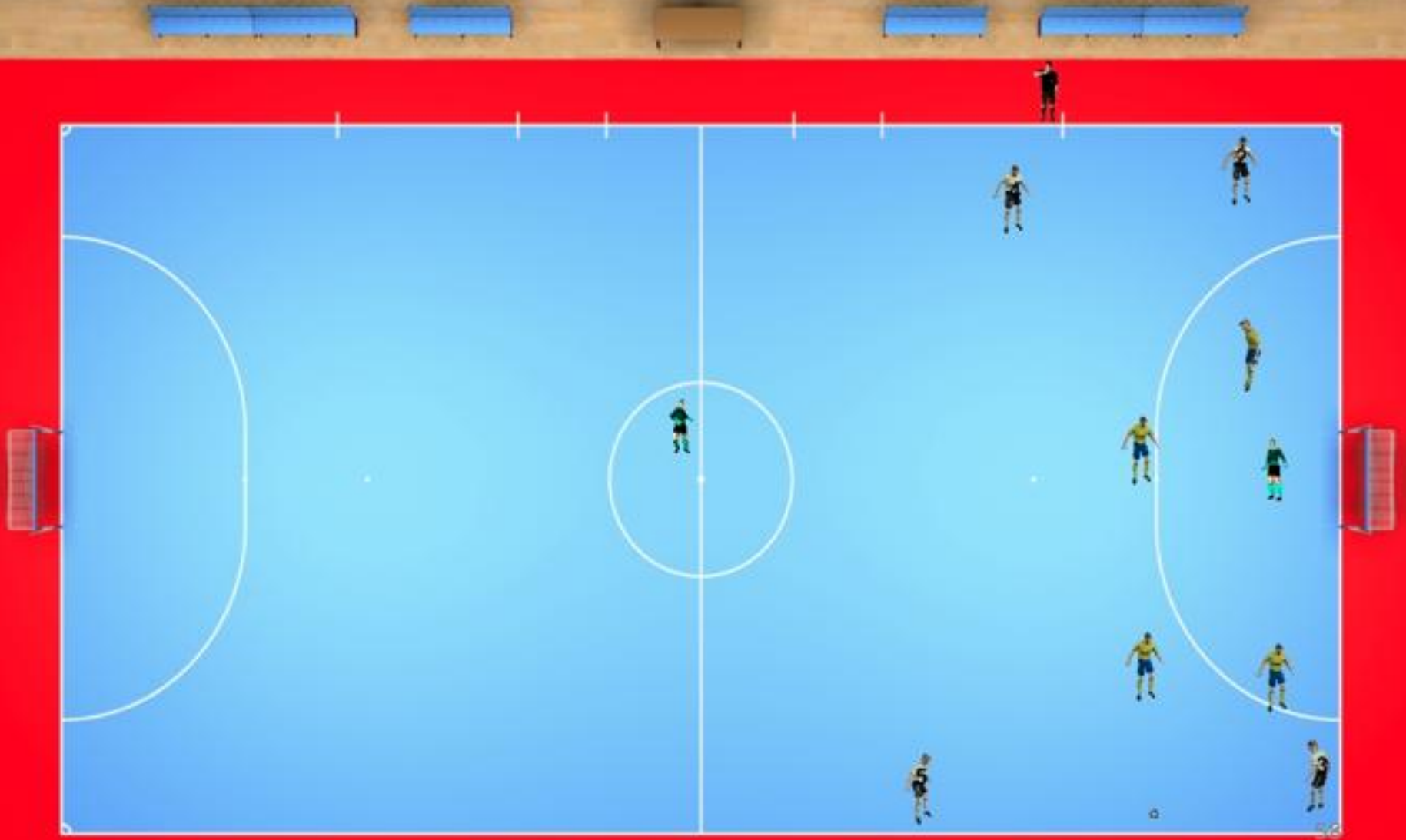
# Characteristics of the Goalie Player:

-  Goalie Player must possess good passing skills. GP must have a strong shot.
-  Most teams will sub their regular goalie for a “goalie player” when they are losing the game.
-  All players must be patient and wait for the right time to attack the opposing team’s goal.



# Keeper passes the ball to # 5





# SET PLAYS

Set pieces are organized movements by a team, during “dead balls”, with the objective to score goals.

 Kick offs

 Kick ins

 Fouls


 Corners





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