

# LTSC Futsal Program

2010/11



# What is Futsal?

- The origin of Futsal® (Five-a-Side Soccer) can be traced back to Montevideo, Uruguay, in 1930 when Juan Carlos Ceriani devised a five-a-side version of soccer for youth competition in YMCAs.
- The game is played on basketball-sized courts, both indoors and out without the use of sidewalls.
- The term FUTSAL® is the international term used for the game. It is derived from the Spanish or Portuguese word for "soccer"-- FUTbol or FUTebol, and the French or Spanish word for "indoor" -- SALon or SALa
- The game is frequently referred to as Five-A-Side or Mini-soccer. The skill developed in this game is visible in the world-famous style the Brazilians display outdoors on the full-sized field.
- Pele, Zico, Socrates, Bebeto and other Brazilian superstars developed their skill playing Futsal.
- You can also check out this video for more information on Futsal!
- <http://www.youtube.com/watch?v=5P9vLrShzFA&feature=related>

# Why Play Futsal?

- Rewards - FIFA's Futsal rewards the same basic skills, tactics and knowledge of the game as the 11v11 outdoor game.
- Ball Touches - players touch the ball 210% more than in regular soccer games.
- Ball Control - With limited space, an out of bounds and constant opponent pressure, improved ball control skills and technique are required.
- Speed of Play - With limited space, constant opponent pressure and a 4 second restart rule players learn to play and think fast.
- Mandatory Support - Without a wall as a crutch, players must make supporting runs when their teammates have the ball.
- Continuity of Play - Action is continuous so players are forced to continue the play instead of stopping and watching.
- Encouraged Learning - FIFA's Laws Of The Game of Futsal, encourage playing a skilled game by punishing all physical contact fouls.
- Knowledge - With four court players and all the basic options of the outdoor game in non-stop action mode, players' understanding of the game is enhanced.
- 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.
- Fun - Players enjoy the challenge of playing a fast-paced fun skill-oriented game that test their abilities.

# Who are the instructors?

- Raquel Castilho along with the LTSC staff will be coaching Futsal. Castilho is a Brazil native who grew up playing Futsal, and will bring a lot of experience in the field.
- To find out more about the coaching staff go to <http://www.ltsc.us/page/show/154849-ltsc-staff-and-coaches>

# When?

- January 9th through February 27th
- At the LT north campus High School fieldhouse Sundays from 6-8pm.
- The cost is \$135 per person that will also include a Futsal ball for each player to keep.
- Players are reminded to bring the following equipment to every training session: rubber sole shoes, futsal ball, shin guards, soccer socks and water.
- Futsal is an 8 week program scheduled for Sundays.
- Players interested can register online: <https://ltsc.secure-ngin.com/register/form/034801103> .
- Space is limited so reserve your spot today!