

# Futsal Basics

## Game Components

Field Size:

Minimum 82 ft x 52 ft

Maximum 138 ft x 82 ft

Number of players

5 v 5- 4 Field Players, 1 GK

Typically, 7-9 player per team

## Futsal has its own unique style and set of rules

Different techniques are emphasized, such as controlling the ball with the sole of the foot and “toe poking” which helps deal with smaller and tighter spaces on the court

## What Futsal is not...

It's not soccer played on a basketball court...



## Game Play/Rules

Game Duration:

2 x 20-22 min half's

Game Rules:

- Kick-ins
- Rolling Substitutions
- Ball must be put back into play within 4 seconds
- Smaller and heavier ball
- No Off-sides
- Time-outs

# Benefits of Futsal



Heightened  
Speed & Agility



Faster Decision  
Making



More Touches  
per Game



Creativity &  
Vision



Improved Technical  
Skills/Ball Control

# Testimonials

“Futsal helps a lot because you need to think quickly. It's a more dynamic game and today in Europe, there's not much space so you need to think quicker and futsal has helped me a lot with that.”

Messi



“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.”



Neymar

Ronaldinho



“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.”