

Activ8 Sports Coaching

Benefits of Futsal

“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”

Lionel Messi, FIFA World Footballer of the Year 2009, 2010, 2011 & 2012

What is Futsal?

- Fast paced small sided game
- Widely played across the world
- Originates from South America
- Top World Class players played Futsal in their youths and credit it with supporting their footballing development:
- Pele, Zico, Ronaldinho, Kaka, Lionel Messi, Ronaldo, Iniesta, Xavi, Fabregas

“During my childhood in Portugal, all we played was Futsal. The small playing area helped me improve my close control, and whenever I played Futsal I felt free. If it wasn't for Futsal, I wouldn't be the player I am today”

Cristiano Ronaldo, FIFA World Footballer of the Year 2013, 106 games and 43 goals for Portugal

Benefits of Futsal

- Improve technical development
- Creates an environment allows young people to simulate and develop many skills
- Transferrable to 11 a side
- Small confined pitch, harder to find space
- Smaller and heavier ball which supports close control
- Receive under pressure, developing confidence in pressurised environments

“Futsal is an extremely important way for kids to develop their skills and understanding of the game.

My touch and my dribbling have come from playing Futsal”

Ronaldinho, FiFa World Footballer of the year 2004 & 2005

Player Development through Futsal

- Supports young players development
- Confidence on the ball, receiving a pass under pressure, decision-making in 1v1 situations, and ball retention are all important fundamental skills
- Speed, reaction, counter attacking, defending, creativity,
- Emphasis on skill and technique

“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”

Pele, World Cup Winner: 1958, 1962 & 1970

Interested?

To book a place or request more information

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