



**Futsal** is a discipline of soccer played on a hard court, typically a basketball like arena, and mainly indoors. Futsal is the recognized indoor soccer for FIFA (International Soccer governing body).

Futsal is played between two teams of five players each, one of whom is the goalkeeper. Unlimited substitutions are permitted. Unlike some other forms of indoor football, the game is played on a hard-court surface with lines and walls or boards are not used. The game is a great way to improve your soccer skills as it is played with a heavier, harder low bounce ball.

### Why play Futsal?

Futsal (5v5 soccer) is a small-sided game soccer game.

The great thing about Futsal as it creates less time on the ball players learn to cope in tight spaces and play quicker. The game of Futsal will provide areas of improvement in the winter months when going outside is difficult.

Players will improve the following:

1. It improves the players individual ball skills and overall ball mastery
2. It improves the players spatial awareness
3. It improves the players decision-making
4. It improves the players speed of play.
5. It improves a player's ability to both defend and attack.
6. It improves Goalkeepers reaction time as they are involved in the action more than in 11-a-side soccer.

