



WINTER FUTSAL Session I – (Nov 9th - Dec 18th, 2009)
WINTER FUTSAL Session II - (Jan 18th - Feb 26th, 2010)

PLAY AND THINK FAST!

1. WHAT IS FUTSAL?

Originally called Fútbol de Salón, Futsal is a five-a-side version of soccer (1 goalie and 4 field players) played in basketball-sized courts, with fast surfaces, indoors and outdoors.

The origin of Futsal (Fútbol Sala) can be traced back to Montevideo, Uruguay, in 1930 when professor Juan Carlos Ceriani devised a five-a-side version of soccer utilizing rules from water polo, basketball, handball and soccer.

The term FUTSAL[®] is the international term used for the game. It is derived from the Spanish word for "soccer"-- FUTbol, and the Spanish word for "room" -- SALón or SALa. In Spanish speaking countries it is called Fútbol de Salón or Fútbol Sala.

In the own words of the US Futsal Federation, “Futsal quickly develop skills required for soccer: - balance, motor ability, agility and co-ordination, ball mastery, accurate and quick passing and receiving, perception insight and awareness.”

2. CAMP OVERVIEW

In this camp, players will enjoy a lot of touches on the ball due in part to the constrains of the limited play space since, again, futsal is played on a basketball size court and also because of the heavier ball used, which tends to stay in play longer.

The fast surface, the quick restarts (4 second rule), the limited space, the out of bounds and the heavier ball are all great ingredients to develop speed of execution (the fast execution of skill to support quick decision making) which is our main objective in this camp. Here are some important aspects to consider:

- To support the continuous fast paced action and the constant opponent pressure, players are naturally pushed to acquire improved ball control skills and to have to develop a very effective first touch. The game becomes the best teacher. This is supported in our sessions with technical training work emphasizing Feints, pin point passing, and effective receiving.

- The fact that in Futsal there are out of bounds as in regular soccer, forces players to constantly have to provide support when in attacking mode. This principle is also emphasized in the camp.
- Players are forced to play and think fast. Players cannot afford to just stand and watch and therefore their ability to transition is developed greatly. This is great training and a great game for players that have slow reaction times when a team needs to transition to defending or to attacking.
- In addition, since this is a small sided soccer game, the principles of attacking soccer (penetration, support and mobility) and defending soccer (pressure, cover and balance) apply and can be isolated and demonstrated and emphasized easily, enhancing the players' ability to make quick decisions, which translate to the outdoor version and other sports.

3. SAMPLE TOPICS

- Principles of the game (decision making attacking and defending)
- Dribbling
- 1v1 feints,
- 1v1 change of direction moves
- 1v1 stop-start moves
- Passing and futsal specifics
- Receiving and futsal specifics
- Futsal Shape Considerations
- Playing the ball from the back in Futsal
- Restarts

4. NOTE ABOUT FUTSAL BALLS

As the balls have less bounce, they tend to stay in play longer and promote close ball control. So you have an idea of the characteristic of the ball, if you let it fall from a 2 meters height (200 centimeters), it should not rebound less than 50 cm nor more than 65 cm, in its first bounce.

5. A NOTE ABOUT REAL BOISE WARMS UP

You can continue to rest assured that players will not do static stretching during warm ups in our club. As a norm in our club, dynamic (active) stretching are incorporated during warm up, which will prepare them appropriately for training and playing the game. According to Dr Yessis, “excessive static stretching may stretch the ligaments and other tissues to such a degree that they are no longer flexible ... [when doing static stretches], since the amount of force being exerted is insignificant, and because one must involuntarily relax the muscles to eliminate the stretch reflex, the nervous system does not play a major role.” The Fast Leg work sequences presented during warm up will help to develop flexibility in the main joints so crucial in the cutting actions.

6. FUTSAL TRAINING SESSION I DATES

Contact your team manager or head coach or see club website at:

http://realboisesoccer.com/training_schedule.html

The camp consists of 10 sessions.

7. Winter I CAMP FEE

Pricing depends on the Real Boise team club's training level program:

- Club Teams on Level 1 & Level 2 Training Program: Free, included in Club Fees.
- Club Teams on Level 3 Training Program: \$90 per player
- Club Youth Academy team: \$55 per player

- Independent Club Teams: \$110 per player
- Individual Non Club players (U11 and above): \$130 per player
- Individual Non Club players (U10 and below): \$75 per player

Note: Winter II Camp Fees (Jan-Feb 2010) are the same.

8. OTHER CAMP INFORMATION

- **WHAT TO BRING.** Futsal/Indoor Soccer shoes (no cleats), shin guards, water (filtered tap water if possible) and futsal ball if you have one.

- Camps' director: Juanjo Carmona – Call with any questions at 208-713-8924

Coach Juanjo grew up playing futsal and soccer in Madrid, Spain. He has realized over the years that the great skills his friends in the neighborhood acquired were due in part because of the constant playing soccer in the asphalt and the futsal playing in school. Pretty much every school there, he adds, has a futsal court. Futsal is very popular in Spain and its national team is usually world champion or finalist.

Please see

<http://www.realboisesoccer.com/staff.htm>

for all club futsal's instructors.

