
HOLISTIC FUTSAL

A TOTAL MIND-BODY-SPIRIT APPROACH

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Controlling the ball

To control the ball, you use the foot, the chest and the thigh.

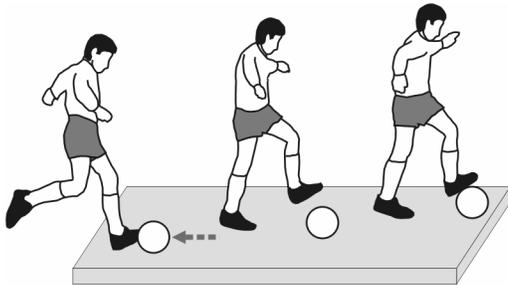
Ground Balls

Using the foot

There are three ways to control ground balls with your foot. You can use the:

- Sole
- Inside
- Outside

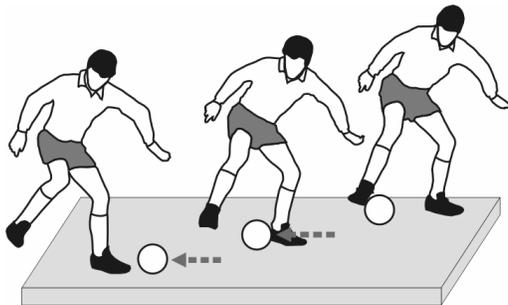
Sole of the foot



To receive the ball with the sole you need to move towards the ball and position your body behind the ball. Just before you come into contact with the ball, you lift your foot off the ground so that it forms an angle with the ground. Be sure to keep the weight of your body on the non-trapping leg. Do not step on the ball; just let it wedge in under the sole. Be careful when you lift your foot because the ball might slide under. Holding your arms out to the side will help you keep your balance.

This technique is good for controlling rolling or powerful balls. In Futsal, the sole of the foot is the most common and the safest way to control and move the ball.

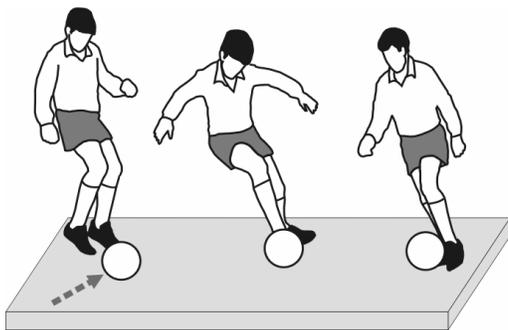
Inside of the foot



Position the receiving foot perpendicular to the path of the ball. Flex the ankle of the receiving leg and lift your foot so it is even with the center of the ball.

Contact the ball with the broad region of the inside of the foot, between the toes and the ankle, and then immediately move your leg back, but not up, to take off the force of the ball. You can use this technique on a rolling ball.

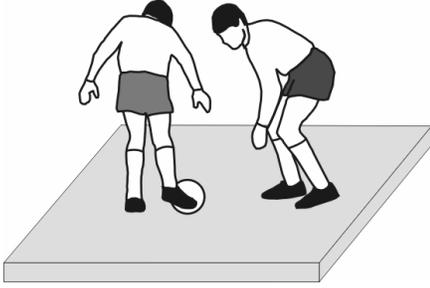
Outside of the foot



Use the outside of your foot, between the little toe and the ankle to stop the ball. Line up to where the ball is rolling, lift your controlling foot off the ground and turn it so that the ball touches the outside of the foot. As soon as you make contact, pull it backwards to absorb the force of the ball. If it is a bouncing ball, after it bounces swing your leg across the body and hit the ball with the outside of your foot.

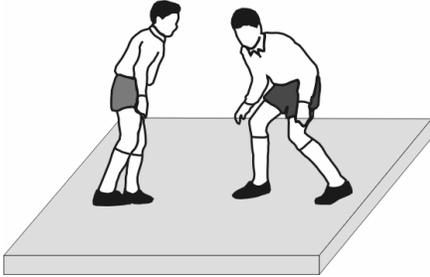
This technique is used for controlling ground balls and bouncing balls.

Marking a player with the ball



You should be in a slightly crouched but balanced position with your eyes focused on the opponent's hips and aware of the immediate surroundings through peripheral vision. Your distance from the opponent depends on the skills of both of you as well as on the location of the marking. The more skilled the opponent the more distant the marking, the nearer you are to your goal the closer the marking should be. When marking a player with the ball your position should be similar to a good guarding position in basketball.

Marking a player without the ball

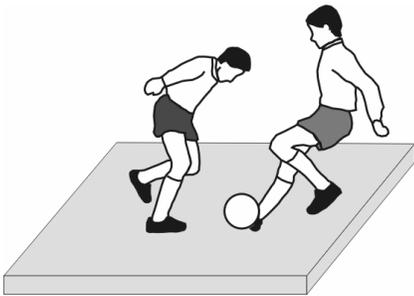


Even when an opponent does not have the ball, your defensive position should be similar. You should, however, mark from a greater distance and pay equal attention to what is happening around you.

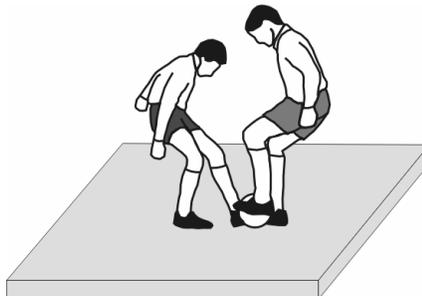
Tackling

Sliding tackles are not allowed in Futsal but you can use the front block tackle to take the ball directly from an opponent. This is performed similarly to the inside of the foot kick.

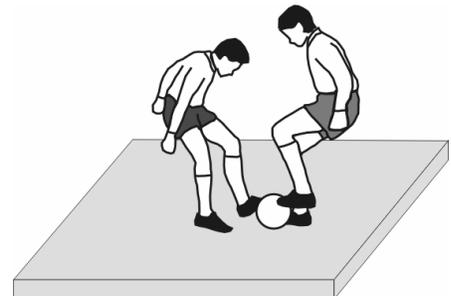
Front block tackle



Take a leap on your support foot while swinging back your blocking foot.



Swing your blocking foot forward to make contact with the ball. During contact your muscles should be tense and your body weight should be in front of your support foot.



The ball might wedge between your feet that's why you need to perform the tackle timely and more forcefully than the opponent to win the ball.

Pivot - Target moves

In Futsal there is a recurring situation where the target receives the ball with his back towards the goal and the pivot is marking him from behind. The job of the pivot, who is defending, is to anticipate the pass and intercept it, but once the ball is at the target's feet he must prevent the target from turning. Of course, the job of the target is to shield the ball until he is able to turn or lay the ball off to a teammate.

Rote practice does not enhance the learning process because your brain considers repetitive mechanical unvarying movements meaningless and develops “neuronal habituation.” This is the term used by biologists to describe the phenomenon that with a constant signal, nerves and brain tend to go to sleep. They wake up on a changing signal. To be effective, training needs to be both mentally and physically challenging as well as spiritually motivating. In Johan Cruyff’s words: “Football is a game you play with your brain.” The same goes for Futsal.

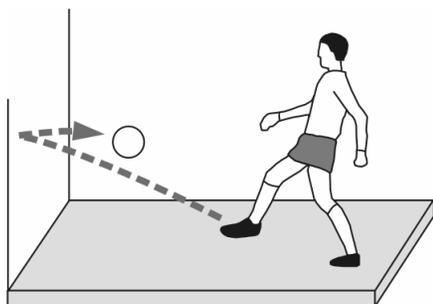
The following practices can be useful in developing dexterity with the ball outside team practice, particularly in the beginning when you are learning the basics of the game.

But, don't forget that you learn through play. The more holistic your participation, the greater the benefits you will derive from the game.

One more thing before you start practicing, always stretch before and after practice and be properly hydrated.

Exercises

Receive 1



Objective: Ball reception

Materials: 1 ball, wall

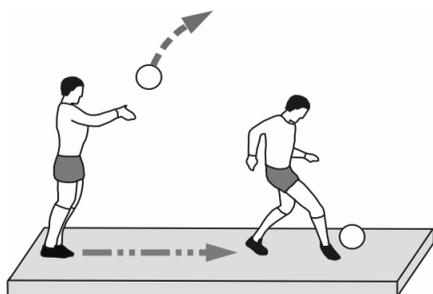
Number of players: 1

Procedure: You strike the ball across the wall repeatedly using your good foot. Try not to let it fall to the ground and time yourself so that each time you can keep going for a longer period of time.

Variation a: Use your weaker foot.

Variation b: After striking the ball receive it with any body part, from different distances and at various speeds.

Receive 2



Objective: Ball reception

Materials: 1 ball

Number of players: 1

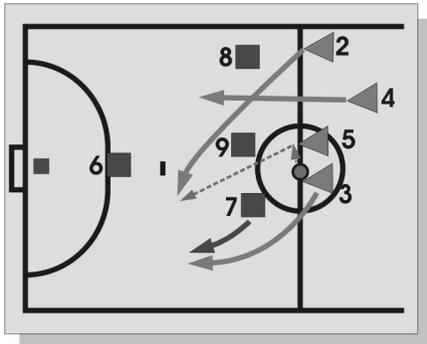
Procedure: You throw the ball in the air and bring it under control using the inside of your foot. Again, try not to let it fall to the ground and time yourself so that each time you can keep going for a bit longer

Variation: Receive the ball with various parts the body at different distances and various speeds.

Kick-off tactics

The best way to surprise the opponent is to use a well rehearsed kick off tactic.

System A

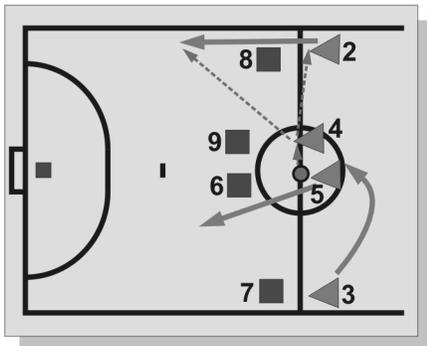


Situation: You are player 5. Player 3 has the ball.

Action:

1. Attacker 3 passes to you and runs down the left wing.
2. Attacker 2 moves diagonally to be in a position behind defenders 9 and 7, while attacker 4 moves straight inwards.
3. Defender 7 moves to mark attacker 3.
4. You pass to attacker 2 through the gap that was created.

System B



Situation: You are player 4. Player 5 has the ball.

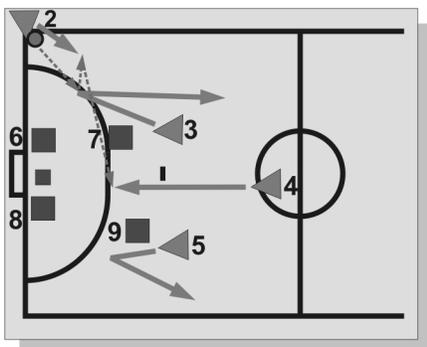
Action:

1. Attacker 5 passes to you and runs diagonally inwards.
2. Attacker 2 runs down the right wing.
3. You fake passing to attacker 5, but instead pass to attacker 2.
4. Attacker 3 falls back to provide cover.

Corner tactics

Before kicking the ball make several fake moves and even exhaust your 4 second time limit. Kick the ball with power in a straight trajectory to prevent the goalkeeper from catching the ball and launching a quick counter attack. If in doubt, pass behind to maintain possession of the ball.

System A



Situation: You are player 4. Player 2 has the ball.

Action:

1. Attacker 3 moves towards attacker 2.
2. Attacker 5 fakes going inwards, but instead pulls back and drags defender 9 wide.
3. You make a fast run towards the center of the penalty area.
4. Attacker 2 plays a wall pass with attacker 3 and passes to you.