

Dear All,

With our short Winter Football Competition drawing to a close, Summer Football Competitions are now calling.....and we are hoping Balmain members will continue their involvement with football and join their local Futsal (indoor soccer) competition. Futsal is a great skill developer and we strongly believe players can acquire and refine their technical skills needed for the outdoor season without losing the momentum that a six month (or more) break from the game of football would otherwise entail.

The game is for people of all ages but is particularly great for younger players who are at the peak of their football learning ability. Played within a small area (basketball court size) - and on a smooth surface with a low-bounce ball that won't slow down as quickly as one does outdoors on long grass, the game encourages and enhances a player's ability to keep the ball in control and close to their feet. A four second restart rule, small playing area and unlimited substitutions makes it an excitingly fast game with non-stop action that sharpens reflexes and coordination, and improves decision making under pressure.

The basic principles like passing, shooting, and running into space are essential to master the game and should be emphasised early in a player's development. Due to the fact that fewer players take part in each game (a goalkeeper and four outfield players), each player gets more opportunities to be involved, thereby lessening any chance of them getting disinterested in contrast to most outdoor football with it's generally greater number of players per side.

Great Brazilian football players including Pele, Ronaldinho, Robinho, Ronaldo are amongst many many other international football superstars who grew up playing futsal (often exclusively at a young age) on the many futsal courts found throughout South America and Europe and credit futsal for many of the skills they have perfected.

If we can make a recommendation for a NSW Football endorsed competition, we suggest the two "local" competitions attached. **Both will fill up fast so don't delay.** Feel free to contact us if you have any general questions - we're hoping to put on a few sessions of "futsal basics" for kids and coaches in the weeks leading up to the start of the competitions. More details to come closer to the date.

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Balmain DFC - Coaching Co-ordinators



WHY PLAY FUTSAL?

- Fair Play incorporated into games rules structure
- Fast open game played at pace
- Develops fast, quick thinking, skilful players
- Played to touchlines not walls, making players use drag backs etc to utilise space
- 4v4 outfield is the optimum number of players to enhance skill and technique whilst recreating the realities of 11v 11 football (Manchester Metropolitan University 2004 study)
- Players have many more touches of the ball compared to 6 v 6 upwards
- Players are constantly involved in the game
- World's most played small sided game
- More teams enter the Futsal World Cup than the 11v11 World Cup
- Increases physical and aerobic fitness
- Research confirms that to play at the top in futsal, 11v11 fitness is not sufficient
- Futsal is the basis for 11v11. Research has shown football to be a series of interconnected 4x4 games, futsal is 4x4 at its most demanding

- Futsal players naturally find moving to football easy (Ronaldinho)
- Game improves spatial awareness
- Game is safer, less injuries than 'off the wall' 5 aside or football
- No advantage to a player's physical dominance
- Players from 'futsal' countries Brazil, Spain, Argentina, dominate professional players or leagues that don't play futsal

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