



BC SOCCER

Futsal Diploma Workshop

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Program Introduction

Background

Futsal, derived from the Spanish "Fútbol Sala" or indoor soccer, is a fast-paced variant of soccer played on a smaller field, typically indoors. Originating in Uruguay in the 1930s, it gained global popularity for its emphasis on skill, quick thinking, and close control. Futsal is played with a smaller, heavier ball, promoting ball mastery and technique. It's renowned for its dynamic pace, requiring agility, creativity, and teamwork. Futsal has gained popularity globally and is officially recognized by FIFA.



Purpose

This workshop is designed to inspire coaches about the sport of Futsal and how it can be utilized as a development tool for soccer players. This 8-hour workshop is aimed at coaching youth players U10-U13 while the principles learned allow for adapting sessions to suit younger ages as well as adult Futsal enthusiasts. We hope to bring more awareness about the benefits of Futsal as recreational, developmental and competitive outlets for players and coaches to enjoy. Some of futsal's benefits are:

- Enhances technical skills due to the emphasis on close control, quick passes, and precise dribbling in tight spaces which can translate to better performance in outdoor soccer.
- Improves decision-making as the fast-paced nature of futsal requires players to make split-second decisions under pressure, requiring quick thinking that can benefit a player's overall soccer IQ.
- Supports physical development as the continuous gameplay in a smaller area demands constant movement, agility, and bursts of speed, leading to improved cardiovascular health, endurance, and overall physical fitness.

Overview

This workshop includes classroom theory as well as on-court demonstrations providing insight to coaches how to plan, prepare and conduct futsal sessions. Coaches will engage in group work discussion and experience playing on-court to help reflect on the learning intentions of the various modules. Coaches will also be provided with takeaway resources to help further develop their skills as a futsal coach. Topics covered in this interactive workshop are as follows:

	Theory	Practical	
	Futsal Knowledge	Session Organization	
	Stages of Development	The Warmup	
	Terminology and Concepts	Techniques	
	Role of the Coach	Tactical Skills	
	Teaching Principles	Futsal Sessions	
	Program Planning	Physical Development	
	Session Design	Game Play	
	Futsal Principles	Formations	
	Systems and Group Tactics	The Goalkeeper	
	Goalkeeping and Set Pieces	Set Pieces	

What is Futsal

Futsal was derived from the Spanish "Fútbol Sala" or indoor football, originated in South America during the 1930s. It was developed to be played on smaller surfaces, emphasizing skill, quick thinking, and close control. Over time, it gained popularity globally and became officially recognized by FIFA in the 1980s.

Workshop Schedule

This workshop is delivered in-class and on-court with a balance of lecture, group discussions and practical demonstrations to help coaches achieve the following learning intentions.

Coaches will know more about:

- Theoretical and practical applications of Futsal.
- How to plan, prepare and conduct sessions.

Coaches will also be able to:

- Reflect on Futsal best practices.
- Determine next steps when implementing Futsal in their context.

8:00am-10:00am	Classroom theory session
10:00am-12:00am	Transition to on-court practical session
12:00pm-1:00pm	Lunch break
1:00pm-2:30pm	Classroom theory session
2:30pm-4:30pm	Transition to on-court practical session
4:30pm-5:30pm	Classroom final reflections
5:30pm-6:00pm	Workshop closing

Workshop Fee

There are no pre-requisites to register for this workshop and 100% attendance is required.

- \$150 (plus GST and admin fee)

References

Futsal Working Group

We are pleased to acknowledge the following individuals who contributed to shaping the workshop framework through their valuable input, which was facilitated by Rob Csabai, Manager of Coaching Development at BC Soccer. Csabai has gained his Futsal knowledge by exploring global best practices and has obtained course certificates from different Federations. His research and collaboration with the following working group members has been a valuable experience in rolling out this initiative:

Geraldo Ferrari Junior, Brazil
 Alvaro de Almeida, Brazil
 Charlie Cuzzetto, Canada
 Mauricio Marques, FIFA Technical Expert, Brazil

Supporting Researched Articles

Teoldo, I., Garganta, J., Greco, P. J., & Mesquita, I. (2011). Tactical principles of futsal: implications for the development of youth soccer players. *Journal of Sports Science & Medicine*, 10(1), 48-53.

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Fédération Internationale de Football Association. (2024). *FIFA Futsal Manual*. https://www.fifatrainingcentre.com/media/native/community-area-document/resources/futsal/FIFA_GFD_Futsal_Coaching_Manual_EN.pdf

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BC Soccer

Our Shared Purpose

Connecting communities through soccer.

Our Shared Vision

Building a better future through soccer.

Our Shared Mission

Leading and supporting a strong soccer culture in BC.

Our Shared Values

Accessibility: Reducing barriers, building bridges

Progressive: Adapting to evolve, evolving to progress

Collaboration: Diverse minds, exceptional outcomes

Integrity: Words and actions, in the best interest in the game

Excellence: Committed to exceeding expectations

Safe Sport Statement

BC Soccer believes that everyone involved in soccer has the right to participate in safe and inclusive environments free of abuse, harassment, discrimination, and to enjoy the sport at whatever level or capacity they participate in. The welfare of everyone involved in soccer is the foremost consideration and in particular, the protection of children in the sport is the responsibility of everyone involved.

Appendix

The following provides supporting information.

FIFA Futsal Laws of the Game 2024-25

- Law 1 – The Pitch
- Law 2 – The Ball
- Law 3 – The Players
- Law 4 – The Players' Equipment
- Law 5 – The Referees
- Law 6 – The Other Match Officials
- Law 7 – The Duration of the Match
- Law 8 – The Start and Restart of Play
- Law 9 – The Ball In and Out of Play
- Law 10 – Determining the Outcome of the Match
- Law 11 – Offside
- Law 12 – Fouls and Misconduct
- Law 13 – Free Kicks
- Law 14 – The Penalty Kick
- Law 15 – The Kick-in
- Law 16 – The Goal Clearance
- Law 17 – The Corner Kick

Futsal Resource

Canada Soccer Introduction to Futsal ([Online Module](#))