



# WCFA COACHES CORNER #7

November 2022



## SESSIONS, TIPS & TOOLS

### FOCUS ON FUTSAL

This month's issue will focus on Futsal as our county FA leagues are underway.



## PLANNING:

Why you should try  
Futsal in your training.

### PLAYERS:

The Pokémon Futsal Youth Cup



### DID YOU KNOW?

Our WCFA Futsal leagues and competitions are qualifying events for The Pokémon Futsal Youth Cup.



## SESSION OF THE MONTH!

OTHER NEWS:

Coach development opportunities

# FOCUS ON FUTSAL

Last month saw the start of our County FA Futsal leagues.



## Benefits of playing futsal for young players

**Training your team over the winter? Indoor futsal is the perfect game to play. FA youth coach developer, Ian Bateman, gives 10 reasons why.**

### 1. Indoor work provides new chances to learn

Taking training indoors lets you put the learning objectives and session plan on the wall. You can ask players to write feedback or ideas on a chart too. Outdoors, the weather can make these aspects of coaching a no-go.

Being inside lets you take your time as well. One of the benefits of playing futsal is that there's no need to rush through the session to keep players warm.

### 2. Futsal is a great starting point for indoor play

With a smaller pitch, no walls and a ball that's smaller and heavier, futsal demands a lot from players. But it's these constraints that draw out futsal's positive returns: technical, tactical, physical, psychological, social, and more.

And futsal lets players get stuck straight in, with minimal messing around.

### 3. The constraints help develop players

More challenges mean more development. More enjoyment too.

Playing 5v5 in tight areas is hard full stop. And take the futsal rule that the ball must not be passed straight back to the goalkeeper after it's been distributed. Immediately, this creates an underloaded situation of 4v5 in favour of the defending team. The players in possession must now deal with receiving and keeping the ball under pressure.

### 4. The ball is easier to control

At the top of professional football, players often receive the ball with the sole of their foot. This lets them manipulate it quicker. No need to stop and get it out of their feet. Instead, they shift the ball in one go, taking it through 360 degrees at top speed.

You can encourage players to try the same thing. One of the benefits of playing futsal is that the smaller, less bouncy ball makes it much easier to master the skill.

### 5. Futsal creates intelligent defenders

Defending in futsal is a real skill. Again, it's down to the ball. A futsal ball is easier to control, so defenders must be patient and clever. Plus, the rules allow only five fouls per team per half. This discourages players from giving fouls away. After all, the sixth time around, the other team will get a penalty.

# FOCUS ON FUTSAL

## Last month saw the start of our County FA Futsal leagues



### **6. You can get started with just a ball**

A futsal ball costs as little as £10. Beyond that, there's little required. Be creative. Check out the markings on your indoor floor. Often, you can use them for futsal. No futsal-sized goals? Try narrowing down five-a-side goals using cones. In fact, lower five-a-side goals can work better for U6s and U7s, who might find futsal goals a little high.

### **7. Varying the ball gives different returns**

Futsal balls come in a range of sizes. You can use this to your advantage. For instance, while U7s should play with a size two or three, they will benefit from some time with a size four. The bigger ball moves slower, which helps with control. The trade-off? All passes will need to be short. Meanwhile, older players working with a size two might find it tricky to control the ball because there's less surface area.

### **8. Futsal balls are easier to manage**

Multiple balls bouncing around an indoor facility can feel chaotic. But futsal balls don't bounce. And you don't need many of them to set up the game and start playing. This makes it easier to manage the environment.

Working indoors lets you manage your equipment better too. Without balls being constantly kicked out of the area, there's more time for action and play.

### **9. Players are always on the go**

Because futsal is so dynamic, it's best to let the game run and reserve coaching for breaks in the play. Or have a quick chat with players on the sideline, then let them go again.

One of the benefits of playing futsal is that there's little stop and stand still while the game is underway.

### **10. You can coach while players are resting**

With the fast pace of futsal, it's best to swap around the players on the pitch so that everyone gets a chance to rest. In fact, players might only play in two- or three-minute blocks, to keep the game consistently intense.

While they're resting, take the chance to talk to players about their individual targets and challenges. You can also ask what they've observed in the game.

# FOCUS ON FUTSAL

**FA Education have loads of useful resources to help you with your coaching:**



## **Introduction to Futsal**

**This free, online module aims to help you gain insight into coaching the game of futsal and how to get started with your team.**

## **About the course**

The Introduction to Futsal Online CPD module aims to help learners gain insight into coaching the game of futsal.

This is an online module, and you don't need any previous futsal experience or qualifications before signing up.

In fact, all you need is an FA Number (FAN) and a laptop, tablet or mobile device. Then you're good to go. Once you're signed up, you'll cover the following topics:

- An overview of futsal: what is futsal and why does it require skilful players?
- Getting started with your team: where can you play it and what might training look like?
- Helping your players: team-based messages and core technical skills that you can share with your players.

**More great resources like this can currently be found on the FA Bootroom website:  
[www.thebootroom.thefa.com](http://www.thebootroom.thefa.com)**

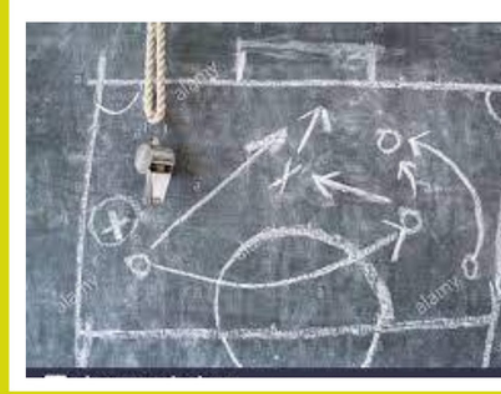


THE

**BOOT ROOM**

PART OF ENGLAND FOOTBALL

# Planning - Why you should try futsal in training



## Overview: our futsal game

Some of the world's best footballers first built their skills through futsal, the fast-paced 5v5 format recognised as a game in its own right. To see why futsal's been credited with giving stars like Ronaldinho and Messi their start, we counted every action in a 20-minute 5v5 game played on a 30x20 metre pitch by U9s. Normal futsal rules were applied, and the ball was in play 50% of the time. Here's what the game looked like:

## What the numbers tell us

Across the game, there were 495 touches of the ball. A huge 155 more touches than a 3v3 game we analysed (where the ball was also in play for ten minutes) and 33 more touches than a 7v7 (even though the ball was rolling a minute more in the 7v7). For pace, this can't be beaten. Each player got ample opportunity to practise attacking and defending skills, especially moving with the ball, receiving, passing, challenging and intercepting. At an average of twice per outfielder, intercepting was double the 3v3 and 7v7 formats. Goalkeepers had the chance to pass from their hands ten times on average. That was by far the most this happened across the three formats reviewed. They also had a respectable average of nine shots to save, with a good balance of sweeper-keeper actions and 1v1 situations. The downsides of 5v5? Fewer actions per player than the smaller-sided 3v3 format and no chance for keepers to move with the ball. There were fewer crossed and aerial balls than 7v7 too.

## Things to consider in futsal training

Remember, the game we reviewed was delivered on a 30x20 metre pitch. If you switch up the size of this area, you'll start to see different skills come into play. Want to work on interceptions, challenges and 1v1 situations? Try a smaller pitch to make tight spots even tighter. A bigger pitch, on the other hand, can help with ball striking and moving with the ball over long distances. And it's not only the total pitch size that matters. Think about the space per player. Working out the relative pitch area (RPA) can be helpful. Simply multiply the length of the pitch by its width and divide the result by the total number of players.

## Other things to think about:

- Is the pitch within 'walls' or can the ball go out of play?
- Are goalkeepers allowed out the box?
- Do players roll or throw the ball in from the sidelines?
- Must corners be taken short?
- What actions do you expect from the age group that's playing?

Remember, any decision on how a game's set up will influence it in some way.

# PLAYERS - The Pokémon Futsal Youth Cup



The Pokémon Futsal Youth Cup by England Football

The fast-paced and fun way to master the ball

The Pokémon Futsal Youth Cup by England Football gives young players across the country the chance to get involved in this energy-packed game, compete against other teams and go all the way to the national finals.

Futsal is an exciting and dynamic game for boys and girls that focuses on technical skill in tight spaces. Played using smaller, heavier balls and with fewer players than in regular 11-a-side football, it's a fast, frenetic and fun way to improve technique and control – and master the ball.

How does the competition work?

The Pokémon Futsal Youth Cup by England Football is a national futsal competition open to clubs across England. It's open to boys and girls in the under 10s, under 12s, under 14s and under 16s age groups. Once your team is registered, your County FA will be in touch to explain the qualifying heats. From there, they have the opportunity to progress to a Regional Tournament and then the National Finals.

How can my team take part?

All you have to do to take part is register your futsal team by filling in a simple online form, which you can access [here](#). Be sure to register before the closing date of 31 October 2021.

As you register your team, you will also be in with the chance for a Pokémon Kit Bag. Containing exclusive Pokémon kit including bibs, balls, flat discs, large team kit bag, a handbook and an exclusive Pikachu Futsal Pokemon card. It's a great way to encourage your younger players to take part.

Register your team for The Pokémon Futsal Youth Cup by England Football [here](#).

Enter into the Pokemon Futsal Cup by England Football and register your interest in a free Futsal Kit Pack.

[ENTER NOW](#)

Pokémon FUTSAL | ENGLAND FOOTBALL

# Passing session: 3v3 one-way attack

Ian Parkes, FA youth coach developer (futsal lead), shares a practice that helps players improve their passing and receiving skills.



**OBJECTIVES** Players will develop their understanding of:

- how to receive and face forward
- how to combine with teammates in tight areas.

**ORGANISATION** • Set up an area appropriate in size for your players – we're using a full futsal court with a goal at each end • We've got 14 players – two teams of six and two goalkeepers • Both sides separate into two 3v3 games, one in each half •

**HOW TO PLAY** - The aim of the game is to combine with teammates to score • The activity starts with the attacking team (in both halves) dribbling or passing the ball from the halfway line • They work together to beat their opponents and score – if they do, they get a point and start from the halfway line to try again • If the defending team wins the ball, they must stop it on the halfway line – if they do this, they become the attackers (and the attackers become the defenders) • Play for four minutes, then add the scores together from both pitches to make a team total (note: teams can only get points by scoring when they're the attacking team)



# Other news:

## Coach development:

Westmorland County FA in partnership with the FA are delighted to announce their coach development plan for the 2022/23 season. These are excellent opportunities to receive quality coach CPD from the FA grassroots coach development team.

Wednesday 23rd November 2022 – 'Thriving On The Pitch'

Tuesday 28th March 2023 – 'Benefits Of Small Sided Games'

Wednesday 26th April 2023 – 'Developing Skilful Players'

## Introduction to Coaching Football:

This course has replaced The FA Level 1 in Coaching Football.

Do you have a passion for wanting to develop players, help them understand more about the game and embrace a love for football? The Introduction to Coaching Football course is a great place to start.

Whether you are currently coaching a team or looking to get into coaching, this course will help you create a safe, fun, and positive football environment.

The course blends live weekly webinars, e-learning, community support and a range of resources to provide you with the skills to coach players of all ages.

**Information on our CPD offer and any other FA Education courses can be found by contacting [jim.bone@westmorlandfa.com](mailto:jim.bone@westmorlandfa.com)**



## Subscribe to Coaches Corner

If you would like Coaches Corner delivered straight to your email inbox, please contact [jim.bone@westmorlandfa.com](mailto:jim.bone@westmorlandfa.com) to be added to our mailing list.

[info@WestmorlandFA.com](mailto:info@WestmorlandFA.com)

01539 730946



ENGLAND  
FOOTBALL





**FOR  
ALL**

# Westmorland County FA Futsal League

## Under 12's girls league

Starting Tuesday 8th November 2022 - 7.30-9pm

Queen Katherine School, Kendal

£10 registration, £3 per player per game

Further information:

[jim.bone@westmorlandfa.com](mailto:jim.bone@westmorlandfa.com)

**MASTER  
THE  
BALL**



Enter the Pokemon Futsal Youth Cup  
by England Football and register for  
your free Futsal Kit Pack.

**ENTER NOW**

**TOURNAMENT  
FUTSAL**



This league will be part  
of qualification for the  
national competition.