The Logical Progression for Football





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- Conclusions

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Introduction



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Introduction







Simply SPORT

Coaching and Teaching Mini-Volleyball

RULES of PLAY

Standard rules have been adopted for students 10-12 years of age so that competitions between schools can occur. Here are the key rules:

1. NUMBERS of PLAYERS: 4 per team, mixed

Studies have shown that in a four player per side situation, players will come in contact with the ball up to 100% more often than is the case of six-per-side. Four-per-side offers the same offensive (front line) and defensive (back line) features as traditional volleyball.

Mixed play: physical education classes are generally mixed, and up to the age of 12, girls and boys develop physically much the same way.

2. COURT: The size of a doubles badminton court (6.10 m x 13.40 m)

Depending on the site and number of players, a smaller court will promote defence and more interesting play, while allowing more contacts in each rally.

In addition, the use of existing floor markings (badminton court), in a majority of cases, saves the expense of producing new court boundaries.

3. NET HEIGHT: 2 metres

Lower net placement allows young players to experiment with volleyball's most spectacular move, the attack. Also with the net being lower, successful volleys are easier and more frequent.

CONTACT WITH THE BALL:

4. 3 compulsory passes and the 3rd contact may be caught

The three-pass rule means that all players get to handle the ball often and regularly.

Experiments performed by professional PE teachers clearly show that catching and tossing the second contact effectively lowers the learning curve and allows new players to more effectively develop their skills.

While stabilizing and even "correcting" the ball's trajectory, the second contact gives more time to work on tactics, both defensively and offensively.

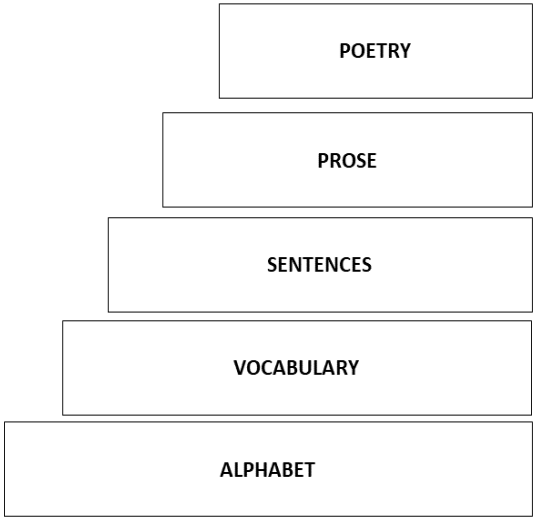
5. BALLS FOR YOUTH

Specially designed volleyballs for mini-volleyball are easier on the arms of small children and more visible. Such balls are better suited to children's hands, which means better ball control.

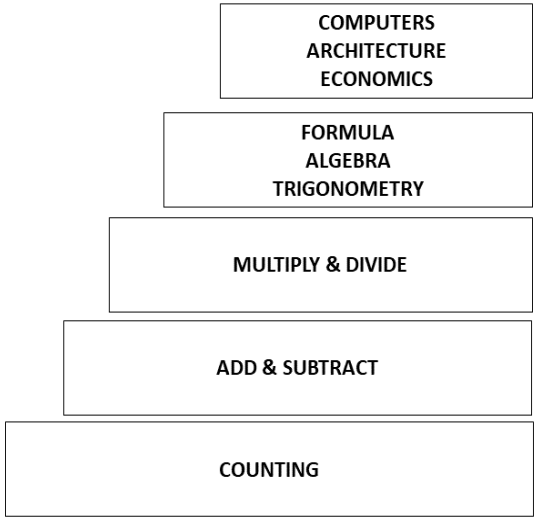
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Logical Progression (Horst Wein, 1995)

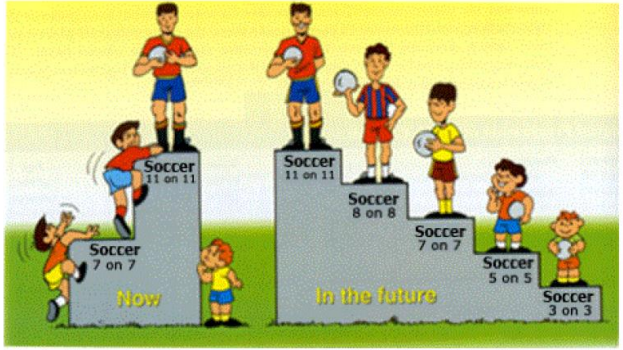
An Educational Model for Languages



An Educational Model for Maths



"Nature decrees that children should be children before they become adults...

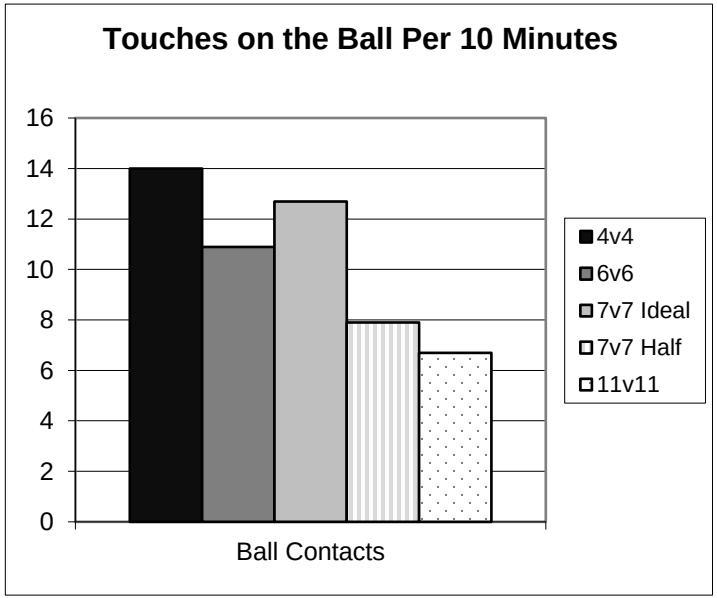


...If we try to alter this natural order, they will reach adulthood prematurely but with neither substance nor strength."

Jean-Jacques Rousseau

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Logical Progression (Cologne University, 1996)



Cologne University (Germany) did a study comparing different formats of the game (4v4, 6v6, 7v7 in 2 different dimensions and 11v11) and found out that 4v4 was the format of the game where more touches on the ball occurred per 10 minutes of play. Exactly, the double number of touches (14) compared to 11v11 (7).

They concluded that **4v4 and 5v5** (with goalkeeper) training and tournament games **are a must for technical and basic tactical development and must be used regularly.**

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Logical Progression (Daniel Lapresa et al., 1999)

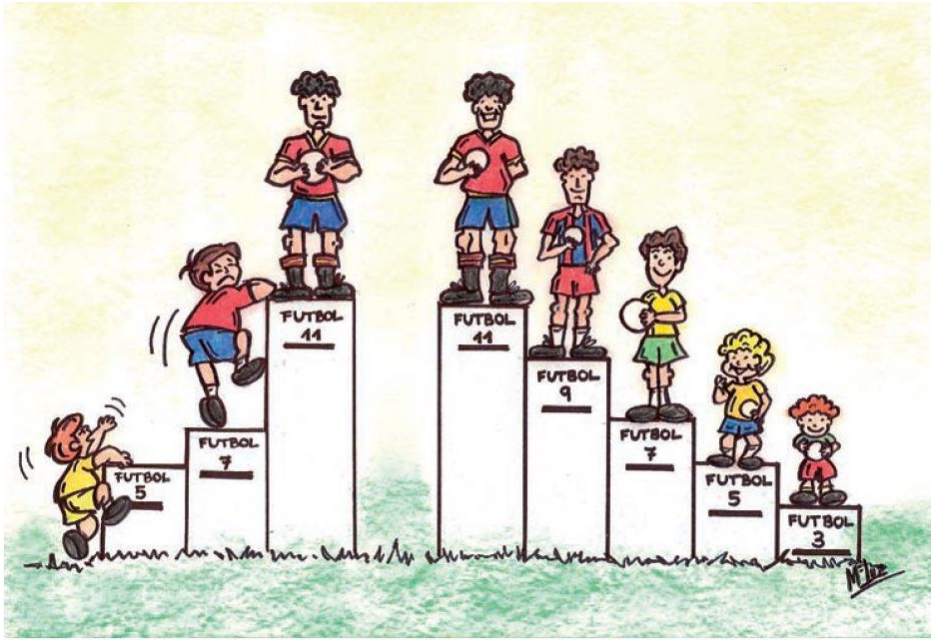
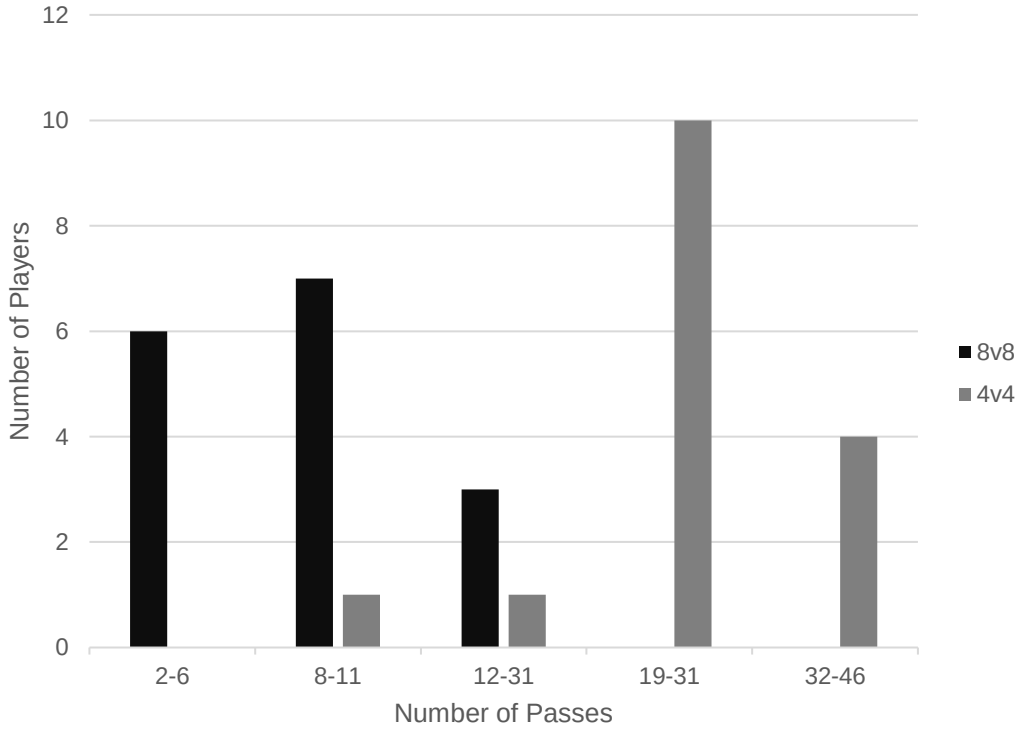


Figura 1. *Propuesta de adaptación de Lapresa et al. (1999), a partir de Wein (1995).*

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Logical Progression (Weinerth, 2001)



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Logical Progression (Weinerth, 2001)

Weinerth also did a survey at the end of the game, each girl was asked 3 questions. Questions 2 and 3 were respectively: which game allowed you to touch the ball more 4v4 or 8v8? And which game did you have more fun playing (on the small field or the bigger field)? Based on the oral survey, **88% of the players answered both questions in favour of the 4v4 small-sided game**.

Also, the individual player performance analysis clearly illustrated a much more active involved player in the 4v4 game in comparison with that same player that seemed hidden and uninvolved in the 8v8 game.

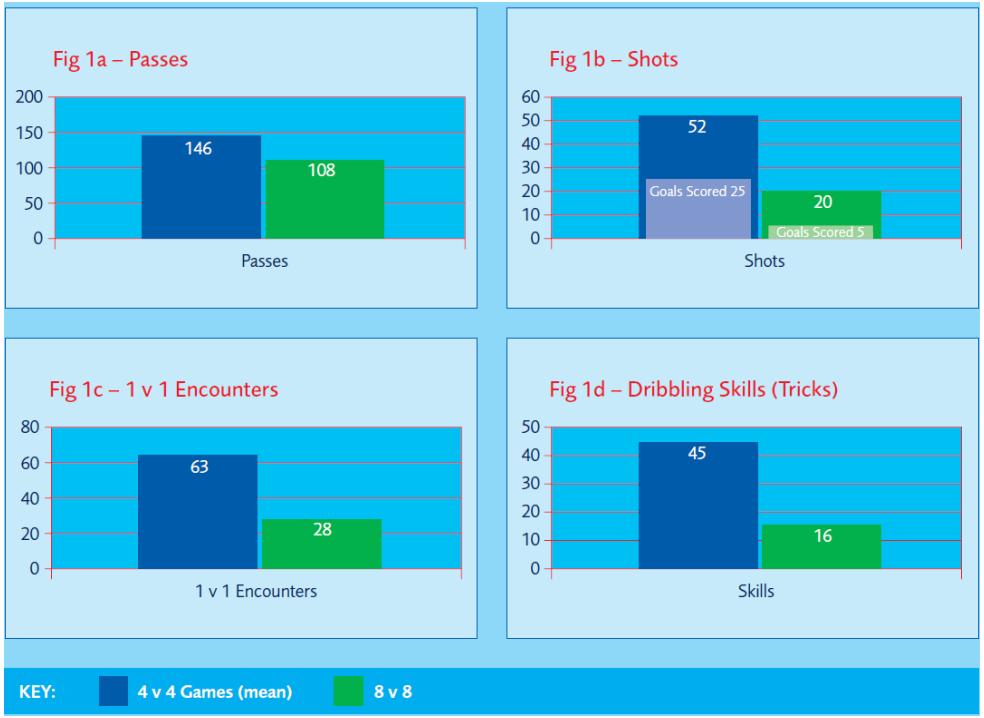
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Logical Progression (Fenoglio, 2003)



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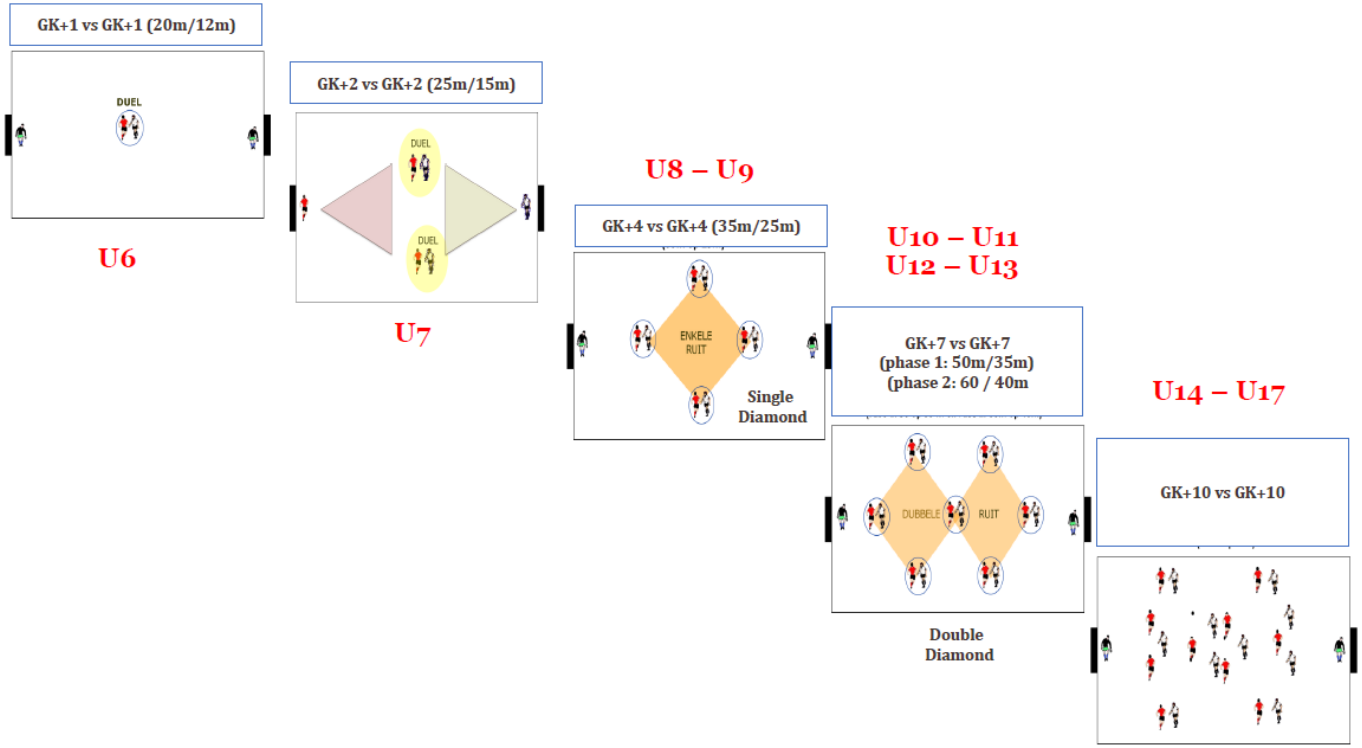


The results were nothing short of staggering. Compared to the 8v8 game the data was as follows for the 4v4 games:

- Number of passes – increase of 135%
- Scoring attempts – increase of 260%
- Number of goals scored – increase of 500%
- Number of 1v1 encounters – increase of 225%
- Number of dribbling skills (tricks) – increase of 280%

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Logical Progression (Belgium FA, 2018)



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Logical Progression: My Proposal (Future Book)

CATEGORY	FORMAT	DURATION	DIMENSIONS	BALL SIZE	GOAL SIZE
U6	1v1	4x2-3min (12min)	10x10m	Size 1- circumference: 50-53cm, weight: 250 - 280g	1x1m
U8	3v3	4x10min (40min)	20x20m	Size 1- circumference: 50-53cm, weight: 250 - 280g	2x1m
U10	5v5 (Futsal)	4x12min (48min)	40x20m	Size 2- circumference: 53 - 55 cm, weight: 300 - 350g	3x2m (Futsal)
U12	7v7	4x15min (60min)	55x35m	Size 3- circumference: 55-59 cm, weight: 350 - 380g	6x2m
U14	9v9	2x35min (70min)	80x55m	Size 4- circumference: 61-64 cm, weight: 410-440g	6x2m
U16	11v11	2x40min (80min)	105x65m	Size 5- circumference: 69-71 cm, weight: 400-450g	7,32x2,44m



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CATEGORY	FORMAT	DURATION	DIMENSIONS	BALL SIZE	GOAL SIZE
U6	1v1	4x2-3min (12min)	10x10m	Size 1- circumference: 50-53cm, weight: 250 - 280g	1x1m





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Logical Progression: My Proposal (Future Book)

CATEGORY	FORMAT	DURATION	DIMENSIONS	BALL SIZE	GOAL SIZE
U8	3v3	4x10min (40min)	20x20m	Size 1- circumference: 50-53cm, weight: 250 - 280g	2x1m







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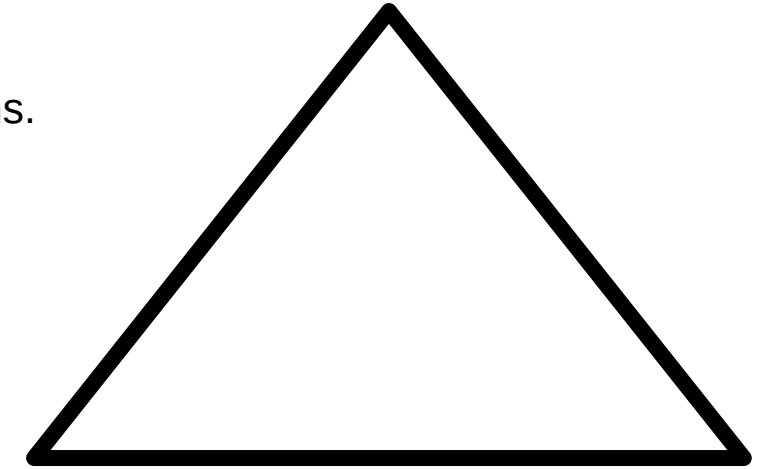
Logical Progression: My Proposal (Future Book)

3 IS THE MAGIC NUMBER!

1. SHAPE: Triangle provides width and depth.

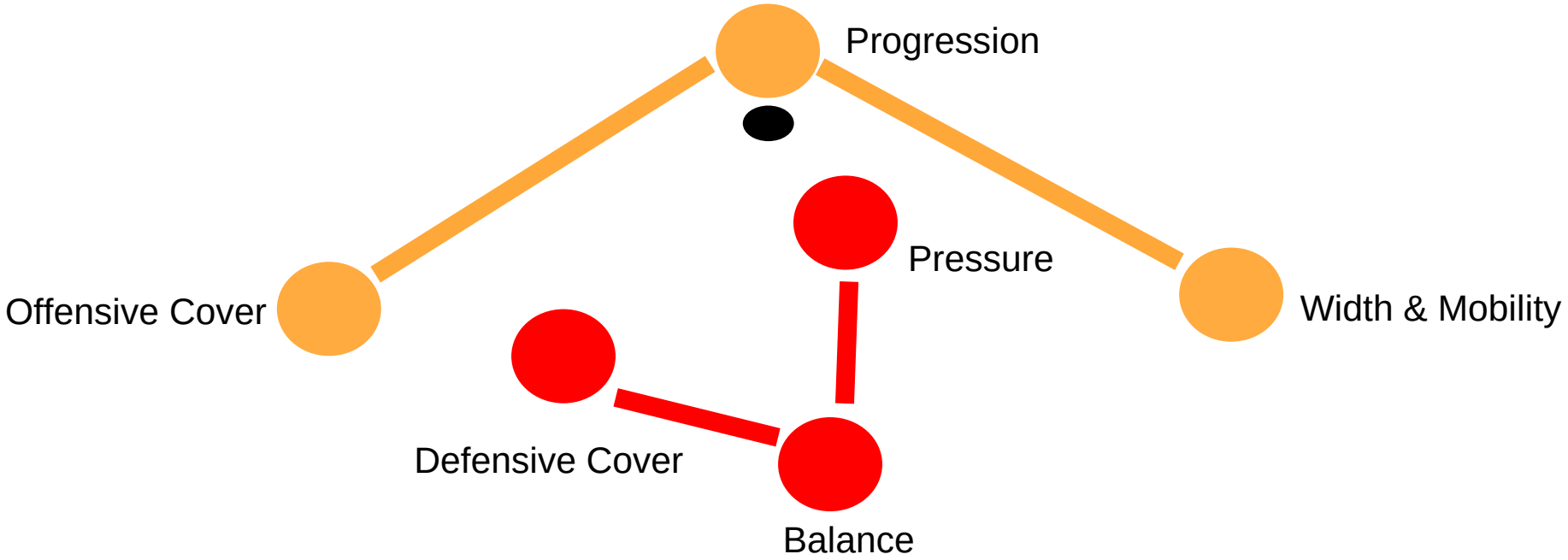
2. OFFENSIVE PHASE (Big V): At least two options.
- Progression with the ball
- Offensive Cover
- Width and Mobility

3. DEFENCE (Small V):
- Pressure on the ball
- Defensive Cover
- Balance



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Partidos de categoria "biberón" (4-5 años). 1 portero + 3 jugadores por equipo. Campo 12x20 metros. Mucho mejor para el aprendizaje y mucho más divertido.

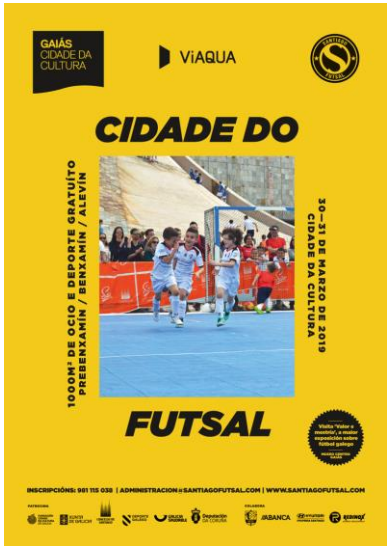
Translate Tweet











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CATEGORY	FORMAT	DURATION	DIMENSIONS	BALL SIZE	GOAL SIZE
U10	5v5 (Futsal)	4x12min (48min)	40x20m	Size 2- circumference: 53 - 55 cm, weight: 300 - 350g	3x2m (Futsal)

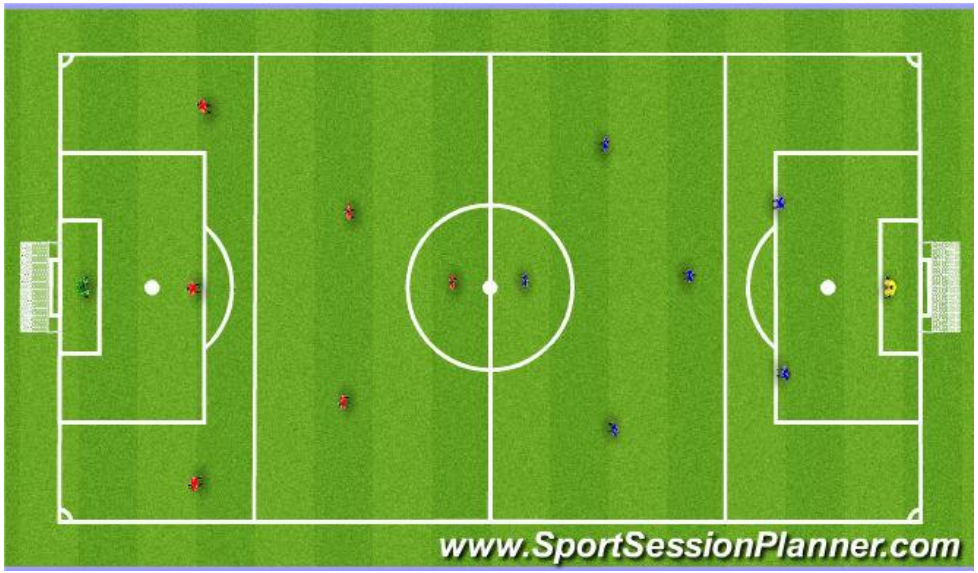




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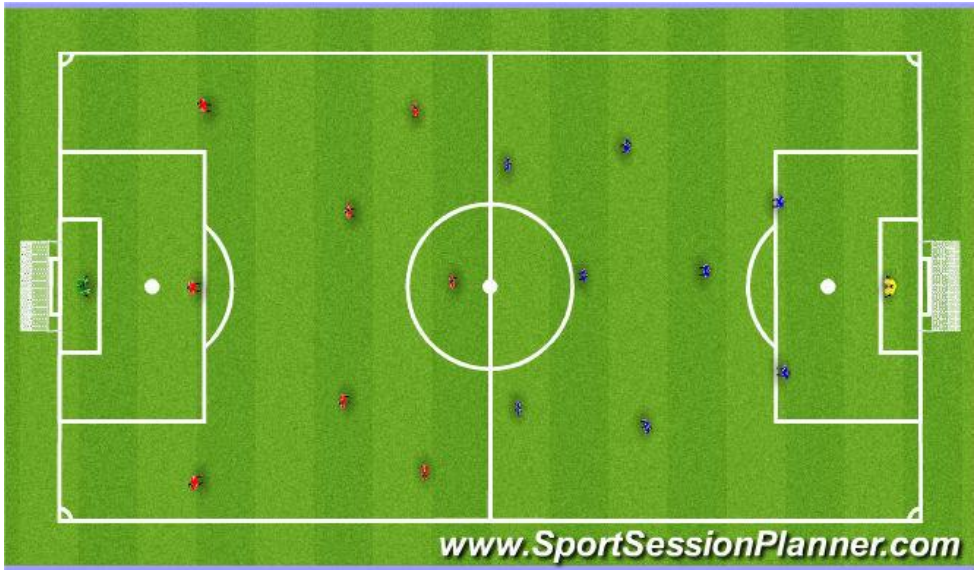
CATEGORY	FORMAT	DURATION	DIMENSIONS	BALL SIZE	GOAL SIZE
U12	7v7	4x15min (60min)	55x35m	Size 3- circumference: 55-59 cm, weight: 350 - 380g	6x2m



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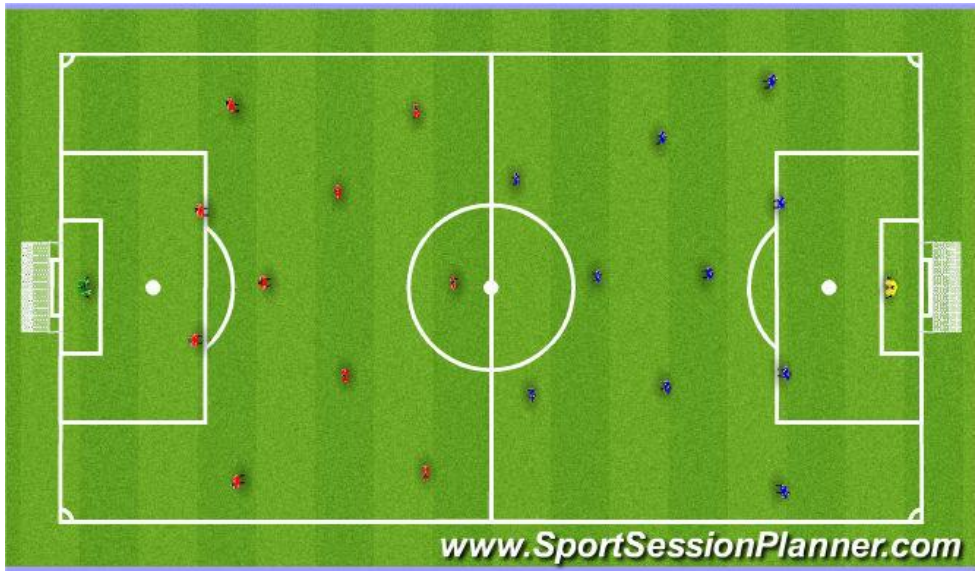
CATEGORY	FORMAT	DURATION	DIMENSIONS	BALL SIZE	GOAL SIZE
U14	9v9	2x35min (70min)	80x55m	Size 4- circumference: 61-64 cm, weight: 410-440g	6x2m



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CATEGORY	FORMAT	DURATION	DIMENSIONS	BALL SIZE	GOAL SIZE
U16	11v11	2x40min (80min)	105x65m	Size 5- circumference: 69-71 cm, weight: 400-450g	7,32x2,44m



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Why Futsal?



Rodrigo Neves Fernandez, 2020

	FUTSAL	FOOTBALL
U7		
U8		
U9		
U10		
U12	Both (Same Team) U11*	
U14	Both (Same Team) U13*	
U16		U15*
U18		U17*
U20		U19*
PRO		

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Why Futsal?

IN BRAZIL

- Adriano (Pagode)
- Renato (Renatinho)
- Anderson Carvalho
- Lucas Otávio
- Fernando Medeiros
- Vitor Andrade
- Marcelo
- Thiago Carleto
- Dionísio
- Bruno Moraes
- Serginho
- Lucas Crispin
- Edmilson
- Diego Monar
- Neilton
- Felipe (GK)

- Since 2018, Futsal Department is inside the Football Academy Department.
- Improving recruitment, development, training methodology and integration between players, coaches and sports.
- Integrated Coaching Staff: U10, U12 & U14.

Rodrigo Neves Fernandez, 2020





TOP ABROAD

- Robinho
- Neymar
- Diego
- Rodrygo
- Gabriel (Gabigol)
- Felipe Anderson
- Emerson Palmieri
- Alan Patrick

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Why Futsal?



- William (Chelsea FC)
- Marquinhos (PSG)
- Guilermhe Araña (Sevilla FC)
- Fagner (SC Corinthians & Brazil)
- Malcom (Zenit, ex-FC Barcelona)
- Ewerton Ribeiro (CR Flamengo)
- Gabriel Martinelli (Arsenal FC €30mil)
- Lucas Pitón (SC Corinthinas at U17)

Edson Sesma “Edinho”, 2020

	FUTSAL	FOOTBALL
U7	T	
U8	T + C	T
U9	T + C	T
U10	T + C	T
U12	T + C	T + C U11*
U14	T + C	T + C U13*
U16	T + C	T + C U15*
U18	T + C	T + C U17*
U20	T + C	T + C U19*
PRO	T + C	T + C

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Why Futsal?

Edson Sesma “Edinho”, 2020



- Futsal/Football are seen as partners with mutual/reciprocal benefit.
- Futsal/Football are autonomous but with synergies.
- Integrated Coaching Staff (methodology, contact and meetings, only 1 coach works in both: U14 futsal & U13 football)
- 250 competitive players
- +360 matches/year (10 male + 4 female teams): March to December
- 34 competitions (31 top 4)

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Why Futsal?

	FUTSAL	FOOTBALL
U7		
U8		
U9		
U10		T
U11/12		T+ C U11*
U13/14		T+ C
U15/16		T+ C
U17/18		T+ C
U19		T+ C
PRO		

Dalmo Gimenes & Rafael Souza, 2020



- Pedro
- João Pedro
- Marcos Paulo
- Miguel Silveira

June 2019 Documento Orientador (DNA Tricolor) Fluminense FC

Vision: To be a reference in the identification, development and disclosure of professional futsal/football players.



Purpose: Make a better person and we will have a better player.

Values: Meritocracy, Creativity, Respect, Team Spirit and Commitment.

Mission: To train futsal/football players in the social, sporting and human fields of excellence.

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Why Futsal?



- 2013 Center of Players Development.
- No coaching integration.
- Same philosophy though.
- U15-U17-U20 accommodation.

- U7-U12: Recruitment to football.
- U14-U18: Only futsal or football.
- No professional futsal so go to football or other clubs.

	FUTSAL	FOOTBALL
U7		
U8		
U9		
U10		
U12		U11* (too)
U14		U13* (too)
U16		U15**
U18		U17**
U20		**
PRO		

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Fernanda Grande & Vitor Hugo Valvassori, 2020

Why Futsal?

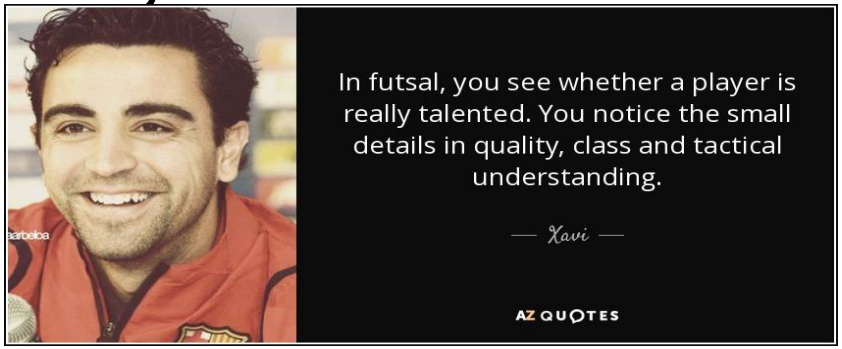


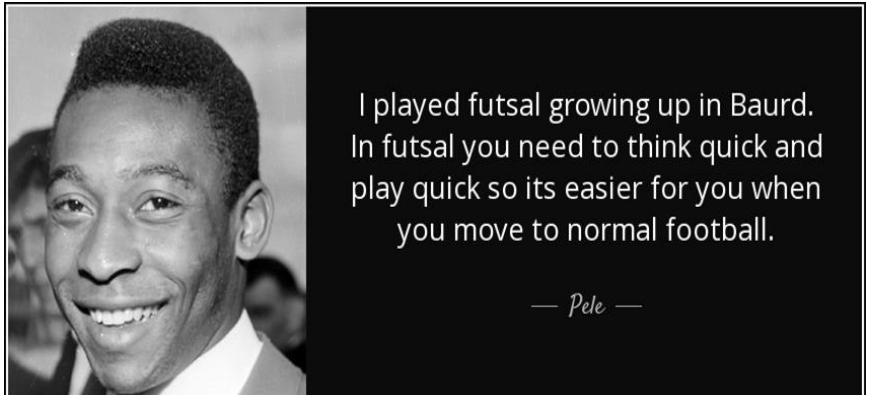


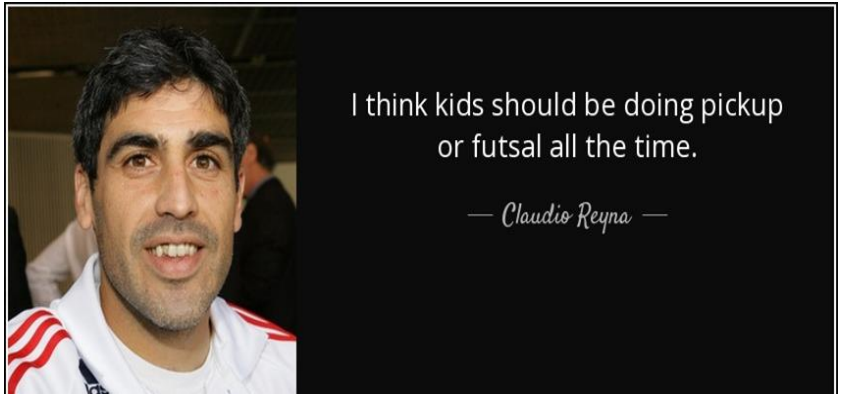
Ronaldo vs Verón
8th May 2020

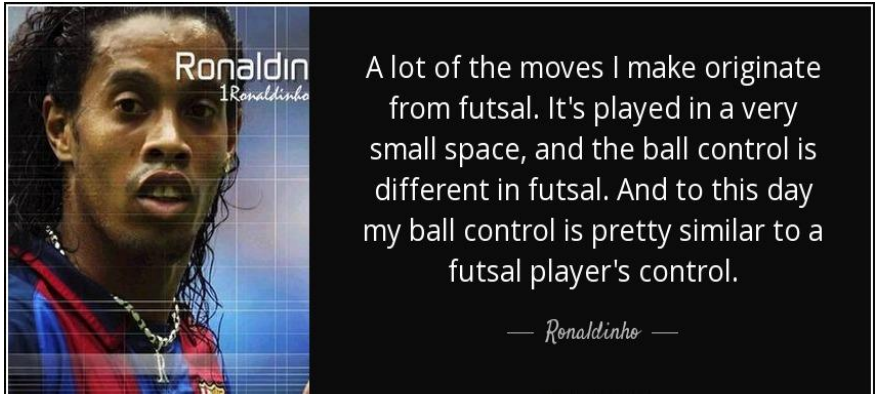
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Why Futsal?



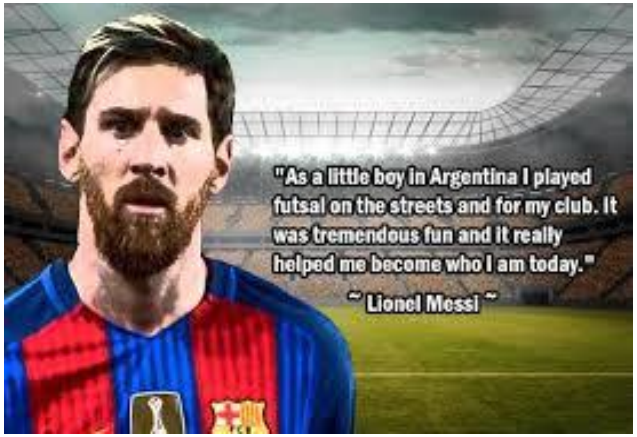






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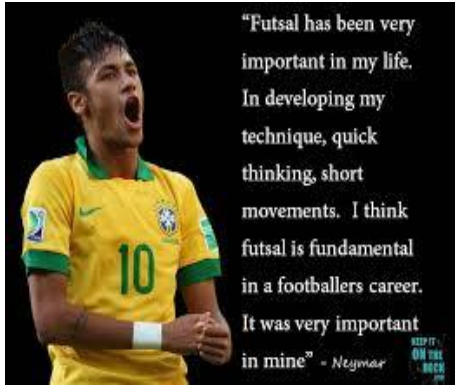
Why Futsal?





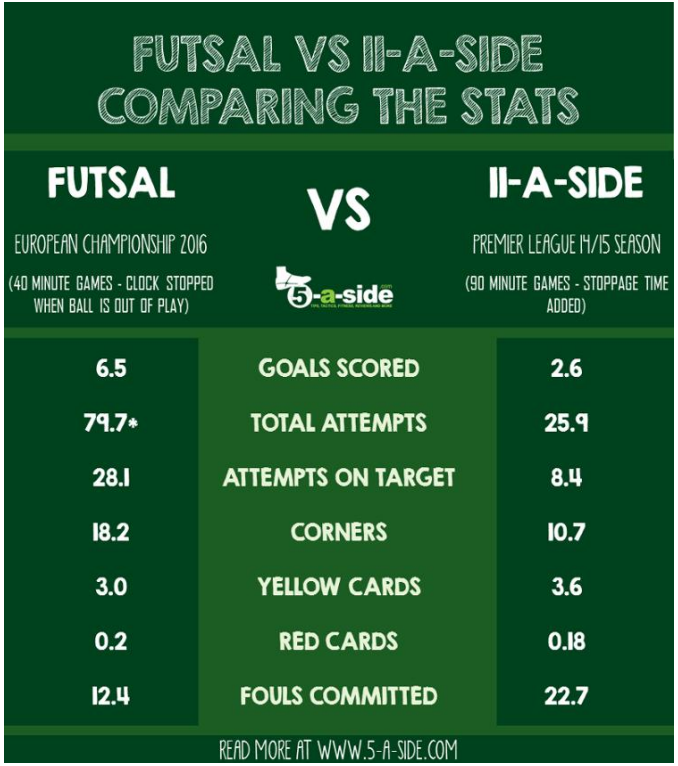
Real Madrid winger Cristiano Ronaldo:

"In Portugal, all we played growing up was Futsal. The smaller court helped my footwork skills, the nature of the game made me feel so free when I played. If it wasn't for Futsal, I would definitely not be the player I am today."



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Benefits from Futsal





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Benefits from Futsal

- More touches on the ball so more ball control and skills.
- More 1v1 situations.
- Quicker speed of play.
- Quicker and more decision making situation.
- More continuity of the game.
- More game cycles (offensive, defensive and transition phases).
- More fun (more actions, more goals, more saves… and more moments to coach).

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Benefits from Futsal

TACTICAL

- Movement and interchanging positions.
- Offensive and defensive transitions.
- Perceive-Decide-Execute Cycle.
- Off the ball movements.

TECHNICAL

- First touch: Ball control in tight spaces to combine or 1v1.
- Shooting technique (accuracy).
- Passing technique (weight and accuracy).
- GK role.

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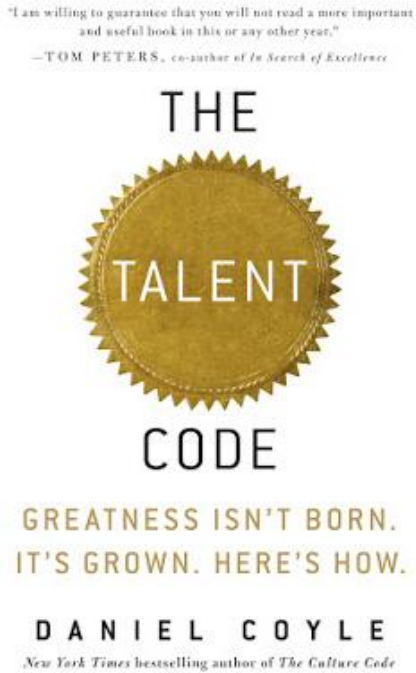
Benefits from Futsal

Futsal players **touch the ball far more** than soccer players – six times more often per minute, according to Liverpool University Study. **The smaller, heavier ball demands and rewards more precise handling**….the game is all about looking for angles and spaces and working quick combinations with other players. **Ball control and vision are crucial**, so that when futsal players play the full size game, they feel as if they have acres of free space in which to operate…no time plus no space equals better skills (Page 27–28).

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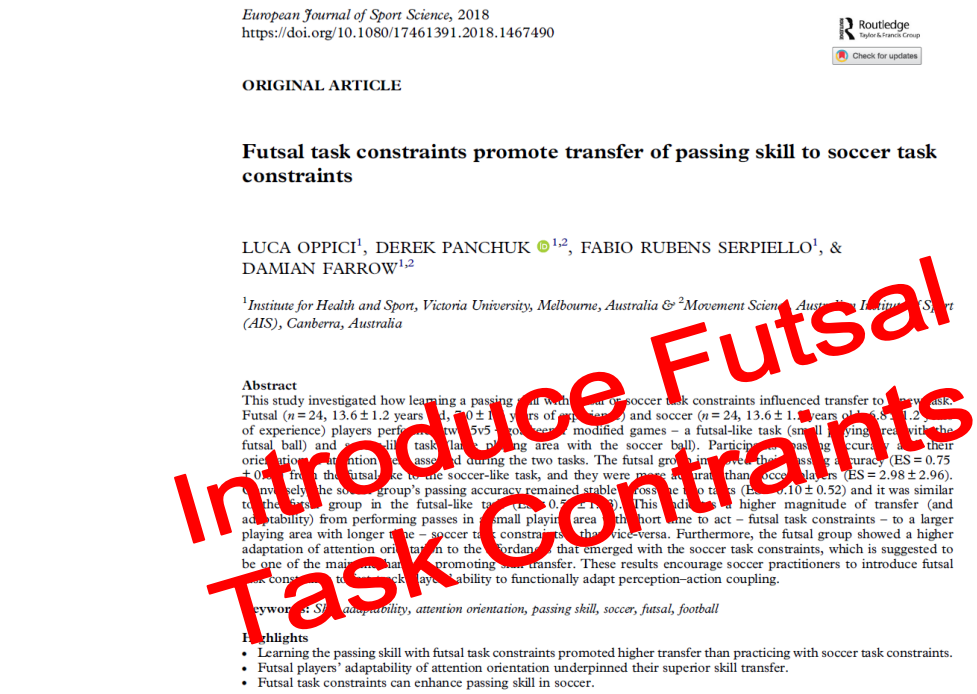
Benefits from Futsal

Futsal is our national laboratory of improvisation……**Futsal compresses soccer's essential skills into a smaller box**; it places players inside the deep practice zone, making and correcting errors, constantly generating solutions to vivid problems. **Players touching the ball 600 per cent more** often learn faster, without realising it. To be clear, futsal is not the only reason (Page 27–28).



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Scientifically (proven) Benefits from Futsal to Football



European Journal of Sport Science, 2018
https://doi.org/10.1080/17461391.2018.1467490

Routledge
Taylor & Francis Group
Check for updates

ORIGINAL ARTICLE

Futsal task constraints promote transfer of passing skill to soccer task constraints

LUCA OPPICI[1], DEREK PANCHUK [1,2], FABIO RUBENS SERPIELLO[1], & DAMIAN FARROW[1,2]

[1]*Institute for Health and Sport, Victoria University, Melbourne, Australia* & [2]*Movement Science, Australian Institute of Sport (AIS), Canberra, Australia*

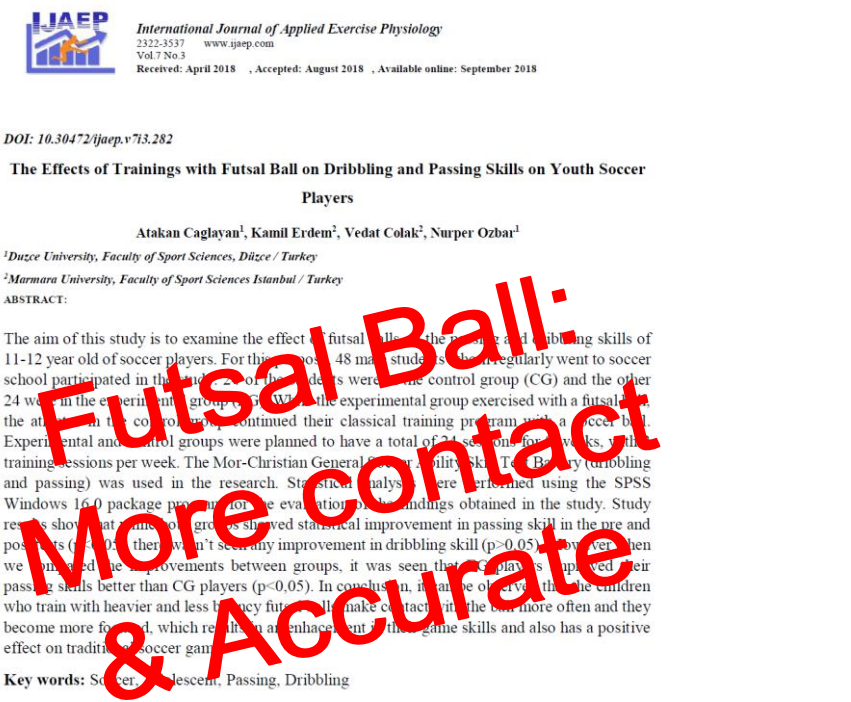
Abstract

This study investigated how learning a passing skill with a futsal or soccer task constraints influenced transfer to a new task. Futsal (n = 24, 13.6 ± 1.2 years old, 2.0 ± 1.0 years of experience) and soccer (n = 24, 13.6 ± 1.2 years old, 2.5 ± 1.2 years of experience) players performed two 5v5 small-sided modified games – a futsal-like task (small playing area with the futsal ball) and a soccer-like task (large playing area with the soccer ball). Participants' passing accuracy and their orientation of attention were assessed during the two tasks. The futsal group improved their passing accuracy (ES = 0.75 ± 0.52) from the futsal-like to the soccer-like task, and they were more accurate than soccer players (ES = 2.98 ± 2.96). Conversely, the soccer group's passing accuracy remained stable across the two tasks (ES = 0.10 ± 0.52) and it was similar to the futsal group in the futsal-like task (ES = 0.5 ± 1.19). This finding showed a higher magnitude of transfer (and adaptability) from performing passes in a small playing area with short time to act – futsal task constraints – to a larger playing area with longer time – soccer task constraints – than vice-versa. Furthermore, the futsal group showed a higher adaptation of attention orientation to the coordinates that emerged with the soccer task constraints, which is suggested to be one of the main mechanisms promoting skill transfer. These results encourage soccer practitioners to introduce futsal task constraints to facilitate players' ability to functionally adapt perception–action coupling.

Keywords: *Skill adaptability, attention orientation, passing skill, soccer, futsal, football*

Highlights

- Learning the passing skill with futsal task constraints promoted higher transfer than practicing with soccer task constraints.
- Futsal players' adaptability of attention orientation underpinned their superior skill transfer.
- Futsal task constraints can enhance passing skill in soccer.



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The Effects of Trainings with Futsal Ball on Dribbling and Passing Skills on Youth Soccer Players

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ABSTRACT:

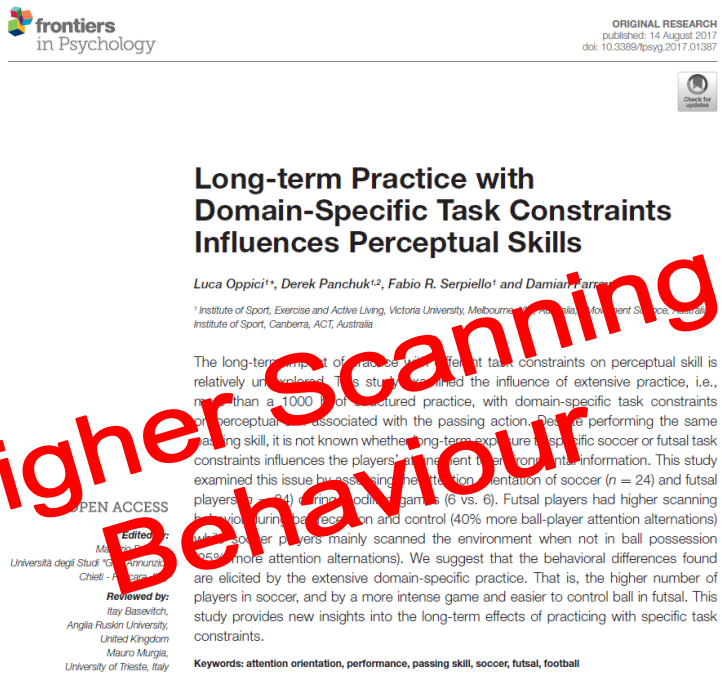
The aim of this study is to examine the effect of futsal ball on the passing and dribbling skills of 11-12 year old of soccer players. For this purpose, 48 male students who regularly went to soccer school participated in the study. 24 of the students were in the control group (CG) and the other 24 were in the experimental group (EG). While the experimental group exercised with a futsal ball, the at... in the control group continued their classical training program with a soccer ball. Experimental and control groups were planned to have a total of 24 sessions for 8 weeks, with 3 training sessions per week. The Mor-Christian General Motor Ability Skills Test Battery (dribbling and passing) was used in the research. Statistical analyses were performed using the SPSS Windows 16.0 package program for the evaluation of the findings obtained in the study. Study results showed that while both groups showed statistical improvement in passing skill in the pre and post tests (p<0,05), there wasn't seen any improvement in dribbling skill (p>0,05). However, when we compared the improvements between groups, it was seen that EG players improved their passing skills better than CG players (p<0,05). In conclusion, it can be observed that the children who train with heavier and less bouncy futsal balls make contact with the ball more often and they become more focused, which results in an enhancement of their game skills and also has a positive effect on traditional soccer games.

Key words: Soccer, Adolescent, Passing, Dribbling

Introduce Futsal
Task constraints
Futsal Ball:
More Contact
& Accurate

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Scientifically (proven) Benefits from Futsal to Football



frontiers in Psychology

ORIGINAL RESEARCH
published: 14 August 2017
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Long-term Practice with Domain-Specific Task Constraints Influences Perceptual Skills

Luca Oppici[1], Derek Panchuk[1,2], Fabio R. Serpiello[1] and Damian Farrow*

[1] Institute of Sport, Exercise and Active Living, Victoria University, Melbourne, [2] Australian Institute of Sport, Canberra, ACT, Australia

The long-term impact of practice with different task constraints on perceptual skill is relatively unexplored. This study examined the influence of extensive practice, i.e., more than a 1000 h of structured practice, with domain-specific task constraints on perceptual skill associated with the passing action. Despite performing the same passing skill, it is not known whether long-term exposure to specific soccer or futsal task constraints influences the players' attunement to contextual information. This study examined this issue by assessing the attention orientation of soccer ($n = 24$) and futsal players ($n = 24$) during bodily games (6 vs. 6). Futsal players had higher scanning behavior during perception and control (40% more ball-player attention alternations) while soccer players mainly scanned the environment when not in ball possession (25% more attention alternations). We suggest that the behavioral differences found are elicited by the extensive domain-specific practice. That is, the higher number of players in soccer, and by a more intense game and easier to control ball in futsal. This study provides new insights into the long-term effects of practicing with specific task constraints.

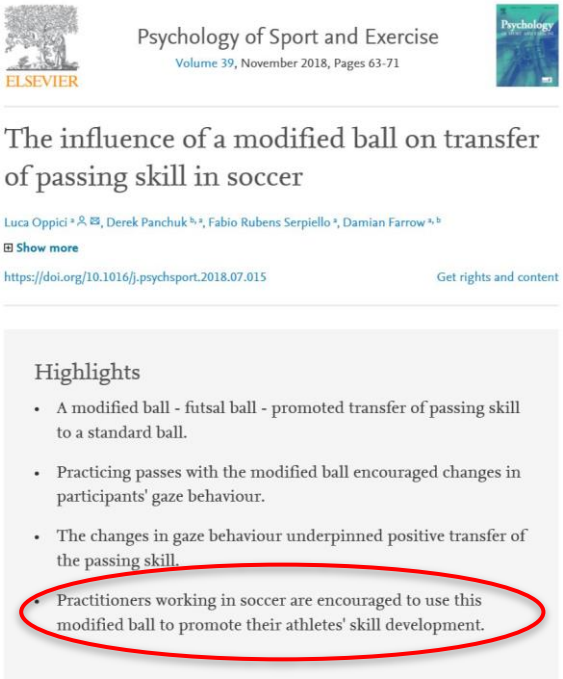
Keywords: attention orientation, performance, passing skill, soccer, futsal, football

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Higher Scanning Behaviour



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Volume 39, November 2018, Pages 63-71

The influence of a modified ball on transfer of passing skill in soccer

Luca Oppici [a], Derek Panchuk [b, a], Fabio Rubens Serpiello [a], Damian Farrow [a, b]

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Highlights

- A modified ball - futsal ball - promoted transfer of passing skill to a standard ball.
- Practicing passes with the modified ball encouraged changes in participants' gaze behaviour.
- The changes in gaze behaviour underpinned positive transfer of the passing skill.
- Practitioners working in soccer are encouraged to use this modified ball to promote their athletes' skill development.

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Scientifically (proven) Benefits from Futsal to Football



Original Investigation

Futsal as a potential talent development modality for soccer – a quantitative assessment of high-level soccer coach and player perceptions

Christopher Yiannaki, Christopher Carling & Dave Collins

Pages 299-308 | Accepted 16 May 2018, Published online: 19 Jun 2018

Download citation https://doi.org/10.1080/24733938.2018.1483079 Check for updates

Scientifically (proven) Benefits from Futsal to Football

Point-Counterpoint: Can futsal be used to develop football players?

Could futsal hold the key to developing the next generation of youth soccer players?

Christopher Yiannaki, **Christopher Carling** & Dave Collins

Pages 71-74 | Accepted 29 Mar 2017, Published online: 10 Jan 2018

Download citation https://doi.org/10.1080/24733938.2017.1332422 Check for updates

Scientifically (proven) Benefits from Futsal to Football

Both anecdotal and research evidence suggests that futsal could be a key developmental activity for soccer. Futsal task constraints (e.g., equipment and playing area) have been argued to promote the acquisition of perceptual–motor skills that positively transfer to soccer and, in turn, improve performance in soccer. However, a lack of empirical evidence in support of this

Futsal task constraints promote the development of soccer passing skill: evidence and implications for talent development research and practice

Luca Oppici, Derek Panchuk, Fabio Rubens Serpiello & Damian Farrow

These results should encourage national soccer federations and coaches to strongly consider the systematic introduction of futsal in the early stages of soccer development programmes to promote talent development. Future research should examine the optimal balance of soccer and futsal practice, and the timing of specialisation to soccer, adopting the underpinning principles of representative learning design.

Scientifically (proven) Benefits from Futsal to Football

TRANSFER OF SKILLS FROM FUTSAL TO FOOTBALL IN YOUTH PLAYERS

In order to give readers a taste of the work supported by the UEFA Research Grant Programme, UEFA Direct has been showcasing research projects funded by the 2015/16 programme. This month, Luca Oppici presents details of his study, which compared passing performance in football and futsal.

Elite football coaches and players, including Arsène Wenger, Lionel Messi, Cristiano Ronaldo and Andrés Iniesta, have stated that practising futsal at a young age fast-tracks the development of football-related skills. Indeed, the high-intensity nature of futsal, which is played on a hard surface with a ball that has less bounce than a regular football, might promote the acquisition of finer technical skills and quicker decision-making skills, which are then transferable to football.

However, there is a lack of evidence supporting this. The objectives of the study, therefore, were to compare passing performance in football and futsal, and then to investigate the transfer of passing skills from futsal to football. In simple terms: are the game's demands and the passing performance similar in football and futsal? In addition, is the performance of futsal players superior to that of football players when playing football?

A total of 48 elite male youth players (24 football players and 24 futsal players, aged 13 to 15 years old) played six-a-side football and futsal games, lasting five minutes each, on scaled-down pitches. Decision-making and te… associated with passing perform… were evaluated. Furthermore, the players wore special goggles that as… where they were looking when pa… the ball to examine the processes… their decisions. Game and performance-related variables were analysed and compared between the groups.



Luca Oppici is a PhD student at the Institute of Sport, Exercise and Active Living (ISEAL) at Victoria University, in Melbourne, Australia. ISEAL is a research institute that is internationally renowned for outstanding research in high performance in sport, exercise science and active living. Luca's research spans skill acquisition in sport, motor learning and development, and sports expertise.

Results of the investigation

The main statistically significant findings can be summarised as follows:

1. Football-futsal comparison: the technical game demands were high… in futsal than football, as more pass… a minute were performed, under high… pressure and with less… As a result… quicker in executing pa… using their attention more on … decisions … controlling the ball compared … football players.
2. Transfer of skills from futsal to football: in the football games, futsal players performed at higher technical intensity (23% more passes a minute), executing passes that were quicker (by half a second) and more accurate (by 18%) than football players. Very small differences were found in the gaze behaviour, with the futsal players generally focusing more on making decisions than controlling the ball.

In conclusion, the study showed that futsal had higher demands … passing performance … football. Consequently, … players … quicker technical … than … with the increased … … then play … football g… they … able to … transfer … technical intensity of futsal … quick and accurate passing ability. This study, therefore, suggests that futsal could be an effective training stimulus for developing quicker technical and decision-making skills in youth football players.

From Futsal to Soccer. Interview to Luca Oppici



Luca Oppici (UEFA magazine)

23% More Passes

18% More Accuracy

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Scientifically (proven) Benefits from Futsal to Football

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The World at Their Feet: A Combined Historical Ranking of Nations Competing in Football and Futsal

Richard Moore[1,*], Dr Girish Ramchandani[1], Steve Bullough[1], Simon Goldsmith[1], Lee Edmondson[1], Dr Daniel Berdejo-del-Fresno[2]

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Abstract Some elite football players (e.g. Cristiano Ronaldo, Lionel Messi, Neymar and Andres Iniesta) endorse the benefits of futsal and express how it has helped them to develop as football players. This has contributed to an increase in futsal development activity, in some countries, leading to interest into the relationship between the two sports. A lack of research exists to explain the developmental relationship between the two sports, aside from anecdotal evidence from players, coaches and media commentators, some of whom acclaim futsal for its role in developing elite footballers. This study investigates the relationship which exists between the two sports, by providing the first ever combined historical rank of nations competing in futsal and football. The results highlight the most successful nations as well as a 'select group' that appear to be in an advantageous position to develop in future. It also provides indicative evidence as to the relationship between the two sports and recommends that both sports may be able to benefit from a more collaborative approach to development.

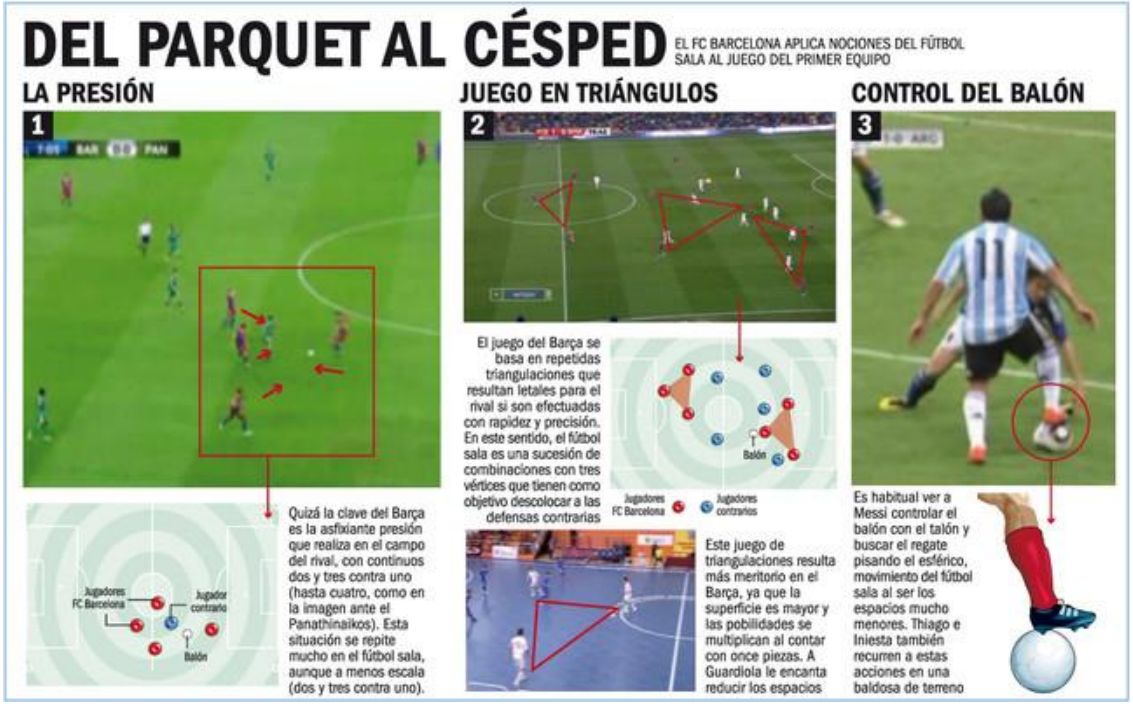
Keywords: *futsal, football development, ranking, success, FIFA, UEFA, AFC, OFC, CONMEBOL, CONCACAF, CAF, World Cup, European Championships, Copa America*

Rank	Country (Futsal)	Zone	Combined Score (football and futsal)
1	Brazil	CONMEBOL	175.76
2	Spain	UEFA	159.97
3	Italy	UEFA	125.34
4	Argentina	CONMEBOL	106.25
5	Germany	UEFA	94.51
6	Netherlands	UEFA	81.46
7	Russia	UEFA	78.48
8	Portugal	UEFA	76.02
9	USA	CONCACAF	73.60
10	Japan	AFC	62.06
11	Iran	AFC	60.45
12	France	UEFA	59.15
13	Paraguay	CONMEBOL	57.73
14	Thailand	AFC	61.67
15	Uruguay	CONMEBOL	48.39
16	Mexico	CONCACAF	47.70
17	Belgium	UEFA	46.51
18	Costa Rica	CONCACAF	45.16
19	England	UEFA	43.80
20	Australia	AFC and OFC	43.62
21	Czech Republic	UEFA	42.96
22	South Korea	AFC	40.33
23	Egypt	CAF	40.08
24	Ukraine	UEFA	39.48
25	Colombia	CONMEBOL	37.85

Nations that ranked in the 'top 25' for both football and futsal
Nations that ranked in the 'top 25' in either one of the sports

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On Field (proven) Benefits from Futsal to Football



DEL PARQUET AL CÉSPED

EL FC BARCELONA APLICA NOCIONES DEL FÚTBOL SALA AL JUEGO DEL PRIMER EQUIPO

LA PRESIÓN

1

Jugadores FC Barcelona
Jugador contrario
Balón

Quizá la clave del Barça es la asfixiante presión que realiza en el campo del rival, con continuos dos y tres contra uno (hasta cuatro, como en la imagen ante el Panathinaikos). Esta situación se repite mucho en el fútbol sala, aunque a menos escala (dos y tres contra uno).

JUEGO EN TRIÁNGULOS

2

El juego del Barça se basa en repetidas triangulaciones que resultan letales para el rival si son efectuadas con rapidez y precisión. En este sentido, el fútbol sala es una sucesión de combinaciones con tres vértices que tienen como objetivo descolocar a las defensas contrarias

Balón
Jugadores FC Barcelona
Jugadores contrarios

Este juego de triangulaciones resulta más meritorio en el Barça, ya que la superficie es mayor y las posibilidades se multiplican al contar con once piezas. A Guardiola le encanta reducir los espacios

CONTROL DEL BALÓN

3

Es habitual ver a Messi controlar el balón con el talón y buscar el regate pisando el esférico, movimiento del fútbol sala al ser los espacios mucho menores. Thiago e Iniesta también recurren a estas acciones en una baldosa de terreno

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On Field (proven) Benefits from Futsal to Football



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On Field (proven) Benefits from Futsal to Football

- Futsal inside the football pitch
- Individual Defense (Out of the Pressure)
- Individual Technique
- Specific Tactical Movements
- Futsal GKs and Famous Players
- Futsal Aspects Transferred to Football in Japan and Brazil

MIGUEL RODRIGO

vimeo

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Conclusions

If football is adapted to kids (players, space, ball, goals and duration), due to the closeness of the ball and the goals mainly, they will be a **100% of the time attacking or defending**. There is not a pause, even for the goalkeepers, they will be defensive cover or supporting pass when the team is in possession. Therefore, players are engaged the whole duration of a game.

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Conclusions









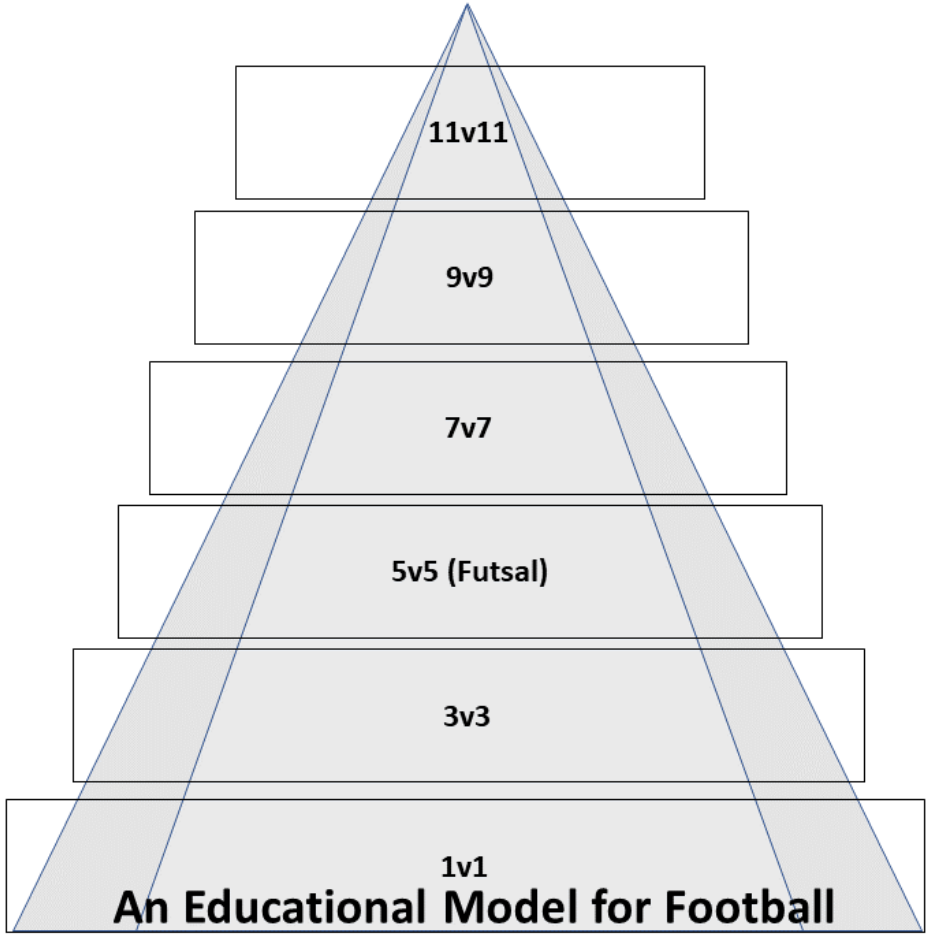


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Conclusions



Physical Literacy



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Q&A - Thank You!



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