**BENEFITS OF FUTSAL**

Because the sport is a great skill developer, demanding quick reflexes, fast thinking and pin point passing, it is an exciting game for children as well as adults. The game is very economical and safe, simple and fun to play. Just by playing with the ball develops precise ball control and technical skill, agility, lightening reflexes and decision making. As the balls have less bounce they tend to stay in play longer and promote close ball control. After playing in enclosed areas and learning to think and react quickly, players find when they play to the full game they react well under pressure. Playing in enclosed areas develops creativity; players are also constantly placed in demanding decision making situations in enclosed areas which is a major reason why Futsal is one of the finest teachers of the quick pass and move. In soccer it is very hard to defend against a team that is adept at this type of play. Playing the beautiful game of soccer is developed through Futsal
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Slide tackles and excessive bodily contact is forbidden in the modified game, which results in fewer injuries. It’s no surprise that the game is popular with children, teenagers and adults of both genders and is growing in popularity internationally.

Futsal quickly develop skills required for soccer: - balance, motor ability, agility and co-ordination, ball mastery, accurate and quick passing and receiving, perception insight and awareness. Children learn through repetition and practice in small areas this occurs naturally. As Futsal is fast and action packed, fitness is improved while learning and having fun. We find children love playing Futsal. It is exciting, many goals are scored and the game is devoid of complex rules such as off side. Children learn so much faster if they enjoy the game and spend a lot of time playing with the ball.

**TOP 10 REASONS TO PLAY FUTSAL**

**1. Rewards -**FIFA's Futsal rewards the same basic skills, tactics and knowledge of the game as the 11v11 outdoor game.
 **2. Ball Touches -**In a statistical study comparing Futsal to indoor arena soccer with walls, players touch the ball 210% more often.

**3. Ball Control -**With limited space, an out of bounds and constant opponent pressure, improved ball control skills and technique are required.

**4. Speed of Play -**With limited space, constant opponent pressure and a 4 second restart rule players learn to play and think fast.

**5. Mandatory Support -**Without a wall as a crutch, players must make supporting runs when their teammates have the ball.

**6. Continuity of Play -**Action is continuous so players are forced to continue the play instead of stopping and watching.

**7. Knowledge -**With four court players and all the basic options of the outdoor game in non-stop action mode, players' understanding of the game is enhanced.

**8. Framing the Goal -**The goal and Penalty Area are a perfect size for narrowing the angle so teams learn to frame the goal to score goals.

**9. Encouraged Learning -**FIFA's Laws Of The Game of Futsal, encourage playing a skilled game by punishing all physical contact fouls.

**10. Fun -**Players enjoy the challenge of playing a fast-paced-fun-skill-oriented game that test their abilities.

**WHY FUTSAL?**

The priority in Futsal is to motivate players in an environment that is conducive to learning. The more pleasure kids derive from their participation, the more they wish to play and practice on their own. While their instinct to play is natural, their affection and appreciation for soccer must be cultivated. Futsal is the foundation to such goals because it:

* Allows players to frequently touch the one "toy" on the field, namely, the ball.
* Presents many opportunities to score goals and score goals often.
* Encourages regaining possession of the ball as a productive, fun and rewarding part of the game (defending).
* Maximizes active participation and minimizes inactivity and boredom.
* Provides a well organized playing environment with improvised fields.
* Reflects the philosophy of player development expressed in state and national coaching schools.
* Eliminates complicated rules such as off-sides that may hinder youngsters from "playing".
* Reflects the appropriate role of the coach as a Facilitator.
* Makes the game more "beginning coach" friendly because the game is simpler, thus making it easier to recruit more volunteer  "coaches".
* Allows the game to be the teacher!