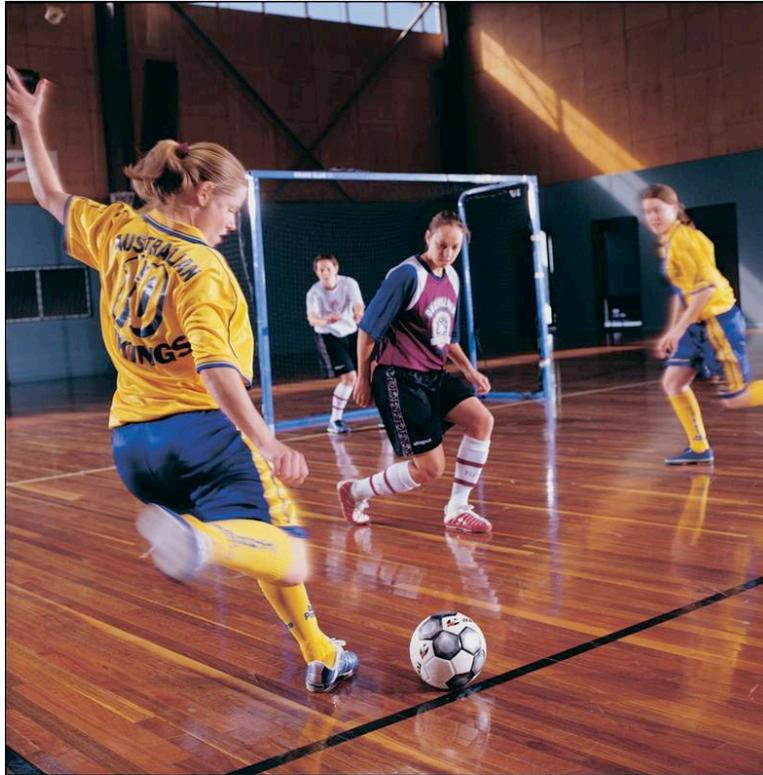




What is Futsal?

Futsal is an indoor version of soccer. Its name is derived from the Portuguese *futebol de salão* and the Spanish *fútbol sala/de salón*, which can be translated as 'indoor football'.



Futsal is the official five-a-side indoor soccer game and the only indoor soccer recognized by FIFA, the international governing body for association football (soccer). Futsal is beginning to take the country by storm as more and more soccer players, coaches, clubs and associations discover the unique and positive qualities of Futsal. It is a game played around the world as many of today's world stars began their youth soccer by playing Futsal. The Brazilians in particular attribute their world soccer success to Futsal. *Pele, Zico, Socrates, Ronaldo* and *Bebeto* grew up playing Futsal and credit Futsal with developing their skills.

(this description taken in part from Wikipedia and the MDSP Futsal web page).

Why play Futsal instead of indoor soccer?

Rewards. FIFA's Futsal rewards the same basic skills, tactics and knowledge of the game as the 11v11 outdoor game.

Ball Touches. In a statistical study comparing Futsal to indoor arena soccer with walls, players touch the ball 210% more often.

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

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

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



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.

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.

Encouraged Learning. FIFA's Laws Of The Game of Futsal, encourage playing a skilled game by discouraging and severely penalizing all physical contact fouls.

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

(this description taken in part from MDSP Futsal web page).

What are my qualifications for teaching Futsal?

I grew up in Brazil where soccer is more than just a national sport, it is a way of life. At most every Brazilian child learns to play. I was no different – I played soccer and was part of championship team in Minas Gerais (MG), the second largest state in Brazil (population 19 million), during high school. I also played at the club level for 3 years as part of the Cruzeiro Sport Club, where I was a Junior Pro Player. In 1997 I was named the MVP of the MG State Championship, playing the position of middle-fielder.

Currently I work full-time in the field of athletics. With my wife, Kyria Takahashi, I run a Taekwondo school in Hanover, MA. I am a Fourth Degree Black belt and a former United States AAU National team member in Taekwondo. I have a lot of experience working with students at the junior, college and adult levels. Also, in 2006, I coached a youth indoor soccer program consisting of 12 junior players for a season in Norwell, helping young players reach their soccer goals. In one case, I was able to prepare a student to make his high school soccer team as a freshman walk-on. I am also a health and fitness professional at Xcel Taekwondo Center, where I work with clients to help them improve their fitness and strength. My experience as a fitness professional will help me better understand what basic fitness and strength is necessary to prepare my students to play Futsal.

What are my goals with Futsal?

My immediate goal is to introduce the game of Futsal to students who might not have played it before. My long-term goal would be to coach **Futsal** at a club level, and perhaps to have a physical education class be the starting point for a Futsal club at the collegiate level.

Other interesting facts about Fabio:

I speak 4 languages: Portugese, Japanese, Spanish and English. I have lived in Brazil, Japan and the United States. I was also a national Brazilian champion in Taekwondo during my time there as well as an elite soccer player.

What would a 24 class curriculum for beginning Futsal look like?

Classes 1-8 would be spent introducing Futsal rules and basic Futsal skills:

- *Ball control
- *Passing
- *Position
- *Futsal tricks
- *Playing time

Classes 8-16 would be spent identifying personal skills, positions inside the court, working with ball and the team:

- *speed drills with ball
- *Finalizations
- *Passing precision
- *Futsal tricks
- *Playing time

Classes 16-24 would be focused on what Brazilians call "Street Soccer":

- *forward & backwards dribbles
- *one on one decision-making
- *Kicking precision
- *Futsal tricks
- *Playing time