



FUTSAL STANDARDS

5v5 GAME FORMAT | ALL AGES & LEVELS

A GUIDE OF BEST PRACTICES FOR COACHING FUTSAL

COACH CERTIFICATION

Coaches working with players on Soccer XS futsal programs should hold a USSF Grassroots coaching license and a minimum Futsal Level 1 coaching license.

TIME OUTS

Teams are entitled to a one-minute time-out in each period. A team that does not request a time-out in the first half of the match is only entitled to one time-out during the second half. There are no time-outs in extra time.

UNLIMITED SUBSTITUTIONS

There is no restriction on the number of substitutions that may be made during a match. Substitutions may be made at any time, whether the ball is in play or not, but only in the specially demarcated substitution zones.

THE GOALKEEPERS

Goalkeepers have only four seconds in which to play the ball, with either their hands or feet, and may not touch it again if it has been deliberately played to them by a team-mate without an opponent playing or touching it. Goalkeepers are also now free to play anywhere on the pitch and throw the ball beyond the halfway line, which was not previously permitted.

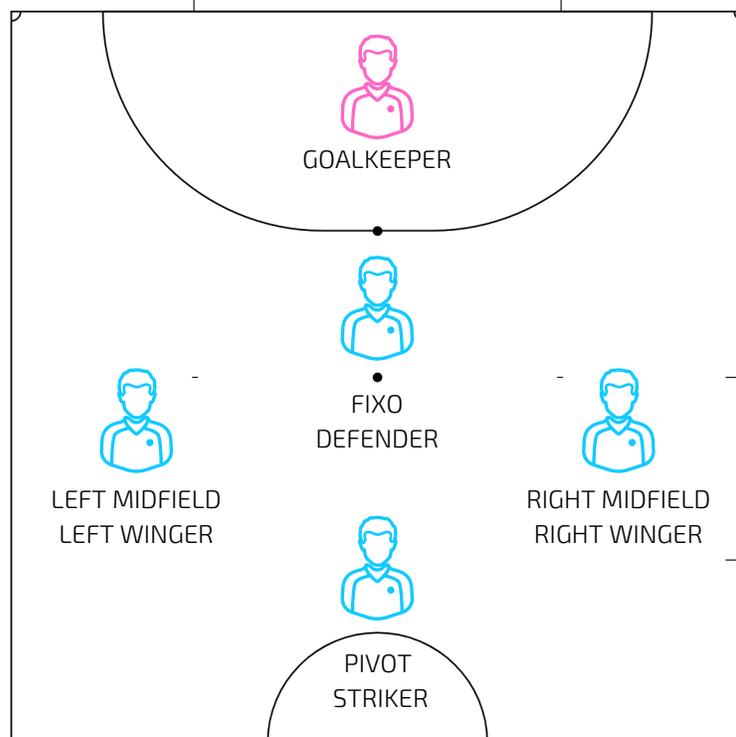
ACCUMULATED FOULS AND PENALTY MARKS

Accumulated fouls are those penalized with a direct free-kick or penalty kick, regardless of whether advantage has been played or not. If a team commits a sixth accumulated foul, the opposing side may take the subsequent free-kick awarded to them without a wall, either from the second penalty mark, which is positioned four meters behind the first, or from a position even closer to the penalty area if the foul was committed between the goal line and the second penalty mark.

CURRICULUM APPROACH

Training sessions will consist of a 10 minute warm-up, a first 15 minute technical activity, a second 15 minutes technical / tactical activity and will end with a 5v5 futsal game.

FORMATION: 1-1-2-1



5v5 FUTSAL STANDARDS OF PLAY

- The recommended field size for futsal is between 30-40 yards long x 15-25 yards wide.
- Official goal size: 6.5 feet high x 9.8 feet wide.
- Teams should play 5v5 with goalkeepers. GK's must wear a different color jersey or training vest.
- Games should be 2x20 minutes half's.
- Player's should rotate around all positions at younger ages to learn the game from different perspectives.
- An official size 3 or 4 weighted futsal ball should be used for games and ideally in training.
- Flat bottom shoes and shin-guards are required.
- Substitutions are unlimited and can occur at any time.
- Kick-off's, free kicks, throw-in's and corner kicks should all be kick-in's at younger ages to start or restart play.
- All free kicks are indirect (meaning players cannot directly shoot on goal).
- Penalty kicks are awarded for fouls inside penalty area.
- There are no off-side's.