GRASSROOTS FUTSAL AND BEACH SOCCER
INTRODUCTION

- Enormous popularity of football and countless variations of the game
- **Futsal** and **beach soccer**: two modalities of small-sided football endorsed by FIFA
FUTSAL

• Played **indoors** and **outdoors**

• **Distinctive element:** futsal ball (smaller, less bounce)

• For under-12s: futsal ball **size 3** recommended

• **Easier ball control** and **more accurate passing**
FUTSAL

- Children feel more **confident** and develop their **creativity**
- Children tend to be **less afraid** of the futsal ball due to the lower bounce
- Effort required for passing and shooting **proportionate to football** on a large field
BEACH SOCCER

- Played **barefoot**
- **Distinctive element:** playing surface
- Exciting alternative to **vary** ordinary football activities
- **Challenging** to dribble, pass or shoot on goal
BEACH SOCCER

- Requires **good balance** and **coordination**
- Beneficial for players’ coordination skills and reaction speeds
- **Less painful** to fall on sand
- Minimal infrastructure and equipment requirements
CONCLUSION

• Futsal and beach soccer: *complementary* to football

• New opportunities for kids to play the game (if limited infrastructure, unfavourable weather conditions, etc.)