

GRASSROOTS FUTSAL AND BEACH SOCCER

FIFA[®]

For the Game. For the World.

INTRODUCTION

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



FUTSAL

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- 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

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- 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

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



BEACH SOCCER

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- 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

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- Futsal and beach soccer: **complementary** to football
- New opportunities for kids to play the game (if limited infrastructure, unfavourable weather conditions, etc.)

