

BENEFITS OF U. S. 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.

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.

