

Benefits of 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.

What's futsal?

About US 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.



It is the mission of the ASA to bring a high level of technical and tactical soccer training to the players. In addition, we believe that developing the entire person as an individual will make them a more successful person and player. It is the mission of this Academy to assist each player in the development of himself or herself as a person who displays character, leadership, discipline and respect.

Cost: for Futsal \$70 for an 8 weeks of technical work and game play twice a week.
U8 and U10(min5yrs old) will play on Wednesday and Saturday. One hour sessions, skill work for the first part of the session then game.

U12, and U14 will play two sessions per week. Technical work for the first 30-40 minutes followed by game play.

Locations: Wednesday evenings will be held at the SRU Elementary Gymnasium. U8/10 from 6-7, U12/14 from 7-8pm. Saturday 8:30-9:30 and 9:30-10:30am will be held in the Athens High School Gymnasiums. We will attempt to hold as many as possible in the new gym, but will use the old gym when necessary. Varsity sporting events hold priority.

Times: Please understand that we will be starting and finishing as close to these times as possible. If you need to speak to a coach, please wait until the session finishes as he/she is trying to get the players started and moving as quickly as possible.

Travel: *No travel or games will be played this is purely for technical training and increasing overall skills with Futsal. Travel during the week to SRU is better than traveling every weekend or weeknight 30-40 mins one way.*

Logic: This training will give the players an advantage to the outdoor season in the

spring. We are looking to increase their touches on the ball, get them out of the house in the winter months and keep their interest in soccer high!!

Coaches: All of our coaches are required to take a coaching course in futsal. Each coach will be following the same format and guidelines provided but are free to enhance each session as they see fit in order to challenge each player!

Registration: Please use the registration form and submit via email Cyndie Cooper at address below or drop off a copy with payment to the Athens Area High School. Attn Jake Lezak. Payment is due before child is allowed to participate.

Registration now open for Futsal – Please send registration information to cyndie@yoga101pa.com or

Drop off at the Athens High school Attn Jake Lezak

Age groups U8 and up

Registration Opens: Now

Registration deadline: January 8th, 2018

Payment due before first date of training

Player Name (print): _____

Birth Date/Age: _____

Program choice: Session 1 or Session 2

Parent/Guardian (print): _____

Contact Phone Number: _____

Contact Email Address: _____

Contact Home Address (for mailings): _____



We will begin playing the week of January 10th and finish Saturday March 3rd.