

New Futsal League at Sunplex

(1155 Ellis St, Kelowna)



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SUNPLEX is the first arena in the Okanagan who offers Futsal. We offer superb team sign ups deals and we guarantee 12 games in our quarterly league schedule.

Futsal League

Start Date

Week of 26th of April. No games April 22-25

Class:	Day:
Co-Ed	Thursday nights
Men's	Sundays

General Information

- 12 + 2 playoff games
- Minimum of 7 players per team (Sunplex recommends at least 9)
- During Co-Ed play, at least 2 female players on the field at all times.
- Individual players can apply and will be put on a team. (\$129)

Fee

- Costs, \$ 1200 per team (incl. Taxes) This will give your team;
- One Futsal specific practice with a licensed instructor
 - 1 beer pitcher at Chippy Wingers after each game.

Prizes (except of bragging rights)

Winning team;
- receives a free entry for the next league start

Runners Up;

- 50 % off the next league entry fee

For more information and registration visit Sunplex website at www.sunplex.ca

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Futsal as a Training Technique

Pele, Ronaldinho, Robinho, all players who have ball skills that sometimes seem to transcend the game itself. One of the reasons that these Brazilian greats have such sublime skills is the very environment they grow up in where street games are common, and coaches use techniques that until recently have not been used in other soccer nations. One of those techniques is the game of Futsal.

The Dutch were the first European nation to take on some of the Brazilian training methods and it is no coincidence that Holland produces some of the most technically sound players in the world game. The method relies on small sided games in tight areas to improve players control, dribbling, passing, and vision as opposed to relying on the strength and power of one or two star players.

Futsal takes this vision a step further with a ball that is heavier and denser than a regular soccer ball and is therefore harder to hit in the air. Playing this with youth players shows them the benefits of keeping the ball on the deck and playing their way out of trouble as opposed to just kicking the ball as hard as they can in any direction.

By incorporating Futsal practices into your regular training you will see your players becoming more confident on the ball very quickly and when they transition back to a regular soccer ball their tendencies will have changed. It is found that players pass the ball much more accurately after just a few sessions of Futsal, and they are much more likely to look for that incisive pass at the right time when attacking.

Futsal is best played 5 on 5 in an area that is around 45 yards long and 25 yards wide. The goal and goal area are appropriately sized and players are encouraged to work on angles for passing as well as individual skills. This is a great training method for the offseason if it is either too hot or too cold for you to train outside as any indoor space can be turned into a Futsal pitch.

Make sure to incorporate it into your training sessions somewhere and you will be amazed at how quickly it can teach the methods that you have been trying to instill into the players for months.