

HOW TO BECOME AN



‘FCB Majik’

FUTSAL PLAYER

“Majik” is a State of Mind!!

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PERSISTENCE + DEDICATION = SUCCESS:



The “FCB Majik” Player’s

CODE OF BEHAVIOUR

- Play by the rules.
- Never argue with an official. If you disagree, have your captain or coach approach the official during a break or after the game.
- Control your temper. Verbal abuse of officials or other players, deliberately fouling or provoking an opponent and throwing equipment is not acceptable or permitted in any sport.
- Work equally hard for yourself and your team. Your team's performance will benefit, and so will you.
- Be a good sport. Cheer all good plays whether they are in your team or the other team.
- Treat all other players as you would like to be treated. Do not interfere with, bully or take unfair advantage of another player.
- Co-operate with your coach, team-mates and opponents. Without the other team there would be no game.



TWELVE THINGS A “FCB Majik” Player

SHOULD REMEMBER

1. The value of time
2. The success of perseverance
3. The pleasure of working
4. The dignity of simplicity
5. The worth of character
6. The power of kindness
7. The Influence of example
8. The obligation of duty
9. The wisdom of economy
10. The virtue of patience
11. The improvement of talent
12. The Joy of originating

What forms a “FCB Majik” Player’s

CHARACTER

Watch your feelings,
they become your thoughts,

Watch your thoughts,
they become your words.

Watch your words,
they become your actions,

Watch your actions.
they become your habits,

Watch your habits,
they form your character.

“Majik Players” Think about this!!

WINNERS Vs LOSERS

The WINNER - Is always a part of the answer.

The LOSER - Is always a part of the problem.

The WINNER - always has a program.

The LOSER - always has an excuse.

The WINNER- says “let me do it for you”

The LOSER- says “that is not my job”.

The WINNER - sees an answer for every problem.

The LOSER - sees a problem in every answer.

The WINNER - sees a green near every sand trap.

The LOSER - sees two or three sand traps near every green.

The WINNER - says “it maybe difficult, but it's possible”.

The LOSER - says “it may be possible, but it's too difficult”.



A championship FCB Majik team will beat a team of champions every time! “Always believe in yourself”

THE FCB MAJIK RULES FOR PLAYING FUTSAL

DEFENCE

Defence is more important than attack because the opposition team cannot win if they do not score, but we can turn defence into attack and score

When our team loses the ball “always” immediately block the middle in our half (The same position as when we defend the kick off), then defend MAN on MAN, because the opposition cannot score from their half.

Always stand between the attacker and your goal so that you block the shot, and it forces the player to go wide which makes it harder for him to shoot.

Never stand square of the attacker with the ball because they can get away from you easier

Jockey the attacker because it makes them pass the ball

When the attacker pass the ball, DO NOT FOLLOW THE BALL, instead stick with player because they will get the ball back and may be in a position to score

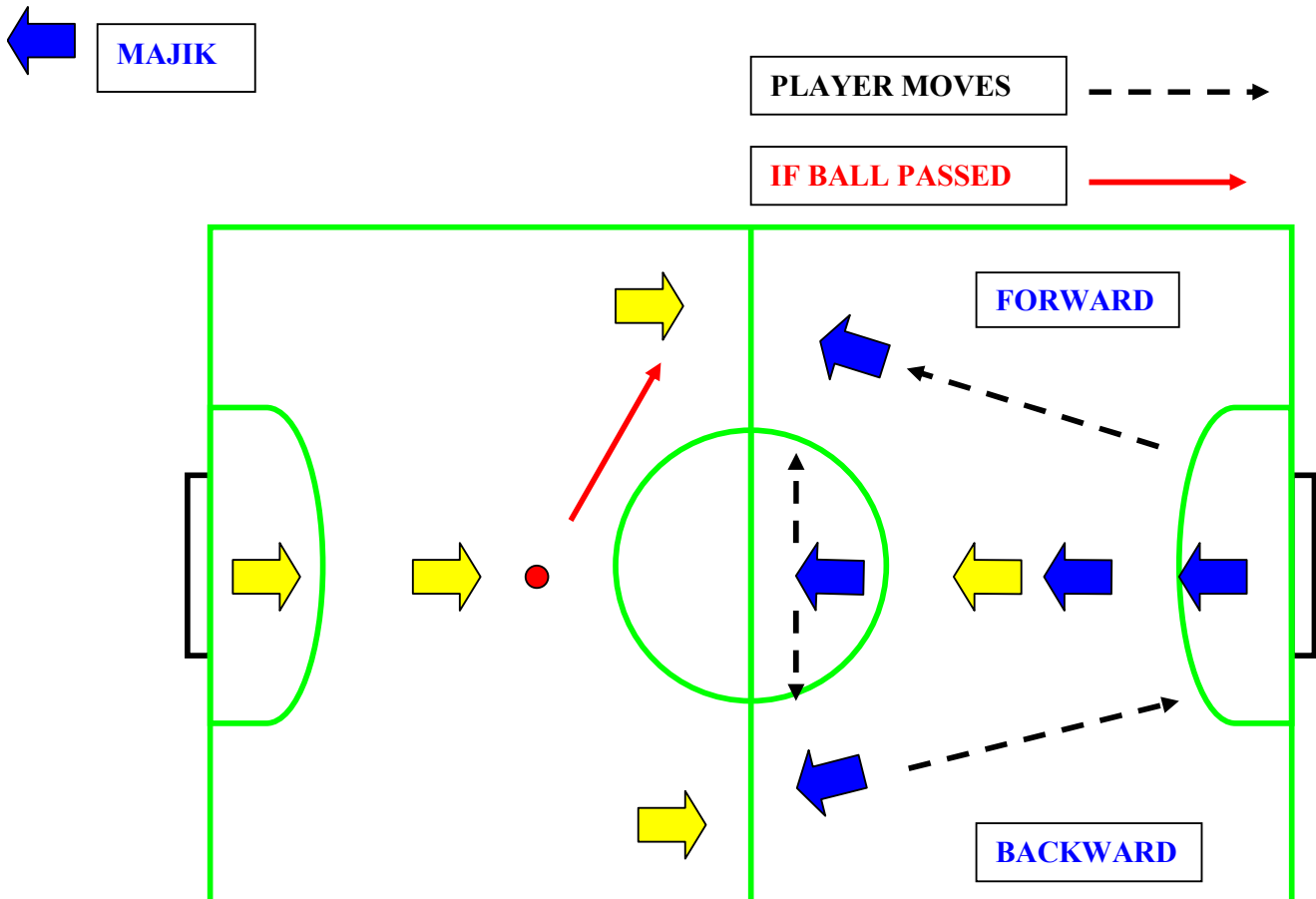
One player must always WATCH THE BACK DOOR, because the opposition might breakaway and attack

If you are a player defending three (3) attackers, you must defend against the middle player and their support player running wide, and let the keeper defend the attacker with the ball on the other wing



DEFENCE - When possession is lost

- Use the Defence Diamond with floating target
- BLOCK THE MIDDLE
- The player on the ball side moves forward
- Do not stand square of the opposition player
- Defend Man on Man
- Do not “BALL WATCH”
- Stand on the Goal side and “BLOCK ALL SHOTS”



PROTECTING THE BALL

Always shield the ball side on to the opposing player, because they cannot reach the ball, and you know where they are by feeling them on your shoulder, but you can look for your players to pass the ball to

All 50/50 balls must be won

DEFENDING A FREE KICK

1. You have 5 seconds to set up a wall.
2. Let the referee push you back the 5 Metres.
3. The person on the end of the wall faces the goalkeeper so that the wall can be lined up with the goal post to prevent the ball being shot into the bottom corner.
4. When the wall is in position, the player at the end of the wall turns to face the ball and the wall stands close together with their legs together.
5. This allows the goalkeeper to stand at the other end of the goal mouth.
6. Use two (2) players in the wall if the ball is not in our quarter of the court.
7. If the ball is in our quarter use three (3) or four (4) players.
8. If the ball is in front of our goals on the edge of our goal circle, then stand four (4) players on the goal line with our goalkeeper in front of the wall.
9. Look for the referee to indicate if it is a direct free kick.

TAKING A FREE KICK

1. Quickly walk over and stand on the ball so the referee will start counting the 5 seconds and puts the pressure on the other team.
2. If it is a direct free kick in the opposition quarter, then use the following move.
3. Use the play where four (4) players run over the ball and the fourth player shoots the ball.
4. At other times use two (2) players over with the first player running over the ball and blocking the wall and the second player passing the ball to one of the other two (2) players should shoot at the goal or across the front of the goal mouth to his team mate on the other side of the court.



ATTACK

Possession is the most important part of the attack, because you cannot score without the ball

The pass is the most important part of possession, because it must be accurate and kicked flat and hard to beat the opposition

If you pass the ball square – Run Diagonal and if you pass the ball diagonal – Run Square

Remember that you can “Block Run”

Always when you run you must vary your Speed and Direction

Players without the ball are more important than the player with the ball because they have to give the player with the ball three (3) options by moving into space away from opposition players

Always have three (3) players in attack

Always have a player on the far post

If the ball is passed to you in the target position, and you do not have a defender to beat, simply deflect the ball with your foot, turn and shoot

The target player can lead a defender away from the front of the goal and thereby open the goal mouth for his team to attack

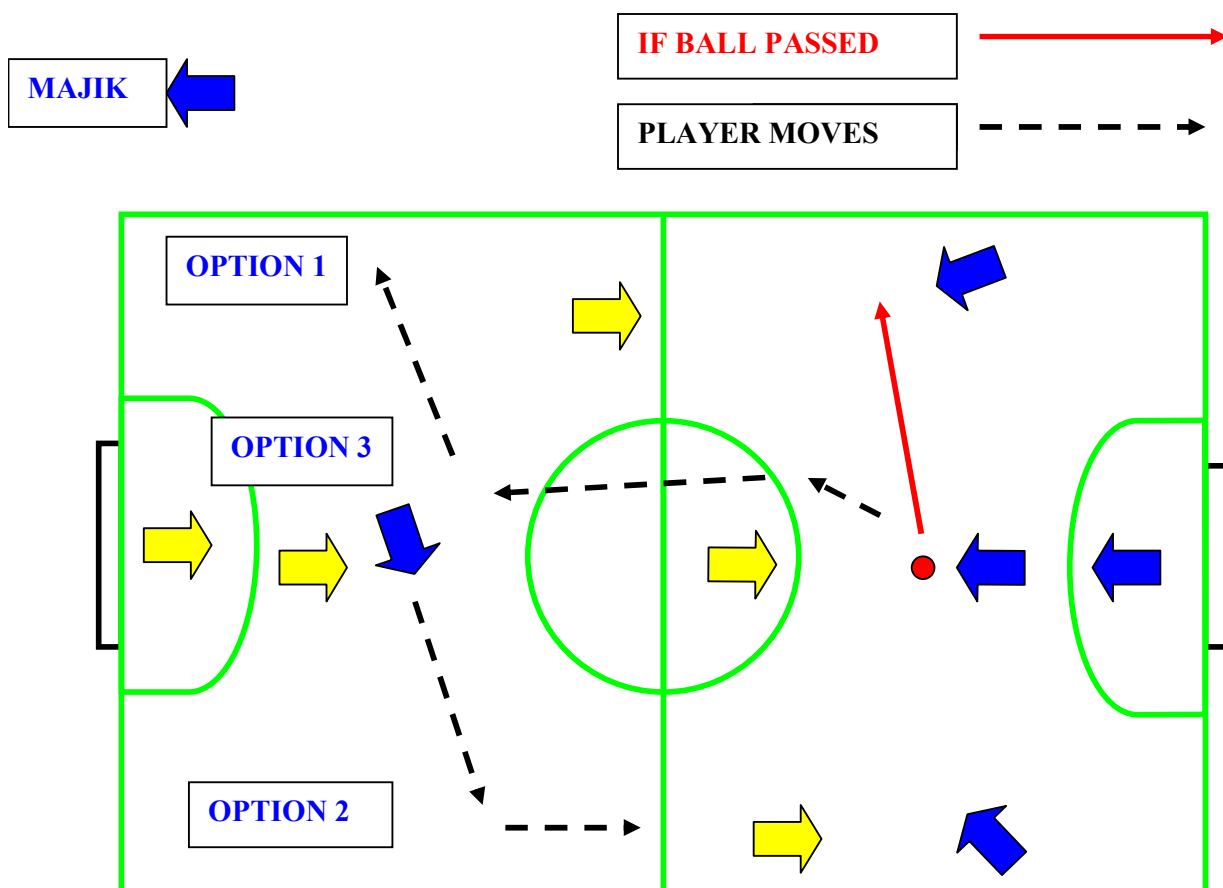


ATTACK

- The player with the ball should lay off left or right.
- Use four (4) players in figure 8 movement.
- The target should look to receive.
- The centre runner should run forward while facing backwards in the opposition half.
- Always cover the far post when attack on goals is on.

PASSING THE BALL

- Pass the ball firmly.
- Pass the ball accurately.
- Keep possession of the ball.
- Often the first option is the best option so pass the ball.
- Give the player with the ball at least two (2) options.
- Do not hold the ball too long.
- Use back passes.
- Pass then run, “THIS IS A RUNNING GAME”.
- Sometimes block the defender to give your receiver a free run.



The “FCB Majik” ATTACKING SYSTEM

SOME OF IMPORTANT PRINCIPAL POINTS

The basic activities in attack are; the Reception of the ball, carrying the ball, feints, pass or shoot, and how to attack the goalkeeper.

The most important among them is "the pass".

It is imperative not to carry the ball for long periods so as to prevent tiredness and increases the quality of the game.

You must always remember that it is a team sport. So, pass the ball in such a manner as to maximise your options.

The ball is the key to the game. If we have the ball they cannot score and they will tire quickly.

The pass must be done firmly and accurately with correct weight.

If you are the last man you should never take your opponent on, unless some special conditions apply.

Always conserve your energy by making all your moves purposeful.

If you have the ball it is your responsibility to **initiate a move**.

If you do not have the ball it is your responsibility to create an option for the ball carrier to pass the ball to you.

Use of feints to lose your marker to create this option should be used.

If you are preparing a feint, you must think about what you are going to do after e.g. shoot or pass...

A good feint creates space and time. It also has a **negative psychological effect on your opponent**.

Persistence is of the essence. If the first feint does not succeed try again. Try to hide your personal cues. Just show them on the last step of your move. Improvements on right and left foot provide more options.

If you are the ball carrier it is your responsibility to always keep the ball in an area of the field where your team mates can create passing or shooting options. Never carry the ball into an area of the field that severely restricts your ability to pass or shoot. e.g. close to the goal line or both attacking corners.

Belief in success is an important component of an attacking situation. The defender can fail sometimes.

All fifty-fifty balls must be won. It demonstrates commitment and has a detrimental psychological effect on your opponent.

Avoid making square passes, mainly in your goal area.

“Majik is a State of Mind”

GENERAL SUMMARY

ATTACK

- Two at the back to start
- Look up the line for option 1 - if not on
- Carry the ball to the middle
- The flank from option 1 should drop to support
- This results with three players at the back if option 2 or 3 is not taken
- The player with the ball could lay off left or right
- Use four (4) players in figure 8 movement
- The target should look to receive
- The centre runner should run forward while facing backwards
- Always cover the far post when attack on goals is on

PASSING THE BALL

- Pass the ball firmly
- Pass the ball accurately
- Keep possession of the ball
- Often the first option is the best option so pass the ball
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- Pass then run
- Sometimes block the defender to give your receiver a free run.

CORNER KICK

- Run a decoy
- Use twins of triplets move
- Block the defenders and the goal keeper

FREE KICKS

- Run over the ball
- Stop the wall from breaking
- Two (2) players stand deep to put ball across the goal mouth

SIDE KICK-IN

- A side kick is as good as a free kick
- Give options to the player who kicks in
- Play an easy ball
- The person kicking the ball in could run and receive it back

