

York University
Faculty of Health
Kinesiology & Health Science
HH/PKIN 0330 – Futsal (Indoor Soccer)
Course Outline – Section M

Instructor: Luca Forno
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Meeting with Instructor: *contact me via email.* When sending an email to the instructor, the Course Number *PKIN 0330* should be in the subject field.

Schedule: Tuesday/Thursday 8:30 am-9:30 am

Location: Main Gym (Tait Mckenzie Building)

Pre-requisite: None

Required Course Materials: FIFA – Futsal Laws of the Game
[Circular-No-1806-Futsal-Laws-of-the-Game-2022-23_EN.pdf \(fifa.com\)](#) (click on the PDF file to access the document)

Recording of Lectures: Students are permitted to manually record information in lectures, labs, seminars, etc. in the form of note-taking for personal use. Any other form of recording (such as audio or video) is allowed only with the prior written consent of the instructor, or if recording is part of an approved accommodation plan.

Dress Code and Footwear:

All students are expected to dress appropriately for all classes. Athletic attire is required in order for you to participate (e.g., shorts, sweatpants, t-shirts, running shoes, etc.). If you have indoor shoes and shin pads, please wear them. (Flat indoors are recommended)

Course Description:

This course will introduce the student to the techniques of futsal; dribbling, passing, shooting, defending, and the key factors inherent in every technique and how to apply these techniques in game situations. The course will resemble a senior level coaching course where by the student learns to execute a training session and apply the learning to their peers in game situations. The course will also cover the laws of the game, strength and conditioning specific to futsal players, and game analysis. This course will help the kinesiology student learn the key factors of skill development in futsal and how to teach these to students with proper progressive training plans. The students will also analyze the futsal player's physical preparation, motor skill development, and injury prevention.

Course Evaluation and Grading:

1. Participation – 50%

Participation will include the evaluation of effort, being on time, leading warm ups, and participation during on field activities.

2. Attendance – 20%

3. Laws of the Game Test – 30%

Throughout the course, you are required to read and learn the Laws of the Game (you can access this document from the link provided under “Required Course Materials”). The reading schedule is outlined below in the tentative schedule. On the last day of the course, your knowledge of the Laws of the Game will be evaluated with a multiple choice test.

Tentative Weekly Schedule

Week	Class	Reading
1	Jan 10 – Course Introduction, Small-Sided Games Jan 12 – Warm Up Introduction (FIFA 11 Warm Up), Fundamentals/Full sided Games	1- The Pitch 2 - The Ball 3 - The Number of Players
2	Jan 17 – Passing and Receiving (Front Roll/Overlapping) Jan 19 – Passing and Receiving (Movement off the ball/Short Passes)	4 – The Players’ Equipment 5 – The Referee 6 – The Assistant Referees
3	Jan 24 – Dribbling Jan 26 – Dribbling/Running with the ball	7 – The Duration of the Match 8 – The Start and Restart of Play
4	Jan 31 – Understanding Positions Feb 2 – Full Game	9 – The Ball in and Out of Play 10 – The Method of Scoring 11 - Offside
5	Feb 7 – Attacking Principles (Pivot) Feb 9 – Possession (Small sided activities)	12 – Fouls and Misconduct 13 – Free Kicks 14 – The Penalty Kick
6	Feb 14 – Rules of the Game Feb 16 – Using the Goalie/Goalie Session	15 – The Kick In 16 – The Goal Clearance 17 – The Corner Kick
7	Feb 28 – Shooting Mar 2 – Shooting/Volleys	Procedures to determine the winner of a match/ Home or Away

8	Mar 7 – Wide Play/Finishing Mar 9 – Defensive Principles	The Technical Area
9	Mar 14 – Referee Principles Mar 16 – Coaching Principles	Referee and Assistant Referee Signals
10	Mar 21 – Video Session Mar 23 – Strength and Conditioning Talk	Interpretation of the Futsal Laws of the Game
11	Mar 28 – Futsal Tourney Mar 30 – Futsal Tourney	
12	April 4 – Laws of the Game Test Apr 6 – Tournament Day	