



# 2009/2010 Frederick Futsal® League

(5-a-side Indoor Soccer)

## WINTER SESSION 1 INFORMATION

**Come play Futsal®.** It's the only indoor soccer recognized by FIFA. Coaches focus on your players' fundamentals during the winter months. Play in this fun, exciting Futsal league and experience what so many coaches and club administrators are raving about across the country. **Futsal® is the indoor soccer game of the future. The Frederick Futsal League is the ONLY sanctioned Futsal league in Frederick County.**

Futsal is a small-sided soccer game (5v5 – 4 field players and a goalkeeper) played on a smaller field (roughly a basketball court) with a smaller low bounce ball. Futsal is played with touchline boundaries. There are no walls in play. This is the game that outdoor soccer players around the globe play when they are indoors to refine and maintain their control, skills and touch. It is superior to walled soccer in terms of developing better skills and technique. In traditional American walled soccer, players regularly whack the ball (and sometimes their bodies) against the boards which promotes improper technique and too often rewards errant play. In Futsal, players are constantly reminded to play the same quality control game that is required for success in the outdoor game. Futsal develops skill, control, and technique. A small field with lines puts players constantly under pressure from other players and out-of-play boundaries. Players must learn to settle the ball rapidly, cut sharply, shield effectively, pass quickly and move into space.

### League Information:

The league will be played Monday through Thursday evening at the Monocacy Valley Church, 9861 Old National Pike, Ijamsville, MD 21754. Sunday matches may also be played at the Trinity School of Frederick, 6040 New Design Rd., Frederick, MD. Winter Session 1 will begin Monday, November 9 and ends in January. Kick off times will be from 5, 6, 7 or 8:00 PM. The league is open to U9/10 through U13/14 boys and girls teams.

We will offer a Classic Division for recreation teams as well as a Premier Division for competitive teams. If we do not receive enough registrations in the Classic Division then those teams will be merged with the Premier Division to create one division.

Match days and times listed below are tentative and subject to change.

U9/10 Boys – Wednesday's at 5, 6 or 7 PM.

U9/10 Girls – Thursday's at 5, 6 or 7 PM.

U11/12 Boys – Wednesday or Thursday at 7 or 8 PM.

U11/12 Girls – Monday or Tuesday at 7 or 8 PM.

U13/14 Boys and Girls – Sunday at Trinity School.

All age groups may play a game on Sunday at the Trinity School.

- Each team will play at least 6 matches. Each match will be 40 minutes long (2x20 minute halves).
- Team rosters are limited to 12 players.

- The team registration fee is **\$375**. This includes referee fees and US Futsal player and coach registration.
- **Space is limited and registrations will be accepted on a first come first serve basis.**
- All coaches, players and teams **MUST** register with US Futsal® prior to competing in the league. This covers all players and coaches with secondary medical insurance coverage. All associated US Futsal fees are covered by your league registration.
- The league is sanctioned by US Futsal ([www.futsal.org](http://www.futsal.org)) through Maryland Futsal ([www.marylandfutsal.com](http://www.marylandfutsal.com)).

**U8 Academy:**

We will also introduce a U8 Futsal Academy for 7 and 8 year olds. The academy registration is only \$50 per player and includes a league T-shirt. The one hour academy setting will include 30 minutes of Futsal skill training with a match the final 30 minutes. The academy will run on Monday or Tuesday's from 5 to 6 PM or 6 to 7 PM.

**Need a Team:**

Individual Player registrations are available for any U10-U14 player who does not have a team to play on and would like us to find a team for them. The Individual Player Registration Fee is \$50.

For more information about the league and U8 Academy please contact Jim Oman at 301-257-4872, e-mail [futsaloman@aol.com](mailto:futsaloman@aol.com) or visit [www.soccersensationsllc.com](http://www.soccersensationsllc.com).