



# Futsal for SGOs

PRIMARY  
SECONDARY

## What's unique about Futsal

Futsal is a fast-paced, small-sided form of football played on a hard court with a low-bounce ball, demanding constant involvement, creativity and quick decision-making. It is inclusive, easy to deliver indoors or outdoors, engages all abilities and develops physical literacy, teamwork, confidence and resilience. Futsal offers meaningful competition, clear progression and leadership opportunities while supporting pupil voice, personal development and equality. Futsal strongly reflects the School Games vision of creating life-long participation in sport by offering an accessible, enjoyable and inclusive format that young people want to continue beyond school. Futsal places young people at the centre of activity, promoting equity through mixed-ability and mixed-gender opportunities, and removing barriers through simple facilities and equipment. Futsal inspires pupils by developing creativity, confidence and enjoyment, while leadership and volunteering opportunities through officiating and young-leader roles build employability skills.

## What is the intent of your format



Increase regular participation and motivation



Create positive experiences



Develop leadership, character, life skills

Futsal in schools increases regular participation by providing a fast, fun and inclusive format that keeps all pupils actively involved through constant touches, quick games and simple rules. Its high-energy nature motivates young people to return, building positive habits around physical activity and sport.

Futsal creates enjoyable experiences by encouraging creativity, teamwork and confidence in a safe, supportive environment where success is achievable for all abilities.

Leadership and character are developed through officiating, team roles and decision-making under pressure, while life skills such as communication, resilience, respect and problem-solving are embedded naturally through play, competition and reflection within lessons and extracurricular activities.

## Target group benefits



All young people

Futsal helps all children and young people by offering an inclusive, exciting and accessible way to take part in sport, regardless of ability, background or previous experience. The small teams and fast pace ensure everyone is involved, increasing confidence and enjoyment while reducing barriers to participation.

Through futsal, young people develop:

- Physical skills such as agility, coordination, balance and fitness
- Technical ability including ball control, passing and shooting
- Social skills such as teamwork, communication and leadership
- Psychological strengths including confidence, resilience and emotional control
- Thinking skills such as decision-making, creativity and problem-solving.

Futsal also builds character, promotes respect and encourages lifelong participation in physical activity and sport.

## It's just not futsal if you...

1

Don't try to have fun by being skilful and creative!

2

Don't try to find solutions to challenges with your teammates.

3

Remove the unique constraints of the game:

**1. The Ball:** Futsal must use a low-bounce futsal ball. This is essential because it keeps the game fast, skilful and focused on close control, passing and playing along the floor. Changing the ball changes the nature of the game.

**2. The Playing Surface & Space:** Futsal is played on a hard, flat surface and within defined boundaries. The ball must go out of play. This creates intensity, fast transitions and decision-making in tight spaces – a key feature of futsal.

**3. The Laws of the Game:** Key futsal laws such as kick-ins, rolling substitutions, the four-second rule and foul limits give the game its tempo, discipline and unique challenge. These rules shape player behaviour and style of play and must be maintained for authenticity.





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## How to run inter-competition: Inter-School Futsal Competition (5v5)



### How to set up

#### Group Stage (Round-Robin)

- Set up and play a round-robin group stage, so all teams/schools play each other once (four schools = six group matches)
- Award points for each match result: Win = 3, Draw = 1, Loss = 0
- Rank teams based on points, using goal difference as tiebreaker.

1 Team A vs Team B

4 Team B vs Team D

2 Team C vs Team D

5 Team A vs Team D

3 Team A vs Team C

6 Team B vs Team C

#### Knockout Stage

- Semi-finals: 1st place vs 4th place, 2nd place vs 3rd place
- Winners of both matches progress to the final, to play for 1st and 2nd
- Optionally, losers play for 3rd place.

Duration of games: depends on the time available (recommend 10-minute games)



### Age group

- KS2 (7-11 years old)
- KS3 (11-14 years old)
- KS4 (14-16 years old)



### Gender

Male / Female / Mixed



### Participant numbers

28-42 players.

- 28 players would equate to four teams of 5-7 players from 2-4 schools
- 35 players would equate to five teams of 5-7 players from 2-5 schools
- 42 players would equate to six teams of 5-7 players from 2-6 schools.

Invite participating schools to bring a team consisting of 5-7 players.

Teams will require 5 players on court and can use rolling substitutions.

Schools can consider bringing two teams allowing up to 14 players to travel on a school mini bus.

*\*Time needs to be considered when inviting schools, information above is based on the availability of one sports hall for up to 2 hours.*



### Target audience

- An inter-school futsal tournament should target schools, staff, and students with prior experience in the game through curriculum or intra-school events
- Futsal's unique rules and fast pace require familiarity for confident participation, ensuring players understand strategies and gameplay
- Experienced students are more motivated, competitive, and able to contribute to a dynamic tournament, while staff can efficiently manage teams and guide players. Focusing on participants who already know the sport builds on existing skills and interest, enhancing teamwork, engagement, and enjoyment. This approach ensures a well-organised, rewarding event and encourages continued participation in inter-school futsal competitions.





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## Benefits for YP

- **Enjoyment and engagement:** Futsal's fast-paced, inclusive format keeps young people active, engaged, and motivated to participate again
- **Friendship and belonging:** Playing in mixed teams helps pupils build friendships, improve communication, and feel part of the school community
- **Resilience and determination:** Players learn to cope with mistakes, setbacks, and challenges, building perseverance and confidence
- **Respect and sportsmanship:** Futsal teaches respect for teammates, opponents, and officials, promoting fair play and positive behaviour
- **Emotional control:** Competitive play helps young people develop self-control and manage emotions such as frustration, excitement, and nerves
- **Teamwork and responsibility:** Players learn to communicate, understand their role, and recognise how their actions contribute to team success
- **Grace in success and defeat:** Young people learn to celebrate respectfully and accept setbacks with maturity
- **Value of practice and goal-setting:** Training encourages discipline, highlights the link between effort and improvement, and helps players set realistic personal and team goals
- **Aspiration and self-improvement:** Competition inspires young people to challenge themselves, build confidence, and strive to improve.



## Roles for YP

Young people can be:

- **Tournament Leader:** A senior YP can oversee the flow of matches, check schedules, and communicate with referees and organisers
- **Officials:** Train YP to referee matches or assist referees, making them responsible for enforcing rules. Assign roles such as timekeeper or scorekeeper
- **Organisers:** YP can help to set up equipment (balls, bibs, goals), ensure court safety (check markings, clear hazards), help organise team rotations and match schedules
- **Results and Record-Keeping:** YP can record scores, track points, and update leaderboards. Announce match results and maintain accuracy for rankings.



## Progression

Intra-school futsal competitions provide the foundation for inter-school tournaments by developing students' skills, confidence, and understanding of the game. Playing within their school familiarises students with futsal's unique rules, fast pace, and small-team strategies, preparing them for higher-level competition. These events also allow teachers and coaches to identify talented or enthusiastic players to represent the school, ensuring competitive teams.

Intra-school matches help students understand match structures, timing, and substitutions, reducing anxiety and improving readiness for inter-school play.





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## Additional support

Futsal is a fully inclusive sport. To support you to adapt your practice, check out the [SEND Inclusion Toolkit](#) co-created by the Youth Sport Trust (YST) and the National Disability Sports Organisations (NDSOs) who are the leading experts within inclusive sport. They provide advice, support and opportunities for people of all ages with specific impairments. [The toolkit](#) provides you with an introduction to each special education need and disability, key top tips for creating an inclusive environment and signposting to further training and development opportunities within each NDSO. It will help you adapt any practice in addition to our suggestions to make it inclusive for all.

## Physical Literacy

Futsal is a powerful tool for developing physical literacy as it naturally enhances fundamental movement skills. It also encourages young people to move, think, feel and connect. There are suggested adaptations across all formats to ensure futsal can be enjoyed by everyone, but if they are not suitable then use the THRIVE principle to remove barriers, make changes and give ownership to your young people.

For further support, look to the Physical Literacy Enactment Guide - Community, which can be found by [clicking here](#), and going to the “Getting Started” guide section to download it.

## NGB regional contacts

- For further support please contact [info@englandfutsal.com](mailto:info@englandfutsal.com)

## Personal development

England Futsal have a range of additional learning opportunities as set out below:

- A teacher or staff member can qualify as a futsal coach through the [FA Introduction to Futsal Course](#) (online, free, 60 minutes, open to ages 16+), enabling staff and students to lead regular futsal sessions in school
- Older pupils (15–18) can complete the [ESFA Young Leaders Award](#), giving them the skills and responsibility to lead sessions and support younger pupils through peer-led coaching
- For match play, staff and young leaders should complete the [FA Guide to the Futsal Laws of the Game](#) (online, free, 1 hour 50 minutes, open to ages 14+) to ensure games are delivered fairly and safely
- Schools may also choose to engage external futsal providers, particularly where in-house futsal experience is limited.

## Where to participate next?

- [England Futsal](#) is “the home of futsal in England”, offering support for grassroots clubs, youth development, coaching, refereeing and performance pathways. Schools, parents and pupils can register for free as members to be part of that wider futsal community.

## Where to compete next?

After delivering intra-school futsal, teachers can use the England Futsal pathway to signpost pupils to local clubs or partner leagues — offering them entry-level (Activate) or competitive (Challenger / Youth Cup) fun, while still under a supported structure.

For pupils showing promise, teachers (or school-linked coaches) can nominate them for higher-level training and competition via the Talent Development Programme — helping them progress beyond school sport. This pathway ensures continuity: from school PE » local club » regional/national competition » potential elite training — giving pupils real upside and incentive.

For more information, visit [England Futsal](#).





## Why Futsal for your school?

Futsal is a fast, inclusive format of football that helps young people develop physical fitness, technical ability, confidence and teamwork. Played on a hard surface with a smaller, low-bounce ball, it increases ball touches, decision-making and creativity while keeping all pupils actively involved. Futsal also supports PE National Curriculum outcomes across physical, social and psychological development and links directly to the FA's key capabilities for player development. It is easy to deliver indoors or outdoors and engages learners of all abilities.

## How to use activities in curriculum time

Futsal supports many PE National Curriculum outcomes and can be easily adapted for lessons or extra-curricular clubs by adjusting space and player numbers; a sports hall or playground with netball markings is ideal for delivering 5v5 games to classes of around 20-30 pupils.

England Futsal have also recently developed an introductory resource for school teachers to help you activate futsal within your educational setting. You can download this resource for free at [Futsal Coaching Resources – England Futsal](#).

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Thrive isn't a checklist – it's a lens to help you sense check quality and inclusion, so consider the following when choosing which format to deliver and how it supports your young people to have a positive experience with physical activity:

- **TAILORED:** does your event support the needs, strengths and circumstances of the group?
- **HOLISTIC:** do the selected activities support young people to move, connect, think and feel?
- **REFLECTIVE:** have you built in time to allow young people to reflect on their engagement and to make choices about what they want to take part in next?
- **INCLUSIVE:** does your event support all young people to engage, feel welcome and included to take part?
- **VARIED:** have you planned for activity differentiation with equipment, space, task and outcome to provide appropriate challenge and maintain interest for all?
- **EMPOWERING:** have you consulted your young people to ask what they want to do, and how they want the event to run? Often, they create better rules and adaptations than we do, which gives them ownership and a positive experience.

For further support, look to the Physical Literacy Enactment Guide - Education, which can be found by [clicking here](#), and going to the "Getting Started" guide section to download it.





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### How to run intra-competition: Intra-School Futsal Tournament



#### How to set up

##### Group Stage (Round-Robin)

- Set up and play a round-robin group stage, so all teams/schools play each other once (four schools = six group matches)
- Award points for each match result: Win = 3, Draw = 1, Loss = 0
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##### Knockout Stage

- Semi-finals: 1st place vs 4th place, 2nd place vs 3rd place
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Duration of games: depends on the time available (recommend 10-minute games)



#### Age group

KS2 (7-11 years old)

KS3 (11-14 years old)

KS4 (14-16 years old)



#### Gender

Male / Female / Mixed



#### Participant numbers

20+

- Divide participants into teams of 5–7 players
- Each team will require 5 players on court and can use rolling substitutions.



#### Target audience

- Futsal is a sport that can be played and enjoyed by everyone
- It is an inclusive and flexible activity for all students
- You can create mixed-ability teams rather than selecting by skill
- You can set up small-sided games to maximise involvement
- Ensure you provide clear rules and demonstrations using simple language
- Moreover, use inclusive signage and visuals for instructions.



#### Benefits for YP

- **Enjoyment and engagement:** Futsal's fast-paced, inclusive format keeps young people active, engaged, and motivated to participate again
- **Friendship and belonging:** Playing in mixed teams helps pupils build friendships, improve communication, and feel part of the school community
- **Resilience and determination:** Players learn to cope with mistakes, setbacks, and challenges, building perseverance and confidence
- **Respect and sportsmanship:** Futsal teaches respect for teammates, opponents, and officials, promoting fair play and positive behaviour
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## Roles for YP

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- **Results and Record-Keeping:** YP can record scores, track points, and update leaderboards. Announce match results and maintain accuracy for rankings.



## Progression

Intra-school competitions link directly to the PE curriculum by giving pupils a chance to apply skills learned in lessons (e.g., passing, teamwork, tactics). They support physical, social, and emotional development, encourage inclusion, and provide challenge and progression.

Competitions also allow pupils to take on leadership roles, develop life skills, and increase motivation and engagement. By participating, pupils consolidate learning, experience the value of practice, and enjoy the benefits of sport in a structured, competitive, and inclusive environment.

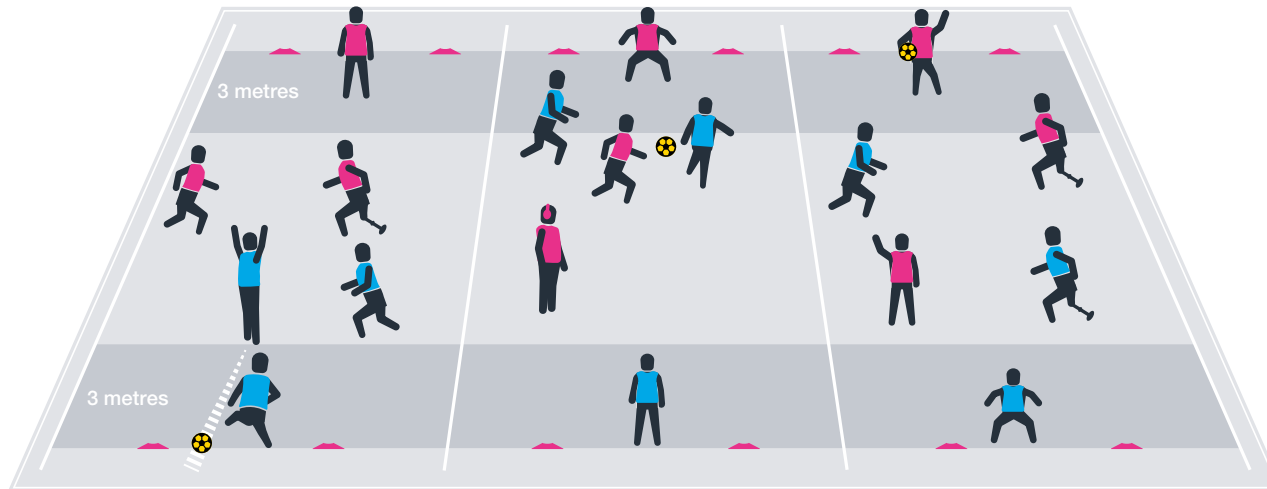




# The 3-2-1 Game

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This activity is a great game to use as part of an intra or inter school's festival format. It allows for the teachers to be flexible with numbers whilst ensuring multiple small sided games can happen simultaneously providing lots of opportunity for all students to play and enjoy the game.



## How to play

- Split players into three groups, each playing 3v3 or 4v4 in their own third of the court (use one rolling substitute if needed)
- Each court has one ball, and games are played as normal futsal, with teams competing to score in the opponent's goal
- Goals can only be scored from within 3 metres of the goal
- A timed futsal game is played where goals are scored with diminishing points per player:
  - a player's first goal is worth 3 points,
  - their second is worth 2, and
  - every additional goal is worth 1
- Teams accumulate points until time runs out
- The game encourages tactical decision-making about who shoots and when.

## Safety

- Ensure all the courts are set up with clearly marked boundaries.

## Equipment required

- Cones (12 large cones to create 6 mini-goals)
- Futsal balls (one for each court)
- Bibs (enough for three teams)
- Flat markers

## Space required

- Split a sports hall into thirds. Each group will play a 3 v 3 or 4 v 4 game across a third.

## Estimated set-up time

- 5-10 minutes.

## Difficulty level



## How to make it easier

- You can increase the size of the playing area or use multiple goals
- Set teams and opponents based on ability/confidence levels
- Play 4v3 or 5v4 to make it easier for the team with the extra player
- After each game the same players stay on the same court, but they mix the teams

## How to make it harder

- You can decrease the size of the playing area or add goal keepers
- Create 1v1 marking duels between the better players on each side where they are only able to tackle each other
- You can even change the size/location of the goals (smaller goals make it harder to score)

## Spirit of the Games



- How can we show respect to teammates and opponents, even when goals are worth different points for different players?
- How can we congratulate our team mates and our opponent at the end of each game?



- How can we work together as a team when not everyone scores the same number of points?
- How did you and your teammates work together and support each other during the game?



# The Target Game

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This activity is a great game to use as part of an intra or inter school's festival format. It allows for the teachers to be flexible with numbers whilst ensuring multiple small sided games can happen simultaneously providing lots of opportunity for all students to play and enjoy the game.






## How to play

- Split players into 3 groups, each playing a 4v4 game in their own third of the court. Rolling substitutes can be used if required
- Each court uses one ball, and the game is played like normal futsal
- Instead of goals, teams score by passing to a target player who is positioned on the opponent's end line. A successful pass to the target earns a team one point (the target player should be encouraged to receive the ball with the sole of the foot)
- The passer and target swap positions after scoring and the opposition restart with the ball.

## Safety

- Ensure all the courts are set up with clearly marked boundaries.

## Equipment required

-  Futsal balls (one for each court)
-  Bibs (enough for three teams)
-  Flat markers

## Space required

- Split a sports hall into thirds. Each group will play a 4 v 4 game across a third.

## Estimated set-up time

- 5-10 minutes.

## Difficulty level



## How to make it easier

- Add another target player or a target goal in addition to the player
- Introduce a rule whereby players can only be tackled in the opponent's half
- Set teams and opponents based on ability/confidence levels
- After each game the same players stay on the same court, but they mix the teams

## How to make it harder

- Reduce the width of the area the target player can receive in
- Introduce a rule whereby passes to the target player must be first time
- Make the playing area narrower reducing the space and time available to the players
- Remove the target player and players now need to travel with the ball or pass to a team mate who moves into an end zone to receive

## Spirit of the Games



- How did you keep trying when the game was difficult or you weren't scoring?
- Can you identify one player on your team and one on the opponent's team who showed great resilience during the game?



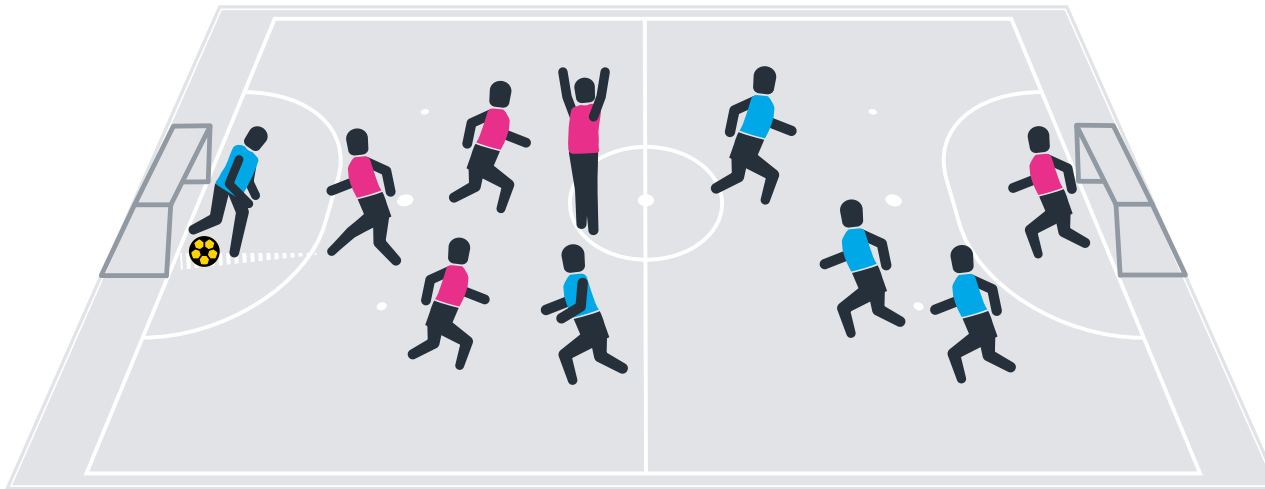
- Did anyone have to be honest about a mistake or a rule today? How did it help the game?
- Can you share with your teammates one thing you think the team could do to improve?





# Futsal – Playing the Game

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## How to play

- Split players into two teams, with 5 players on each team
- The game has one ball, and games are played as normal futsal, with teams competing to score in the opponent's goal
- Goals can be scored from anywhere on the court. Games are played in two halves with each half for youth games up to 20-minutes in length
- **Kick Off:** The game starts with a kick off from the centre of the court
- **Side Line Restarts:** If the ball goes off the side of the court, play is restarted with a kick in from the line
- **Corner:** If the ball goes off at the end line touching a defender last, the game restarts with a corner ball
- **Goal Clearance:** If the ball goes off at the end line touching an attacker last, a Goal Clearance follows with the GK restarting the game from their hands inside their D
- **4 Second Rule:** With all restarts the team in possession has 4 seconds to restart the game once they have control of the ball
- **Accumulated Fouls:** A team is allowed to commit up to 5 fouls in a half. Any fouls after the 5th result in a 10m penalty. This is a direct shot on goal
- **Penalty Kicks:** Penalty kicks occur if an attacker is fouled within the D
- **Goalkeeper Rules:** A GK may not receive the ball again once they have had possession in their own half unless it touches an opponent or they advance and receive the ball in the opponent's half
- **Substitutions:** Substitutions are unlimited during the game and should be made between the substitution gate with the player leaving the court before the player entering the court
- **Match Officials:** There can be 1 or 2 referees officiating at youth level. Referees move up and down the side line to officiate the game
- **Goals:** After a goal is scored, the game is restarted from the centre spot by the opponent
- **Offsides:** There are no offsides in futsal.

## How to make it easier

- Set teams and opponents based on ability/confidence levels
- Play 5v4 to make it easier for team with the extra player
- After each game the same players stay on the same court, but they mix the teams
- Allow the GK to receive the ball unlimited times

## How to make it harder

- Reduce the size of the playing area
- GKs are restricted to distributing the ball from Goal Clearances within their own half only
- Create 1v1 marking duels between the better players on each side where they are only able to tackle each other
- Challenge individual players on how they can score (e.g. First time only, from inside the D)
- Scores are switched at half time to challenge and motivate both teams









# Futsal – Playing the Game

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## Safety

- Ensure all the courts are set up with clearly marked boundaries.

## Equipment required

-  2 Goals – 3mx2m (Use cones if futsal goals not available)
-  Futsal balls (one for each game)
-  Bibs (enough for two teams)
-  Flat markers (if no court lines available)

## Space required

- To play a 5v5 youth game of futsal the space can be as small as 25m x 15m, or up to 40m x 20m.

## Estimated set-up time

- 5-10 minutes.

## Difficulty level



## Spirit of the Games



- Highlight a teammate during the game who earned your respect? What did they do and why did their actions stand out?
- Highlight an opponent during the game who earned your respect? What did they do and why did their actions stand out to you?



- How can we support the confidence of our teammates?
- How can we help each other on court by sharing feedback and guidance?