Learning Task:

1. Read the introduction and discuss with your partner what’s good about the text and what’s not so good about this text. How can we improve the text?
2. Copy and paste the Introduction into AcaWriter. Compare your analysis with AcaWriter. Is it the same? What’s the feedback from AcaWriter? How can we improve the text based on the feedback from AcaWriter.
3. Revise the text based on the feedback from AcaWriter and resubmit your revision to AcaWriter.

Futsal is the official name for the 5-a-side indoor version of soccer (i.e. 1 goalkeeper and 4 outfield players) that is sanctioned by soccer's international governing body Federation Internationale de Football Association (FIFA). Futsal was introduced in 1930 and its popularity is growing worldwide. Since 1989, the Futsal World Cup has been contested by countries from all continents every 4 years and involved 16 teams in 1989 growing to 24 teams in 2012. Futsal is a 2 x 20-min game of high-intensity and intermittent actions requiring high physical, tactical, and technical efforts from the players. The court measures approximately 40 x 20 m with 3 x 2-m goals. Futsal is played within both professional and amateur leagues and uses a smaller (size 3 or 4) low-bounce ball, relative to normal, outdoor soccer. During FIFA-organised competitions, teams are made up from a squad of 12 players (2 goalkeepers and 10 outfield players) and unlimited substitutions are permitted. Futsal was designed to maintain the rhythm and intensity of play throughout the match, and achieved via ‘rolling’ substitutions. The time is stopped when the ball is out of play and for any events that may waste time, meaning that the game usually lasts 70-85% longer than the scheduled total of 40-min. Despite its popularity, limited research has been undertaken into futsal possibly due to the lack of financial interest in the game (relative to soccer). And, of these research articles, most have addressed the game analysis and/or physiological demands on players during match play and training, with little or no evidence relating to skill performance (e.g. shooting and passing). Skilled soccer players can recognise and recall patterns of play more effectively than their less skilled counterparts. Understanding futsal skills would allow practitioners to transfer beneficial information to the player and so a greater understanding of the physical and skill requirements would certainly aid in the development of the sport. Therefore, the aim of this review is to highlight the current body of evidence relating to the physical, physiological and skill demands of futsal and identify gaps for future research.