



GUIDE TO FUTSAL INJURY PREVENTION

Futsal (futsal salon) was approved by FIFA as the indoor version of soccer in 1962. Futsal uses five players on a side and is played on a court similar in size to a basketball court. The game does not use sideboards like other forms of indoor soccer. A player in a 40-minute Futsal match runs between 2.5 and 3.7 miles depending on the position played and the style of play of the team. In contrast, in a 90-minute high school soccer game, a player runs three to five miles.

- The most common injuries are to the ankles and knees.
- Sprains, strains, and fracture/dislocations are the most common types of injuries.
- The early teens are the most prevalent time for injury, especially to the ankles and knees.
- Most of the ankle sprains happened in struggles for ball possession on the ground.
- Knee injuries mainly occur in plant and cut moves or one-leg landings without direct contact with other players.

INJURY PREVENTION MEASURES

- **The National Athletic Trainers' Association suggests that high school athletes engage in conditioning training at least six weeks before the start of practice.**
- **Avoid head flicking the ball.** Take a step back and control it with your chest or thigh.
- **Previous injury is the most important risk factor for injury.** Do not return to play too soon. Follow your doctor's recommendations. Your team needs its players on the field, not on the sidelines.
- **Proper Warm-Up is essential to injury prevention.**
- **Proper strength training will decrease injuries.**
 - Learning to squat, jump, land, change direction, and balance will help prevent knee and ankle injuries.
 - Performing specific hamstring and groin exercises will help prevent pulls to these areas.
- **Use properly fitting cleats and shin guards.**
- **Never leave a goal unsecured.**
- **Make sure first aid is available at all games and practices.**