

## Ball

Written by Administrator

---

The futsal ball is a low-bounce ball that is smaller than a normal outdoor soccer ball and feels heavier.

The futsal ball's properties are specifically designed to develop skills. When a futsal ball is received via a good pass, it virtually "sticks to the foot."

This builds great confidence in tight spaces when rapid passes are being issued repeatedly. Interestingly, that same property which makes the ball easy to receive makes it more difficult to strike. A futsal ball gradually eliminates the 'lazy pass'. Players rapidly get acquainted with the merits of bending the knee, turning the hips, and striking the ball firmly to propel it. Repeated touches on the ball eventually produce a motion which, when transplanted outdoors with a high bounce ball, translates into a firmer and proportionately longer pass appropriate for the big field.

Many programs around the world also claim that smaller size encourages more precise striking of the 'sweet spot' of the ball. If one works during the off season on striking a futsal ball, then a larger bouncier ball is struck with greater confidence and authority in the outdoor game.

