



## **Futsal As a Means of Improving Women Football Players' Playing Skills : A Qualitative Assessment of Player Perceptions**

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### **ABSTRACT**

The purpose of this study was to determine whether futsal could help improve playing skills for a women football player. Some researchers claim that futsal can help in enhancing football playing skills. However, no studies have been conducted on women football players; the research was conducted on men's football players. Futsal was created as an indoor variant of football. With that in mind, it is fair to suggest futsal as many of the techniques and skills required are similar to football, such as controlling the ball, shooting, passing, and shooting. This research is qualitative, data collection using open questions conducted through the google form application. The participants in this study were amateur women football players who had participated in futsal. This article wants to show that futsal can positively impact improving skills for a women football player.

**Keywords:** *Futsal; Women Football; Development; Skills*

### **INTRODUCTION**

"The future of football is feminine" is Joseph S. Blatter's famous statement, Former FIFA president. That reflects the increasing popularity of football among women around the world, and one of FIFA's goals is to continue to support its growth (Martínez-Lagunas et al., 2014). Currently, around 29 million women play soccer, which is equivalent to nearly 10% of men and women players worldwide (FIFA, 2012). Currently, women's football has spread to various countries in the world (Woodward, 2017). Many countries already have a women's football league (Meier et al., 2016), including Indonesia.

One of the requirements to play football well is that players must have good football skills (Bloomfield, 2005). Skills to play football include dribbling, passing,

holding the ball, and kicking the ball into the goal (FIFA.com, 2019). Every player must train continuously to improve his playing skills (van Biemen et al., 2018). The quality and type of training sessions are crucial in helping to improve skills for football players (Mills et al., 2012) (Mills et al., 2012).

Futsal is a consideration to help improve skills for football players (Yiannaki et al., 2018b), including for women football players (Hornig et al., 2016). Some of the world's elite football players have a history of playing futsal in their training (E. Edwards, 2018). "As a kid in Argentina, I played Futsal on the streets and for my club. It was a lot of fun, and it helped me to be who I am today." – *Lionel Messi, FIFA World Footballer of the Year 2009, 2010, 2011, 2012, 2015, 2019*. "When I was a kid in Portugal, we always played futsal. The small area helps me improve my ball control skills. When I play futsal, I feel free. If it weren't for futsal, I wouldn't be the player I am today." – *Cristiano Ronaldo, FIFA World Footballer of the Year 2008, 2013, 2014, 2016, 2017* (FA Futsal, 2013).

Futsal was created as an indoor variant of football. With that in mind, it is fair to suggest futsal as many of the techniques and skills required are similar to football, such as controlling the ball, shooting, passing, perception, anticipation, and decision making (Milligan et al., 2007). Some researchers state that futsal can help in improving football playing skills (Barron et al., 2020; Travassos et al., 2018; Yiannaki et al., 2018b). The research was conducted on a men football player, but research has not been carried out on women football players. Therefore, researchers are interested in conducting this research.

## METHOD

### Population & Sample

This study's population consisted of Tangerang area amateur women football players. This study's sample consisted of four women football players who had previously played futsal. The purposive sampling technique was utilized as a sampling technique.

### Instrument

An interview is an instrument that is being used. Collecting data using open-ended questions to determine participants' perceptions on the impact of futsal games on the development of soccer playing skills, and distributing interview questionnaires to participants through the use of Google Forms because unable to meet face-to-face due to

the covid-19 pandemic. The questionnaire includes participants' perceptions of the impact of futsal on the development of soccer skills.

### Procedure

Research using qualitative methods. According to (Terashita, 2011) qualitative research is research that intends to understand the phenomena experienced by research subjects such as behavior, perception, motivation, action, holistically and employing descriptions in the form of words and language, in a special context natural and by making use of various natural methods. This qualitative method is used to determine women's football players' views about the effect of futsal on the development of mastery of skills in playing football.

### Data Analysis

A grounded theory approach is used in this study. This research method considers that knowledge is founded on experience and individual interpretations, and, unlike other types of inquiry, does not test hypotheses but instead enables the theory to develop from a player's experience (Stirling & Kerr, 2014).

## RESULTS AND DISCUSSION

According to the findings of this study, futsal has a favorable influence on the development of playing skills in female soccer players. This is based on the findings of interviews with players.

**Table 1.**

The questionnaire of futsal as playing skills development for a women football player

No	Question	Respondent Answer			
		1	2	3	4
1.	Can futsal develop individual skills? (Yiannaki et al., 2018a)	Futsal could help improve passing and control skills	Futsal can help develop dribbling skills	Futsal helps improve accuracy in passing	Futsal can help develop skills to protect the ball
2.	What other impact does the game of futsal have on football? (Yiannaki et al., 2018a)	Can increase self-confidence when dueling against opponents	Can improve physical	Can help in making decisions when playing	Can increase speed

3.	Do you agree that futsal can help develop football skills? (Yiannaki et al., 2018a)	Strongly agree	Agree	Strongly agree	Strongly agree
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Based on respondents' answers to open questions, it is stated that futsal can help develop soccer skills. Futsal helps them to control and pass the ball accurately (Travassos et al., 2012). In futsal, physical contact often occurs, helping players develop skills to protect the ball (Skubala, 2018). The speed of movement of the players is the hallmark of futsal. The players ran fast and repeatedly. Thus, this can help increase the players' running speed (Bush et al., 2015). According to a study at the University of Liverpool, futsal players kick the ball more often than soccer players, six times more per minute. Thus, this game helps develop player confidence for 1v1 duels (Coyle & Farrell, 2009). Futsal can help develop players' abilities in difficult situations. This helps them become smart in decision making and understand tactics (Skubala, 2018). Futsal is a consideration to help soccer players practice (Musculus et al., 2016; Yiannaki et al., 2018b). Futsal games can develop technical and tactical abilities as well as physical players (K. Davids et al., 2013; WashingtonYouthSoccer.org, 2019). Apart from futsal, some researchers suggest small-sided game (SSG) exercises to improve technical and tactical skills in playing soccer (Dellal et al., 2011; Hill-Haas et al., 2010; Rampinini et al., 2007). SSG is a game played in a minimized area of the field using modified rules and reduced players (Hill-Haas et al., 2010). However, some researchers, supported by facts and data, conclude that futsal has better potential than SSG in developing mastery of soccer player skills (Yiannaki et al., 2018b).

The small number of football players and the small field contribute to developing various technical and tactical abilities of the players. Futsal provides players the opportunity to display skills and engage with the ball (K. Davids et al., 2013). Each player uses their feet to perform all the skills required during play, as well as engaging in team play tactics with the ball and without the ball (K. W. Davids et al., 2008). Futsal is also suitable for women because the conditions are suitable for their physical appearance (Barbero-Alvarez et al., 2015; E. S. Edwards & Sackett, 2016; Khaldi, 2015). Players can practice futsal before starting a training camp for the preparation of a football league or tournament and fill the time after a football league or tournament is over (Gargelli, 2020)

## CONCLUSIONS AND SUGGESTIONS

In conclusion, these data show that women football players believe futsal is useful in terms of developing playing skills. Futsal may help players develop their technical skills since they will frequently come into touch with the ball, allowing them to practice dribbling, kicking, passing, and controlling the ball.

Given the limitations of this study and the shortage of literature on the potential role of futsal in improving the accessibility of playing skills for the women football player, future research should focus on female professional soccer players to further investigate the effect of futsal on the development of playing skills for a women football player.

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