

# Futsal Academy Program - Frequently Asked Questions

## What is the Futsal Academy?

The Long Island Rough Riders Futsal Academy is an indoor 10-week youth team development program that takes place during the Winter months and includes weekly training and tournament competition for players aged U7 to U18.

The Futsal Academy is supplemental to a player's primary club team. This program is designed to provide quality training and competition in between the fall and spring seasons. The training follows a comprehensive 10-week curriculum with its sole purpose to provide a fun yet competitive training environment to develop a player's technique and confidence with the ball. Training is geared toward developing the technical, tactical, physical and mental/social elements of the game.

Our Futsal program gives players the chance to train and compete in small sided 5v5 game situations. This allows players to maximize their skills and decision making by experiencing maximum touches of a smaller, heavier official futsal ball in a confined area (under pressure) on a hard surface.

Futsal has fast become the primary development tool for all major soccer associations across the world as it is recognized as the most beneficial player development method. Futsal places considerable demand on technique, movement, tactical awareness and fitness. It is a great skill developer, demanding quick reflexes, fast thinking and pinpoint passing. The speed of play is such that you are forced to make quicker technical and tactical decisions. Futsal promotes proper technique and accelerated skill development in soccer.

## How does the trial process work?

All players must attend a trial or Rough Rider program to be evaluated prior to joining the program. Players will trial on an individual basis in small groups of a similar age and ability. Trial participants will receive an email regarding their acceptance into the program within 7-10 days of the trial date. This email will state whether your child has been accepted into the Futsal Academy or if we feel another Rough Rider program is better suited.

## Are there additional trials or make-ups?

We ask that all interested players do their utmost to attend the initial trial date to ensure that we have an opportunity to complete the evaluation process prior to the program start date. If you have any difficulty attending any of the trial dates listed, please email [youth@liroughriders.com](mailto:youth@liroughriders.com) with your child's name, age group and the preferred program and we will contact you regarding an alternate trial date.

## How many players make a team?

We have no set number of players who make a team. Futsal Academy teams are generally comprised of 10-20 members and each team is assigned 1 or 2 professional Rough Rider coaches as necessary. If there is a need to make a second team within an age group, we will look to do so.

### **What costs are associated with the program?**

Approximate costs are broken down as follows:

Training, Facility, and Program Fees – \$375

Uniform Cost - \$50 (Approx.)

Tournament Costs contain entry fee + coaching fees (approx. \$150-\$200/day) divided amongst the total number of players attending the tournament. The per player cost for a tournament is approximately \$40-70 per tournament.

### **When and where do teams practice?**

Practice will take place during the Winter months at one of our indoor facilities located across Nassau and Suffolk Counties. We primarily use the following training locations:

**Nassau:** Mitchel Athletic Complex, Garden City | Mitchel Gymnasium, Garden City | Mid-Island YJCC, Plainview

**Suffolk:** Henry Kaufmann Campgrounds, Wheatley Heights

Our Futsal Academy usually takes place on weeknights between 5-8:30pm.

A tentative training schedule is published on the Futsal Academy homepage on our website in the lead up to a program start date. Once the trial process has been completed we will confirm the training schedule for all teams. While specific training requests cannot be honored, we do our best to avoid as many programming conflicts as possible.

### **Program dates (10 sessions - Training is once per week for 10-weeks):**

**Winter:** Early December through early March

- Trial date: Late October to Mid-November

### **Tournament Participation**

Futsal Academy teams will participate in local and regional tournaments as a form of competition. Team head coaches are provided a list of potential tournaments to enter teams which they will communicate to the team around the program start date to gauge interest/availability before committing to a tournament. Our aim is to provide each player with the opportunity to participate in at least 2 tournaments throughout the duration of the program. Tournament rosters will be created based on player availability. Player availability does not guarantee selection. Tournament selections may change due to coach/trainer/player availability. We also have the ability to add/combine with other players from our various Rough Rider programs and player pool. Tournament cost will include the tournament fee + coaching fee / total players participating.