



**MACSA**  
MEXICAN AMERICAN COMMUNITY SERVICES AGENCY, INC.  
Cultivating Health, Education and Culture

# **FUTSAL Academy**

**CLINICS** are designed to develop the fine motor skills of each player, as well as social and life skills by training the MACSAFUTSAL way. MACSA Staff uses valuable assets as part of the curriculum while conducting all trainings. Futsal is proven to be the best form of development for soccer. Players will be separated and taught into age appropriate groups. MACSA Staff is responsible for **29 National Futsal Championships**, the most successful in the United States.

## **Motor skills:**

Circuits and obstacles which fine tune the following futsal specific exercises;

- Run around obstacles
- Alternate feet activities
- Catching and throwing
- Run stop turn
- Change of directions
- Skipping
- Ladder drills, proper footing/steps
- Change of pace

## **Agility and plyometrics:**

- Jump and lunge
- Hop and leap
- Cone drills
- Box drills

## **Ball drills, futsal specific drills:**

- Passing, shooting, trapping and dribbling and passing.

## **Social and life assets either directly or indirectly:**

### **Just a few**

- Follow directions
- Team work
- Morals
- Sharing
- Friendship
- Positive adult influences

- For more information call 408-929-1080 x 340, 335

