

<b>Subject</b>	<b>Futsal</b>		
<b>Type</b>	Type	Semester	ECTS
	ELECTIVE (E)	III	3
<b>Lecturer</b>	Dr.Sc.Sami Sermaxhaj		
<b>Aims and Objectives</b>	The purpose of this course is to equip students with in-depth theoretical and practical knowledge of futsal, including the history, rules, tactics and specific techniques of this sport. Students will develop skills to analyze and implement game strategies, as well as understand the role of the coach and the management of a futsal team. Through this course, students will be prepared to engage professionally in the sport of futsal as players, coaches, or analysts.		
<b>Learning Outcomes</b>	<p>Upon completion of this module, students shall be able to:</p> <ul style="list-style-type: none"> <li>✓ Understand the rules and regulations specific to futsal, differentiating them from traditional football rules.</li> <li>✓ Identify and explain the roles and responsibilities of different positions in futsal.</li> <li>✓ Demonstrate skills in basic futsal techniques, including dribbling, passing, shooting and ball control.</li> <li>✓ Apply and evaluate offensive and defensive tactics in different game situations</li> <li>✓ Analyze recorded futsal matches to identify tactical patterns, strengths and areas for improvement</li> </ul>		
<b>Content</b>	<b>Week</b>	<b>Topics</b>	
	1	<b>Syllabus presentation</b>	
	2	Introduction to Futsal and Its History <ul style="list-style-type: none"> <li>• Definition of futsal and differences from regular football</li> <li>• Historical development of futsal globally and in Kosovo</li> <li>• The importance of futsal as a developmental sport for footballers</li> </ul>	
	3	Futsal Basic Rules <ul style="list-style-type: none"> <li>• Field dimensions and game regulations</li> <li>• Rules of players, coaches, and substitutions</li> <li>• Responsibilities of judges and their signals</li> </ul>	
	4	Basic Techniques of Futsal <ul style="list-style-type: none"> <li>• Dribbling and controlling the ball in tight spaces</li> <li>• Passing and receiving the ball in quick motion</li> <li>• o Individual tricks and techniques for passing the opponent</li> </ul>	
	5	The Role of the Goalkeeper in Futsal <ul style="list-style-type: none"> <li>• Goalkeeper positioning and basic movements</li> <li>• Specific rules for goalkeepers in futsal</li> <li>• o The goalkeeper's contribution to offensive and defensive play</li> </ul>	
	6	Attacking Tactics in Futsal <ul style="list-style-type: none"> <li>• Basic attacking movements and the organization of the attack</li> <li>• Quick plays and combinations in tight areas</li> <li>• Attacking from standard kick positions (corners and free kicks)</li> </ul>	
	7	Defensive Tactics in Futsal <ul style="list-style-type: none"> <li>• Defensive positioning and marking of the opponent</li> <li>• Strategies for high pressure and area protection</li> <li>• Defense transition management</li> </ul>	
	8	<b>Mid-term exam – 1</b>	
	9	Movements and Formations in Futsal <ul style="list-style-type: none"> <li>• The role of each position on the field (fix, wing, pivot, goalkeeper)</li> <li>• The most used formations and their flexibility in the game</li> </ul>	
	10	Individual and group tactics (defensive and offensive)	
	11	Physical Preparation in Futsal <ul style="list-style-type: none"> <li>• The importance of speed and consistency in futsal</li> <li>• Exercises to increase aerobic and anaerobic capacity</li> <li>• Prevention of futsal injuries through proper training</li> </ul>	

	12	The Role of the Coach in Futsal <ul style="list-style-type: none"> <li>• Training planning and match management</li> <li>• Effective communication with players and team management</li> <li>• Strategies for the development of individual players and the team</li> </ul>	
	13	Development of Game Strategies <ul style="list-style-type: none"> <li>• Analyzing opponent's tactics and adapting the game</li> <li>• Studying special game situations (eg playing with one less player)</li> <li>• Preparation of the game plan based on advanced analysis</li> </ul>	
	14	Match Analysis and Performance Evaluation <ul style="list-style-type: none"> <li>• Analysis of past matches to improve the game</li> <li>• Evaluation of the performance of the players and the team as a whole</li> <li>• Use of technology for performance analysis (video analysis and statistics)</li> </ul>	
	<b>15</b>	<b>Mid-term exam – 2</b>	
<b>Teaching/Learning Methods</b>	Activity		Weight (%)
	Lectures		40%
	Practice		40%
	Individual and group work		10%
<b>Assessment Methods</b>	Independent learning		10%
	<b>Methods of assessment:</b>		%
	Participation		15%
	a) Mid-term exam -1		25%
	b) Mid-term exam - 2		25%
	Individual and group work		15%
<b>Resources</b>	<b>Resources</b>		<b>Number</b>
	Lectures		1
	Presentations		1
	Sports gym		1
	Balls		1
	Cones		1
<b>ECTS Workload</b>	<b>Activity</b>		<b>Weekly hours</b>
	Lectures		1
	Exercise		1
	Individual and group work		n/a
Independent learning		n/a	35
<b>Literature</b>	<ul style="list-style-type: none"> <li>• Javier Lozano dhe Luis Fonseca. "Futsal: Techniques, Tactics, Training" 2015.</li> <li>• Alessandro Nuccorini. "The Science and Art of Futsal". 2013.</li> <li>• UEFA."UEFA Futsal Coaching Manual". 2014.</li> <li>• FIFA-Futsal-Laws-of-the-Game-2023-24</li> <li>• Myftiu A, Thaqi A. The relationship between game success indicators in the FIFA World Cup – Qatar 2022: An elastic-net regularization approach. Pedagogy of Physical Culture and Sports, 2023;27(6):474–480. <a href="https://doi.org/10.15561/26649837.2023.0605">https://doi.org/10.15561/26649837.2023.0605</a></li> </ul>		
<b>Ethical standards</b>	This course follows UBT College's Code of Ethics, requiring all students to behave accordingly. Any case of academic misconduct, including but not limited to cheating, plagiarism, or other forms of dishonesty, will lead to significant punishment such as failure of the specific assessment or the entire course, as well as further disciplinary measures in accordance with UBT College's academic integrity policies.		
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