

## TOP 10 REASONS WHY INDOOR SOCCER PROVIDES MORE

Some people try to falsely market that other (South American) countries are better soccer players because they play on hard court (basketball surfaces). This is misleading. In actuality players get better from countless hours of practice and exposure to good coaching. **Many very good soccer players in the Madison Area have played Division 1 college soccer and beyond. These players have trained many hours and have aided their development by playing at Break Away Sports Center.**

The fact of the matter is that indoor/arena soccer with walls is growing in popularity in many countries. One of the reasons is the increase of benefits compared to other indoor games. Countries playing indoor soccer include Mexico, Argentina, South Africa and Brazil. Yes, Brazil (sport is called "Showbol").

In many areas, gymnasiums are the only alternative to train for soccer during the winter seasons. In this instance, using a weighted ball helps reduce the roll on a hard floor but is not realistic to soccer. Furthermore, in gyms it is important to **not** use the walls due to the danger of the brick walls along with bleachers or other equipment protruding around the area of play within the gymnasium. Obviously, this is a safety concern in gyms.

Indoor/arena soccer is a better alternative. Any training on a hard court can be improved by training or playing indoor soccer. Some of the many benefits of indoor soccer at Break Away Sports include:

1. **BALL IN PLAY MORE:** Indoor soccer encourages players to keep the ball moving, playing quickly and not wasting time chasing balls out of play. Technical mistakes young and old players make are kept in check by the walls keeping the ball in play – which means less time wasted on kick-ins and more time engaged in playing. (If teams do not want to use walls in their tactical decisions, good coaching can challenge their players to not rely on the walls in personal or team play.) Regardless of their decision, walls **keep the ball in play**. This keeps players continuously engaged in the game physically and mentally resulting in **more productivity and development**.
2. **TRANSFER OF REALISTIC SKILLS: OUTDOOR BALL, OUTDOOR TOUCH** Indoor soccer provides the **touch of a real soccer ball on the ground and in the air** (something that hard court play does not provide). Players can develop a false sense of touch with a weighted, slower ball. This does not always transfer onto the big field especially when needing to cover distance. In addition, indoor soccer is played on artificial turf (the same turf that is being used outdoors) which **mimics outdoor soccer play**. The outdoor ball and the indoor turf translates to better training of skills and tactics for soccer. This is one of the reasons that clubs, high schools and colleges opt to train at Break Away rather than on a school gym floor when moving their outdoor practice due to poor weather. This keeps players **working on the real skills** of the outdoor game.
3. **MORE SPACE:** A basketball court is about 4,200 sq. ft. An indoor soccer field however, is over 3 times the size. The additional space of indoor soccer allows players to recognize more realistic situations of outdoor soccer: Individuals can take advantage of the space by recognizing and attack and taking on an opponent at speed, more realistic team space results in better use of team space and passing (including the advantageous through ball). **This improves tactical awareness and directional movement of individual play.**
4. **AEROBIC FITNESS:** With more space per individual, players need to cover more area both offensively and defensively at a higher work rate. **This means more fitness**
5. **IMPROVE SCORING CHANCES:** playing hard court competition may actually discourage shooting - misses result in out-of-bounds delays and the opponent's ball. In addition, shooting a weighted ball for hard court competition requires a player to be unrealistically close to the goal. Conversely, shooting at the bigger goal of indoor soccer also improves placement of the shot away from the goalie. Walls can also encourage players to **take more chances** when shooting. Shots that are near misses become another scoring opportunity and encourage **players to develop good habits** to follow the original shot and crash the goal.

6. **MORE REALISTIC GOALKEEPING:** Indoor Soccer goalies utilize more techniques and tactics of real soccer as well as more realism in range to cover the bigger size of an indoor goal. Goalies diving on hard court may not only result in injury and can also discourage a goalies desire to dive due to the impact on the hard floor resulting in poor habits. **Indoor soccer has a better surface for Goalie training and safety.**
7. **SAFER:** Playing on soft turf has lowered joint (knee, ankle, hip) injuries. The injury rates may in fact be higher and more serious on hard court surfaces due to slippery surface or from hard contact of the hard court when falling. There also should be safety concerns for youth shooting a weighted ball, especially at the younger age groups. Although it may be a shorter distance to the target, players will still try to strike the weighted ball firmly which could increase hip joint & flexor injuries to these young players.
8. **COST COMPETITIVE:** Hard court competition plays with fewer players. If teams are made up of the same number of subs as the number of players on the field, the price is virtually the same and cheaper per player at the U12 and younger ages who play indoor soccer. If you also take into consideration the time the ball is **actually in play** and the opportunity for development, it becomes even more evident **the cost benefits of indoor soccer at Break Away.**
9. **NO CONFUSING BASKETBALL LINES:** Break Away's fields were made and are operated specifically for soccer. Our experienced staff, officials and programs are for the betterment of this beautiful game. **Soccer is our Priority.**
10. **BETTER VIEWING:** Full wall tempered glass panels make it safe for spectators to watch. Chairs and tables, as well as a large upstairs viewing area make watching soccer an enjoyable activity for the whole family. **It is a better place to watch soccer.**

**So as you can see, indoor soccer at Break Away Sports can provide more benefits than playing on a hard court. More play, more realism, more fitness, more development. Plain and simple.**