



- **COACHES;** agree to give all players equal playing time.
 - **COACHES;** At all times respect the Referee – your players learn from you.
 - **COACHES;** agree to being a ‘role-model’ – Always be positive. No screaming / ranting on touchline / remain in ‘technical area’. Coaches/players only... from both teams to stay on one side of the pitch opposite to Parents/Supporters.
 - **PARENTS / SUPPORTERS;** have an appointed ‘controller’ who explains correct ethos / spirit of the game and asks observers to comply. Clubs must ensure the pitch is roped off so parents etc have to be at least 3 metres away from touch line. All spectators follow ‘behind the line’ concept.
 - **THANK THE REFEREE;** - we are losing Referees because of coaches / parental behaviour. Thank them for the game Remember: **NO REFEREES = NO GAME!**
- FORMAT;**
- **DURATION;** - 25 mins each way.
 - **PITCH SIZE;** 65m x 40m Max / 60m x 35m Min
 - **SIZE 5 BALL;** both U/10 & U/11s (weight 320 grams)
 - **SQUAD SIZE;** It is recommended that the U10/U11 teams shall consist of a panel of 10 players (7 players & 3 subs). However a maximum of 12 players is allowed.
 - **RETREAT LINE –**
1. Yellow cones dividing pitch into thirds.
 2. The Retreat Line only becomes active ball goes wide of goal. 1 attacker will be allowed inside the retreat line. All other attackers must withdraw beyond retreat line.
 3. Play will resume with the Goalkeeper throwing or passing the ball out to a team-mate, **NOTE** - for the player inside the retreat line, the ball is “live” once released by the Goalkeeper and he/she are allowed to intercept the pass. Opponents outside the retreat line cannot advance until a defender touches the ball.
 4. **NOTE; The Retreat Line is only active when ball goes wide – should a Goalkeeper make a save, it is ‘normal’ play.**
- **GOALKEEPER’S DISTRIBUTION;** - **NOTE** – a Goalkeeper **MUST** either throw or pass the ball off the ground when in possession – they **CANNOT** kick out of hands at any stage of play.
 - **THROW-INS;** - Referees – U/10 players would be encountering this concept for the first time. Maybe “assist, not insist” and help them get it right?
THROW-IN ONLY - NO KICK IN’S.
 - **SUBSTITUTIONS;** ‘Roll Off/Roll On’; – coaches signal Referee as to replacements, **NOTE;** players must **LEAVE** pitch before replacement enters pitch at halfway line entry point - Referees try & let game flow. **ENSURE;** equal playing time for ALL players through the season.
 - No Offside / Throw-ins / Corner Kicks as per norm.
 - **PLAYERS MUST WEAR SHIN-PADS.**

PRE-MATCH DISCUSSION CARDS 9v9

Although there are no restrictions on Goalkeepers distribution and no retreat line - playing through “the thirds” is strongly advocated for player development.

- **DURATION;** 30 minutes each way
- **SIZE 5 BALL;** U/12 (weight 370 grams)
- **OFFSIDE;** Regular Offside laws now apply, as per normal 11v11 rules.
- **NOTE;** No retreat lines / no Goalkeeping distribution guidelines.
- **SQUAD SIZE;** The under 12 team shall consist of 14 players (9 players & 5 subs) However it is agreed that teams are permitted up to 16 players.
- **SUBS;** Roll Off/Roll On - all substitutions enter from halfway line entry point - **ENSURE;** equal playing time for ALL players through the season. All players must be played during the game...unless injured/sick.
- **KEY MEASURE;** – ensure correct playing dimensions; min / max length 70m-85m x min / max width 50m-55m. Edge of Penalty Box to Edge of Penalty Box on a normal size pitch – with side-line 7 metres either side (marked with cones). **DON’T PLAY ON A 7v7 PITCH!**
- **PARENTS / SUPPORTERS;** Clubs must ensure the pitch is roped off so parents etc have to be at least 3 metres away from side-line.... All spectators follow ‘behind the line’ concept.
- **COACHES/PLAYERS ONLY;** from both teams to stay on one side of the pitch opposite to parents and supporters.



FAI
Player
development
plan



Format Guide

EDITION II - JULY 2018

Creating better players for the future



PDP SSG LEAGUE GUIDELINES

Pre-Match: This card is to be discussed and agreed upon by both coaches

Under 8's & 9's: ETHOS:

IT'S ABOUT ENJOYMENT; Ultimately the game is for the children. Let them enjoy their match and develop positive learnings. Hopefully this will provide the basis for them remaining in sport.

PLAYER-CENTRED; utmost importance that children enjoy their match.

FORMAT:

- **NON-TROPHY FOOTBALL;** Playing Format; 5-a-side (5v5) Roll Off/Roll On subs. There are no match cards, no results recorded, and no League tables.
- **TWIN GAMES;** Teams to play across the current 7v7 pitch – enabling 2 games to take place simultaneously i.e. if a team arrives with 10 players, then 2 x 5 a side matches can play, if a team arrives with 9 players, then a 5 a side on one pitch with 4 a side on other pitch.
- **SQUAD SIZE;** Ideal number of players to be available: 12 players...Maximum 14.
- **PLAYING TIME.** All players must receive minimum: 30mins. Roll Off/Roll On substitutions always at halfway line entry point.
- **PITCH SIZE;** To play across 7-a-side pitch with the half way line dividing both pitches; Minimum: 40m x 25m.....Maximum: 45m x 25m.

- **GOAL SIZE;** Goals to be turned on back – making goal smaller OR use 5-a-side goals....5m x 2m (16ft by 6ft)
- **MATCH DURATION;** Each game to be 4 x 12mins (or 4 x 10mins subject to facility) with 2 mins interval between each session. (**GOOD PRACTICE SUGGESTION:** consider changing teams / mixing teams to avoid outlandish scores?)
- **OFFICIATING;** No Referees.... but use a 'Match Supervisor'
A match supervisor shall be a club official or adult approved by both sides and will not be allowed coach either team. Two officials needed to supervise both games. Officials to remain to the side of the pitch.
- **SHIN-PADS MUST BE WORN AT ALL TIMES.**
- **WEIGHTED FOOTBALL;** Size 5 Ball...U8 (weight 290 grams) / U9 (weight 320 grams)

OTHER POINTERS:

- **RETREAT LINE:** Is marked by dividing the pitch into thirds. Retreat Lines should be marked out with Yellow Discs or Cones.
- Opposing players must retreat outside this line when the goalkeeper is passing or rolling the ball out, **ONLY** either after the ball has gone out of play over the end line, or a goal has been scored. Opposing players cannot advance until the ball is touched by a Goalkeeper's teammate. Goalkeepers can roll/throw the ball out. A Goalkeeper **CANNOT** kick the ball out from his hands. He / she may kick from the ground...as a pass (ideally along the ground directed to a teammate, not a 'boot up field'). The

goalkeeper is not allowed handle the ball from a back pass.

- If the Goalkeeper makes a save & prevents the ball going out of play, **THE USE OF A RETREAT LINE IS NON-ACTIVE** & the ball may be pressed at any time.
- **BALL OUT OF PLAY;** If the ball goes out of play at the touchline the nearest player will recommence by passing the ball into play... either by dribbling or kick/pass from the ground. However, the player cannot shoot/score directly, a second player must touch the ball.

If the ball goes wide of either goal, see 'RETREAT LINE'. If the ball goes wide of either goal last touched by a defender, a corner kick is awarded.....normal rules apply.
- **START / RESTART OF PLAY:** Each period will start with a normal kick off.
Upon a goal being scored....there is NO 'Tip off' at the half-way line... play will resume with the Goalkeeper either throwing or passing the ball out to a teammate (see 'RETREAT LINE')

- **FREE KICK;** All free kicks are indirect, opposing players must be 5 metres away.
- **PENALTY KICK;** There are no penalty kicks. An indirect free-kick is awarded outside the penalty area.
- **PARENTAL ORGANISATION;** Clubs must ensure the pitch is roped off so parents are at least 3 metres away from touch line. Coaches/players only, from both teams to stay on one side of the pitch opposite to Parents/Supporters.

PRE-MATCH DISCUSSION CARDS

Under 10' & 11's - 7v7

- This card is to be discussed / agreed mutually by both coaches with referee prior to kick off.

THE SPIRIT AND ETHOS OF OUR GAME

Co-Developed with input from Referees via recent PDP /Referees Regional Workshops

- **REFEREES & BOTH COACHES;** - meet together prior to kick off to agree rules and the correct spirit for game to be played in. Shake hands. The Referee is a vital part of our Development Plan – let's assist him / her as best.
- **REFEREES;**... if available. If no Referee allocated from the league, please ensure the home team appoints a referee/supervisor.
- **IT'S ABOUT ENJOYMENT;** Ultimately the game is for the children. Let them enjoy their match and develop positive learnings. Hopefully this will provide the basis for them remaining in sport.
- **RESPECT IS KEY FOR ALL PARTIES;** players and coaches respect the Referee / respect your opponents.
- **BOTH TEAMS;** - must shake hands before and after game including coaches and Referee.
- **PLAYER-CENTRED;** utmost importance that children enjoy their match.