

Organisation of Pitch / Goal Size / Weighted Ball

- Minimum: 40m x 25m / Maximum: 45m x 25m.
- Goals to be turned on back, making goal smaller OR use 5-a-side goals 5m x 2m (16ft by 6ft). Size 5 Ball...U8 (weight 290g) / U9 (weight 320g).

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 instead a 'Match Supervisor'. The match supervisor should step in for a breach of rules or when the players cannot make a decision i.e. Free Kick. A coach from either team should be approved by both sides to act as match supervisor. 1 match supervisor for each pitch. **Match supervisors to remain to the side of the pitch.**

Kick Off

- Kick off will take place in the centre of the pitch at the beginning and to restart each quarter. To start the game, a fun suggestion instead of looking for a coin, get two players to have a quick game of rock, paper, scissors. **No kick off after scoring a goal.**

Side-line ball

- The nearest player will recommence by passing OR dribbling the ball into play. However, the player cannot shoot/score directly, a second player must touch the ball.

Roll Off / Roll On Substitutions

- All players must receive minimum: 30mins. **Roll Off/Roll On** substitutions always at halfway line entry point. Try to make changes at natural stoppages in the game.

Retreat Line

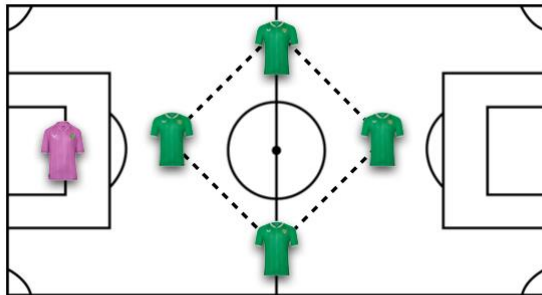
- Divide the pitch into thirds. Retreat Lines should be marked out with Yellow Discs or Cones.
- Opposing players must retreat outside this line when the goalkeeper is passing or rolling the ball out **ONLY** after the ball has gone out of play over the end line or a goal has been scored.
- Opposing players cannot advance until the ball is touched by a Goalkeeper's teammate. Goalkeepers can roll/pass the ball out to a teammate in their first third of the pitch. Goalkeepers **CANNOT** long off the ground or kick the ball out from their hands at any stage.

Free Kicks

- All free kicks are indirect, opposing players must be 5 metres away.

Formation Suggestions

The Diamond



- 1 Defender, 2 Midfielders, 1 Attacker.
- Balance & Versatility.
- Player can rotate positions smoothly.

The Pyramid



- 2 Defenders, 1 Midfielder, 1 Attacker.
- Defensive shape.
- Defenders can dribble to support team mates.

The Y



- 1 Defenders, 1 Midfielder, 2 Attackers.
- Attacking shape.
- Attackers with track back to support defenders.

Coaching Methods

- Coaching in the Flow.
- Coaching at natural stoppages (Goal Kick, Side-line ball, Water break, etc.).
- Freeze (Method to be used at training.)
- Individual Coaching.

Extra Points

PARENTAL ORGANISATION: Clubs must ensure the pitch is roped or coned off so parents are at least 3 metres away from touch line. Coaches/players from both teams to stay on one side of the pitch, opposite to Parents/Supporters.

There are no penalty kicks. An indirect free-kick is awarded outside the penalty area.

If the Goalkeeper makes a save & prevents the ball going out of play, **THE USE OF THE RETREAT LINE IS NON-ACTIVE**. In this instance goalkeeper can throw or pass into the middle third.