



### AIM

To develop the basic technical skills of football (catching and kicking) in a controlled Competitive environment

### Playing Rules

- Playing commences with a throw in at the half way line
- The goalkeeper may advance 10m for a kick out
- The side-to-side (shoulder) charge is not allowed but incidental contact is permitted
- The ball may be caught in the hands and played away by kicking it
- The ball may be carried for four steps and players are restricted to one bounce per possession before playing the ball away
- The ball may be lifted off the ground with the hands, provided the player involved is on his/her feet, the player is encouraged to use foot under ball
- A player who is fouled takes the free from the hands and when an opponents fouls the ball e.g. over carries it the player nearest to the ball takes the free
- When a free is awarded, the ball to be given immediately to the player taking the free kick. If this does not happen the ball is advanced 5m
- When a team plays the ball over the sideline, the opponent nearest to where the ball crosses the line, takes the sideline kick from the hands
- When a defender plays the ball over their own endline, the other team are awarded the free kick from the 20m line (optional)
- Opposing players to be at least 5m from the player taking a free kick, sideline kick or kick out. Free kicks should be no closer than 10m from the opposing endline.



### Scoring System

- 3 points when the ball is played over the crossbar
- 3 points when the ball is played under the crossbar
- 1 point when the ball is played between outer/side cones

## Equipment

- Well secured portable goal posts (10' x 6' or 3m x 1.8m)/ training poles or flags may be used
- Bibs
- Cones
- Three first touch football to be used - one placed behind each goal and one in play

## Playing the game

- 7 v 7
- Playing area 45m x 30m (4 playing areas fit on standard pitch)
- 1 goalkeeper, 2 defenders, 2 midfielders and 2 attackers
- Three zones: 20m, 5m and 20m. Players to remain within the zone to which they are assigned - midfielders can enter other zones but must return to the centre zone for any free kick, sideline kick or kick out
- All players rotate positions after each half. Teams change sides at half-time

## Time Duration

- 2 halves
- 7 minutes per half



## Modified Playing Rules

- The hand or fist pass may also be used to play away the ball, no more than one consecutive hand or fist pass is permitted
- 6 v 6, last man back acts as goalkeeper. Award 3 points when the ball is played over the crossbar and 1 point when the ball is played under the crossbar
- Skill points may be awarded e.g. 1 point for a successful block or open hand tackle

## RECOMMENDED PLAYING AREA



MAIN PITCH

PLAYING AREA

ZONE 1

ZONE 2

ZONE 3

20m

5m

20m

30m

The main pitch is divided into 4 Playing Areas. Each Playing Area is divided into 3 zones.