

**AGE 9 – 10**



### **AIM**

To consolidate the basic technical skills of football in an environment where players are also encouraged to use their non-dominant side and to develop tactical awareness/prowess i.e. decide on the best options in the terms of making use of and creating time and space.

### **Playing Rules**

- Playing commences with a throw in at halfway line or kick out from the hands
- The goalkeeper may advance 20m from the kick out
- The side-to-side (shoulder) charge is permitted
- The ball may be caught in the hands and played away by kicking it or striking it or striking it with the fist
- The player may carry or solo for four steps and then pass the ball (handpass or kick)
- The ball may be lifted off the ground providing the player has their hands and foot under the ball
- A player who is fouled takes the free and when an opponent fouls the ball e.g. overcarries 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
- The opponent nearest to where the ball crosses the sideline, takes the sideline kick from the hands
- When a defender plays the ball over his/her own endline, the other team are awarded a free kick from the 30m line
- Opposing players to be at least 5m from the player taking a free kick, sideline kick, 30m kick, or kick out. Free kicks should be no closer than 13m from the opposing endline.



### **Scoring System**

- 2 points when the ball is played over the crossbar
- 3 points when the ball is played under the crossbar

## Equipment

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

## Playing the game

- 9 v 9
- Playing area 65m x 40m (4 playing areas fit on 1 standard pitch)
- 1 goalkeeper, 3 defenders, 2 midfielders and 3 attackers
- Three zones: 30m, 5m and 30m, 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

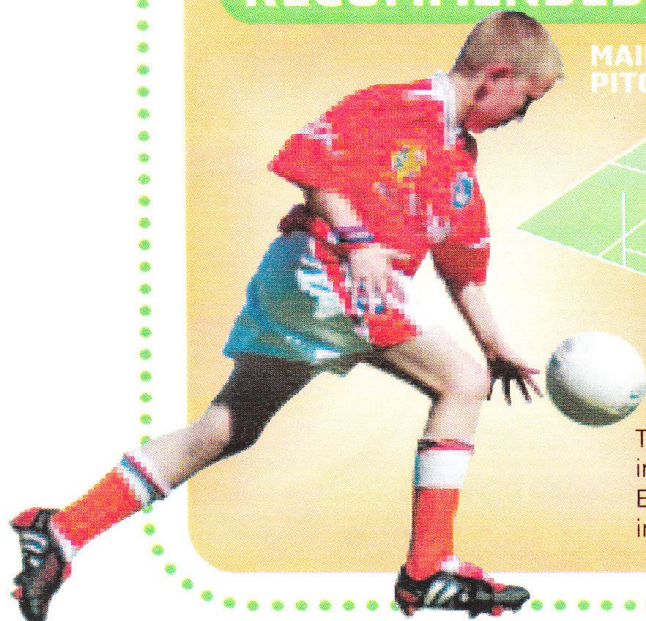
## Modifications

- Players are awarded double points scores with non-dominant foot/fist
- Players are awarded points for playing the ball using the non-dominant hand/foot
- Skill points may be awarded e.g. 1 point for a successful high catch

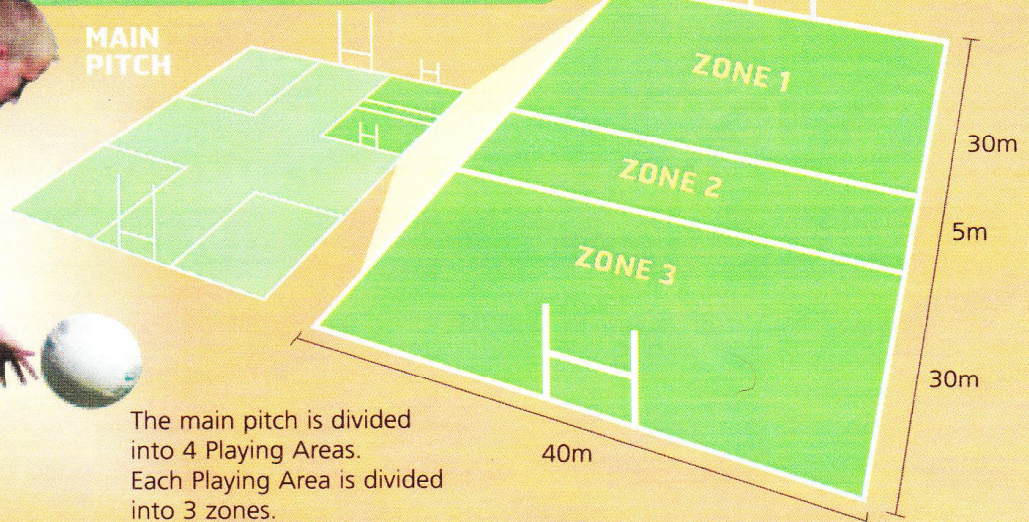
## Time Duration

- 2 halves
- 7 minutes per half

## RECOMMENDED PLAYING AREA



MAIN PITCH



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