

AGE 11-12



AIM

To enable players to perform the underlying Technical skills of football accurately and Consistently in an open, competitive environment And assist with the development of team play

Playing Rules

- Playing commences with a throw-in between two players from each team in the middle of the field
- The goalkeeper may advance 20m for a 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 with the fist
- The player may carry or solo for four steps before passing the ball
- The ball may be lifted off the ground with the hands and provided the player has its foot under the ball
- Free kicks may be taken from the hand or from the ground
- A player who is fouled takes the free kick 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 must 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 their own endline, the other team are awarded a free kick from the 45m line either out of hands or on the ground
- Opposing players to be at least 5m from the player taking a free kick, sideline kick, 45m kick or kick out. Free should be no closer that 13m form the opposing endline



Scoring System

- 1 point when the ball is played over the crossbar
- 3 points when the ball is played under the crossbar

Equipment

- Portable goals (15' x 7' or 4.5m x 2.2m)/training poles or flags may be used
- Bibs
- Cones
- 3 Smart touch footballs if available - one placed behind the goal and one in play

Playing the game

- 11 v 11
- Playing area 90m x 40-50m (2 playing areas fit on 1 standard pitch)
- 1 goalkeeper, 4 defenders, 2 midfielders and 4 attackers
- No zones - free movement permitted
- Players rotate positions between goalkeeper, defence, midfield and attack at half time. Teams change sides at half time

Time Duration

Blitz

- 2 halves
- 8 minutes

Game

- 2 halves
- 20 minutes

Modified Playing Rules

- Kick outs must be taken from the ground
- Skill points may be awarded e.g. 1 point for a successful kick pass of 30m or more

RECOMMENDED PLAYING AREA

MAIN PITCH

PLAYING AREA



The main pitch is divided into 2 Playing Areas. **Playing across the pitch may be preferable to allow more width in each Playing Area.**

40-50m

90m

