

U10 Football

Aim: To consolidate the basic technical skills developed at age 7/8 level (catching and kicking) in an environment where players are also encouraged to develop tactical awareness/prowess i.e. decide on the best option in terms of making use of and/or creating time and space.

Playing Rules

- Play to commence with a throw up in centre
- After a score, the play recommences with a kickout from the goal keeper
- The player can carry the ball for one hop and one solo
- The ball must be lifted off the ground using the toe.
- 45 seconds awarded. These will be taken from 32m out
- No frees closer than 13m from the goals. (no Penalties)
- A player who is fouled to take the free
- Goalkeeper may advance 10m for a kick out.

Scoring System

- 3 points when the ball is played over the crossbar
- 1 point when the ball is played under the crossbar.
- Skill Point for Overhead Catch (ball must travel a min on 10m)

Time Duration

- 40 minute games
- 20 minutes per half
- 1 game per occasion

Playing the Game

- 9 v 9
- (65-70m) X (40-45m)
- 1 goalkeeper, 3 defenders, 2 mid-fielders, 3 attackers.
- Teams must be streamed according to ability

Notes on Streaming:

If a club has 4 teams and enter into 2 X 2 teams section they must rank them A,B,C & D. The Club will then group the A&D teams together and the B&C team together. This will lead to more competitive games when travelling to other clubs

Equipment

- Well secured portable goal posts (15qx 7qor 4.5m x 2.2m)
- Jerseys
- Three Quick Touch (Size 2)
Footballs - one placed behind each goal and one in play

Recommended Playing Area

