



## Under 8 Small Sided Games 2016



### Aim:

To develop the basic technical skills (catching and kicking) in a controlled competitive environment

The official rules of the LGFA will apply to all games however our small sides games have the following modified rules which are applicable at under 8 level

### Under 8 Small Sided Playing Rules:

- Play to commence with a throw in in the centre
- Throw in at centre after score
- Goal keeper may advance 10m for a kick out
- Two skills per possession, one hop one solo (in any order) or 2 solos
- The ball can be picked off the ground with the hands provided the player involved is on her feet
- A player who is fouled to take the free from her hands
- Opponents player who is nearest to the ball that crosses the sideline to take kick from her hands
- No frees closer than 10 m from the goals (no penalties)
- There will be no (45's) any ball that goes over the end line is deemed wide resulting in a kick out.
- 3 points when the ball is played over the cross bar
- 1 point when the ball is played under the cross bar
- Referees decision is final.

### Playing the game

- 7 v 7 inc goal keeper
- Can be max of 9 v 9
- Pitch 45m x 30m approx.
- Unlimited subs if applicable
- Players should rotate positions
- Players should get equal playing time

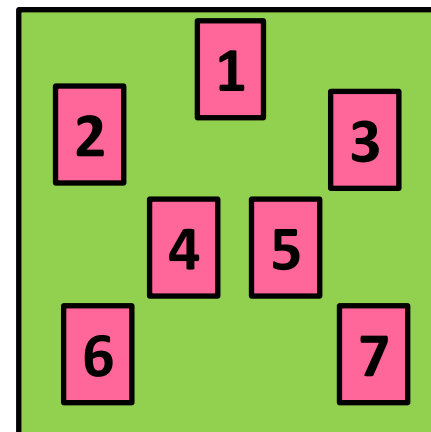
### Equipment:

- Well secured portable goal posts (3M x 1.8M)
- Training poles can be used as goal posts if necessary.
- Numbered Bibs or Jerseys
- First Touch football

### Time Duration:

- 20 minutes games
- 10 minutes per half
- At least 2 games per occasion where possible
- €10 Referees Fee per team

### Recommended Playing Area 45m x 30m



# Under 9 Small sided Games 2016



## Aim:

To consolidate the basic technical skills developed at U8 level in an environment where players are also encouraged to develop tactical awareness ie: decide on the best option in terms of making use of and or creating time and space



**The official rules of the LGFA will apply to all games however small sided games have the following modified rules which are applicable at under 9 level**

### Under 9 Small Sided Playing Rules:

- Play to commence with a throw in in the centre
- Throw in at centre after score
- Goal keeper may advance 10m for a kick out
- Two skills per possession, one hop one solo (in any order) or 2 solos
- The ball can be picked off the ground with the hands provided the player involved is on her feet
- A player who is fouled to take the free from her hands
- Opponents player who is nearest to the ball that crosses the sideline to take kick from her hands
- No frees closer than 10 m from the goals (no penalties)
- There will be no (45's) any ball that goes over the end line is deemed wide resulting in a kick out.
- 3 points when the ball is played over the cross bar
- 1 point when the ball is played under the cross bar
- Referees decision is final

### Playing the game

- 9 v 9 inc goal keeper
- Pitch 65m x 40m approx.
- Unlimited subs if applicable
- Players should rotate positions
- All players should get equal playing time

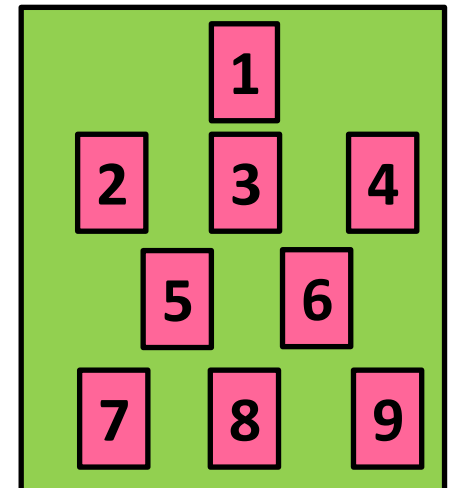
### Time Duration:

- 40 minutes games
- 20 minutes per half
- €10 Referees Fee per team

### Equipment:

- Well secured portable goal posts (3M x 1.8M)
- Training poles can be used as goal posts if necessary.
- Bibs or Jerseys
- First Touch football

### Recommended Playing Area 65m x 40m



# Under 10 Small sided Games 2016



## Aim:

To consolidate the basic technical skills developed at U9 level in an environment where players are also encouraged to develop tactical awareness ie: decide on the best option in terms of making use of and or creating time and space



**The official rules of the LGFA will apply to all games however small sided games have the following modified rules which are applicable at under 10 level**

### **Under 10 Small Sided Playing Rules:**

- Play to commence with a throw in in the centre
- Throw in at centre after score
- Goal keeper may advance 10m for a kick out
- Two skills per possession, one hop one solo (in any order) or 2 solos
- The ball can be picked off the ground with the hands provided the player involved is on her feet
- A player who is fouled to take the free from her hands
- Opponents player who is nearest to the ball that crosses the sideline to take kick from her hands
- No frees closer than 10 m from the goals (no penalties)
- There will be no (45's) any ball that goes over the end line is deemed wide resulting in a kick out.
- 3 points when the ball is played over the cross bar
- 1 point when the ball is played under the cross bar
- Referees decision is final

### **Playing the game**

- 9 v 9 inc goal keeper
- Pitch 65m x 40m approx.
- Unlimited subs if applicable
- Players should rotate positions
- All players should get equal playing time

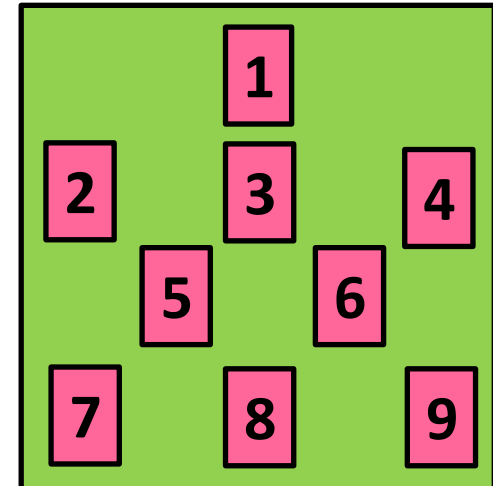
### **Time Duration:**

- 40 minutes games
- 20 minutes per half
- 1 game per occasion
- €10 Referees Fee per team

### **Equipment:**

- Well secured portable goal posts (4.5M x 2.2M)
- Numbered Jerseys
- Quick Touch football

### **Recommended Playing Area 65m x 40m**



# Under 11 Small sided Games 2016



## Aim:

To enable players perform the underlying technical skills accurately and consistently in open competitive environment and assist with the development of team play ie: where players anticipate who go when in order to maximise scores / scoring opportunities



**The official rules of the LGFA will apply to all games however small sided games have the following modified rules which are applicable at under 11 level**

### **Under 11 Small Sided Playing Rules:**

- Play to commence with a throw in in the centre
- Throw in at centre after score
- Goal keeper may advance 13m for a kick out
- Two skills per possession, one hop one solo (in any order) or 2 solos
- The ball can be picked off the ground with the hands provided the player involved is on her feet
- A player who is fouled to take the free from her hands
- Opponents player who is nearest to the ball that crosses the sideline to take kick from her hands
- No frees closer than 13 m from the goals -no penalties instead award a 13 m free
- 45's to taken 40M out and from the hand.
- 3 points when the ball is played over the cross bar
- 1 point when the ball is played under the cross bar
- Referees decision is final

### **Playing the game**

- 11 v 11 inc goal keeper
- Pitch 90m x 100m approx.
- Unlimited subs if applicable
- Players should rotate positions
- All players should get equal playing time

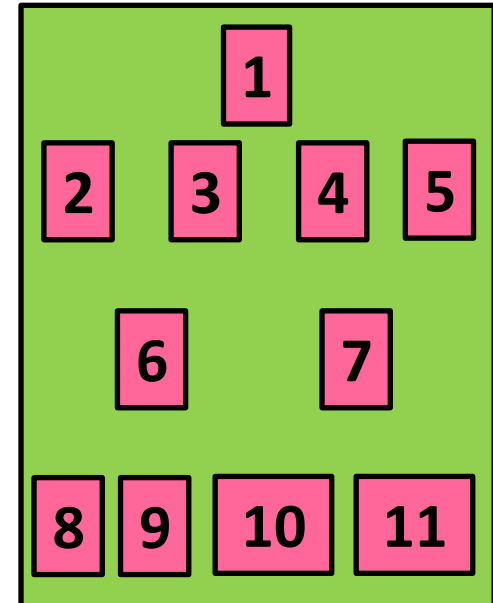
### **Time Duration:**

- 50 minutes games
- 25 minutes per half
- 1 game per occasion
- €10 Referees Fee per team

### **Equipment:**

- Well secured portable goal posts (4.5M x 2.2M)
- Numbered Jerseys
- Smart Touch football

### **Recommended Playing Area 90m x 100m**



# Under 12 Small sided Games 2016



## Aim:

At this age children are almost playing full football rules but with smaller numbers which will give young players better opportunity to develop their skills



The official rules of the LGFA will apply to all games however small sided games have the following modified rules which are applicable at under 12 level

### Under 12 Small Sided Playing Rules:

- Play to commence with a throw in in the centre
- Goal Keeper to take a kick out after score (new rule)
- Goal keeper may advance 13m for a kick out
- Two skills per possession, one hop one solo (in any order) or 2 solos
- The ball can be picked off the ground with the hands provided the player involved is on her feet
- A player who is fouled to take the free from her hands
- Opponents player who is nearest to the ball that crosses the sideline to take kick from her hands
- No frees closer than 13 m from the goals
- **Penalties if awarded are taken from 11 m line**
- 45's to taken 40M out and from the hand.
- **1 point when the ball is played over the cross bar**
- **3 points when the ball is played under the cross bar**
- Referees decision is final

### Playing the game

- 11 v 11 inc goal keeper
- Pitch 90m x 100m approx.
- Unlimited subs if applicable
- Players should rotate positions
- All players should get equal playing time

### Time Duration:

- 50 minutes games
- 25 minutes per half
- 1 game per occasion
- **€15 Referees Fee per team**

### Equipment:

- Well secured portable goal posts (4.5M x 2.2M)
- Numbered Jerseys
- Smart Touch football

### Recommended Playing Area 90m x 100m

