

# U11 Football

## Aim

To enable players perform the underlying technical skills accurately and consistently in an open competitive environment and assist with the development of team play i.e. where players anticipate who should go where in order to maximise/minimise scores/scoring opportunities

## Playing Rules

- Play to commence with a throw up in centre
- Goalkeeper may advance 10m for a kick out
- The child can carry the ball for one hop and one solo
- The ball must be lifted off the ground using the toe.
- '45's' are awarded. These will be taken from 32m out
- No frees closer than 13m from the goals. (no Penalties)

## Scoring System

- 1 point when the ball is played over the crossbar.
- 3 points when the ball is played under the crossbar.
- 1 point for Skill: High Catch

## Time Duration

- 50 minute game
- 25 minutes per half
- 1 game per occasion

## Playing the Game

- 11 v 11
- 100m x 40m or 21m line to 21m line
- 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

- Portable Goal posts (15' x 7' or 4.5m x 2.2m)
- Jerseys
- 3 Smart Touch (Size 3) footballs - one placed behind either goal and one in play

