

# U12 Football

## Aim

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

## 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
- If a free is conceded closer than 13m from the goals a penalty is awarded.
- A 'square ball' will be called by refs at this age.
- 

## Scoring System

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

## Time Duration

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

## Playing the Game

- 13 v 13
- 21m line to 21m line on pitch
- Teams must be streamed according to ability
- At this age teams are divided into 4 divisional sections

## 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

