

U8 Football

Aim

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

Playing Rules

- Play to commence with a throw up in centre
- After a score, the play recommences with a throw in, in the centre of the field.
- Goalkeeper may advance 10m for a kick out.
- The child can carry the ball for one hop and one solo
- The ball may be lifted off the ground with the hands, provided the player involved is on his/her feet
- A player who is fouled to take the free from the hands.
- When a team plays the ball over its own end line, opponents are awarded a free from the hand from the 20mt line directly opposite the goal. (A 45)
- All frees should be taken from opposite the goals(direct)
- No frees closer than 10m from the goals. (no Penalties)

Scoring System

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

Time Duration

- 20 minute games
- 10 minutes per half.
- At least 2 games per occasion.

Playing the Game

- 7 V 7 with goalkeepers
- 45m X 30m approx
- Teams are of mixed ability (no streaming)
- 2 Zones
- Players must remain in the zone to which they are assigned
- All players to rotate positions after each half.

Equipment

- Well secured portable goal posts (3M X 1.8M)
- Training poles can be used as goalposts if necessary
- Bibs or Jerseys
- Three First Touch (Size 1) footballs - one placed behind each goal and one in play

Recommended Playing Area

