

## PRE-MATCH

### DISCUSSION CARDS

#### U10 & U11 7v7

- **This card is to be discussed / agreed mutually by both coaches with ref prior to kick off.**

#### **THE SPIRIT AND ETHOS OF OUR GAME** *\*\*Co-Developed with input from Referees via recent PDP / Referees Regional Workshops*

- **Refs & Both Coaches;** - meet together prior to kick off to agree rules and the correct spirit for game to be played in. Shake hands. The Referee is a vital part of our Development Plan – lets assist him / her as best.
- **Referees;**... if available. ....If no Ref allocated from the league.....please ensure the home team appoints a referee/supervisor.
- **It's About Enjoyment;** Ultimately the game is for the kids. The kids to enjoy their match. Hopefully the kids remaining active, developing positive learnings and remain in sport.
- **Respect is key for all parties;** players and coaches respect the Referee / respect your opponents.
- **Both Teams;** - must shake hands before and after game including coaches and Ref.
- **Player-centred;** upmost importance kids enjoy their match.
- **Coaches;** agree to give all players equal playing time.
- **Coaches;** At all times respect the Referee – your players learn from you.
- **Coaches;** agree to being a 'role-model' – Always be positive. No screaming / ranting on touchline / remain in 'technical area'. Coaches/players only... from both teams to stay on one side of the pitch.
- **Parents / Supporters;** have an appointed 'controller' who explains correct ethos / spirit of the game and asks observers to comply. Clubs must ensure the pitch is roped off (With cones only) so parents etc have to be at least 5 ft. away from side-line....All spectators follow 'behind the line' concept.
- **Thank the Referee;** - we are losing Referees because of coaches / parental behaviour. Thank them for the game – going forward; no refs = no game!

#### **Format;**

- **Duration;** - 25 mins each way.
- **Size 5 Ball;** U10 (weight 320 grams)
- **Squad Size;** It is recommended that the U10/U11 teams shall consist of a panel of 10 players (7 players & 3 subs). However it is recommended that teams are permitted to sign up to a maximum of 12 players.
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- **Retreat Line –**
  - 1.** yellow cones dividing pitch into 1/3rds.
  - 2.** Only becomes active ball goes wide of goal. 1 attacker will be allowed inside the retreat line. All other attackers must withdraw beyond retreat line.

**3.** Play will resume with the goalkeeper throwing or passing the ball out to a team-mate, **NOTE** - *for the player inside the retreat line, the ball is “live” once released by the goalkeeper and he/she line is allowed to intercept the pass.*” opponents outside the retreat line cannot advance until a defender touches the ball.

**4. NOTE;** The Retreat Line is only active when ball goes wide – should a goalkeeper make a save, it is ‘normal’ play.

- **Goalkeeper’s Distribution** - **NOTE** – a goalkeeper MUST either throw or pass the ball off the ground when in possession – they CANNOT kick out of hands at any stage of play.
- **Throw-Ins** - Refs – U/10 players would be encountering this concept for the first time. Maybe “assist, not insist’ and help them get it right? Throw-in ONLY.
- **Substitutions;’ Roll OFF / Roll ON’;** – coaches signal Ref as to replacements, **NOTE;** players must LEAVE pitch before replacement enters pitch – Refs try & let game flow. ENSURE; equal playing time for ALL players through the season.
- **No Offside** Throw-ins / Corner Kicks as per norm.
- Players MUST wear shin-pads.

### **9v9**

- **Duration;** 30 minutes each way
- **Offside;** Regular Offside laws now apply, as per normal 11v11 rules.
- **Note;** No retreat lines / no Goalkeeping distribution guidelines.
- **Squad Size;** The under 12 team shall consist of 14 players (9 players & 5 subs) However it is agreed that teams are permitted up to sign up 16 players
- **Subs;** Roll Off / Roll On – ENSURE; equal playing time for ALL players through the season. All players must be played during the game...unless injured/sick.
- **Key Measure;** – ensure correct playing dimensions; min / max length 70m-85m x min / max width 50m-55m. Edge of Penalty Box to Edge of Penalty Box on a normal size pitch – with side-line 7 metres either side (marked with cones). DON’T PLAY ON A 7v7 PITCH!
- **Parents / Supporters;** Clubs must ensure the pitch is roped off (With cones only) so parents etc have to be at least 5 ft. away from side-line....All spectators follow ‘behind the line’ concept.
- **Coaches/players only;** from both teams to stay on one side of the pitch.