



YOUTH FOOTBALL

FRAMEWORK

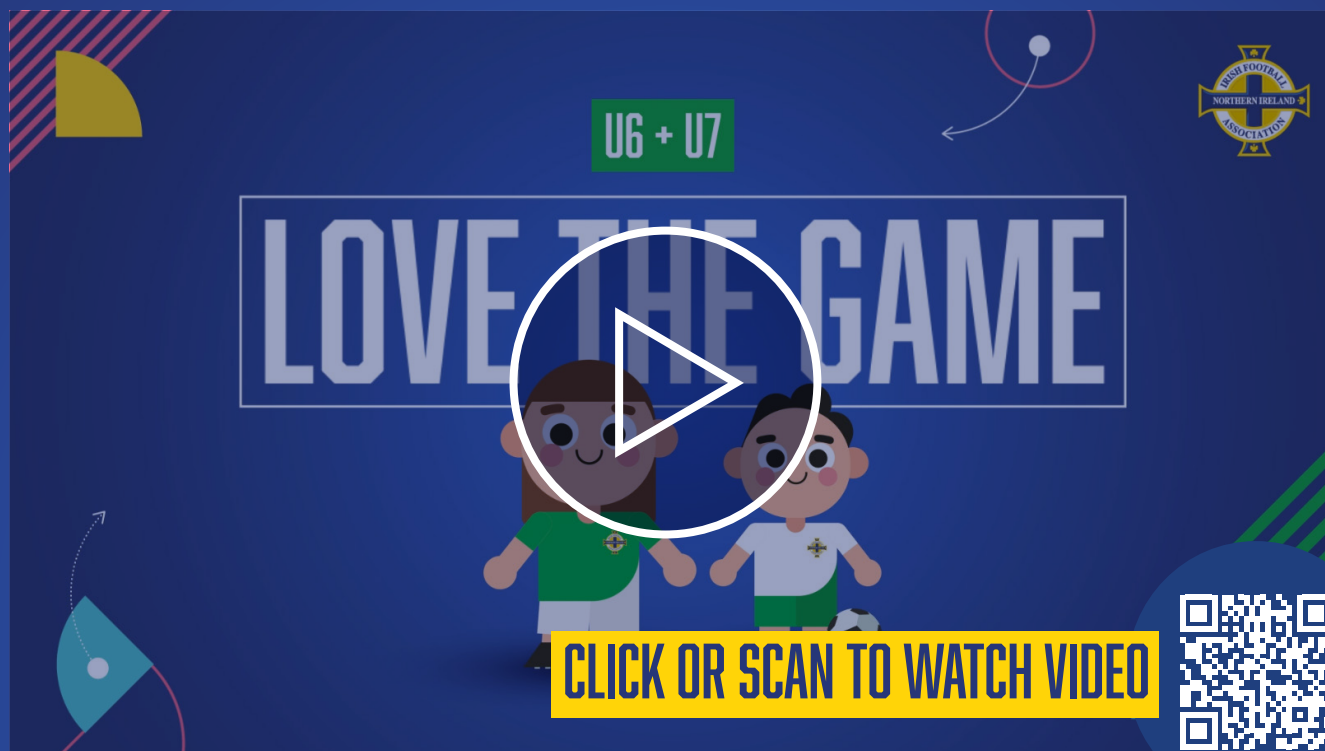


Let them **play.**

U6 AND U7

3V3 – Love the Game

In these small-sided games football is the teacher. It's about just letting children play and have fun. They develop through active learning and self-teaching rather than coaching.



Pitch Size (m)
c. 20x16



Goal Size (ft)
5x3



Ball Size
3 (soft touch)



Number of Nets
4



Goalkeepers
No



Format
Round robin/festival



Referees
No



Offsides
No

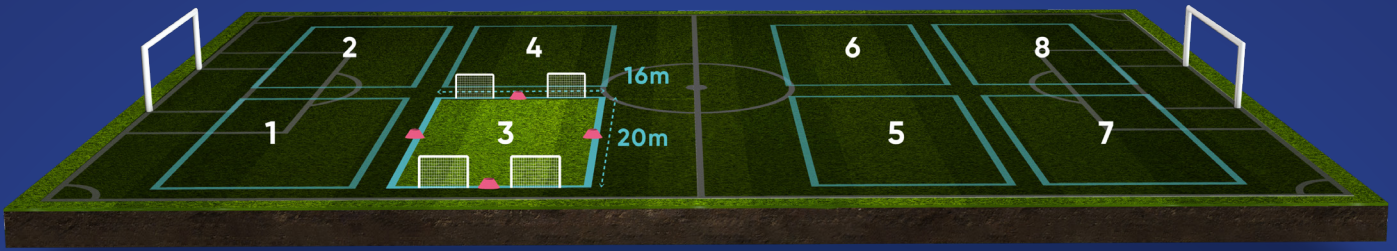


Game Duration
Min. 4 games x 10 mins
(max. 7 games on festival days)



Restart
Dribble in/pass in

3v3



Starting The Game:

- Centre of the pitch. All opponents start at least three yards away from the ball.



Restarting The Game:

- If the ball leaves the side of the pitch, the game restarts where the ball left the field of play.
- The ball should be stationary and can be passed or dribbled on to the pitch (self-start).
- Opponents start at least three yards away.
- If a player passes on to the pitch, it should be along the ground.
- A goal cannot be scored directly from a pass in.



Goal Kicks:

- Are taken from the spot between the goals.
- All opposition players start behind the halfway line (possession line).
- The ball can be dribbled or passed in to restart.



Corners:

- There are no corners.
- If the opposition team kicks the ball out of play behind their goals, the game restarts from the halfway mark at the sideline.
- The game restarts with a self-start dribble or pass.
- Opponents start at least three yards away.



After a Goal:

- The team that conceded the goal restarts the game from the centre of the pitch.



Powerplay:

- If a team goes four goals behind, they can put on an extra player.
- If the lead drops below four again, the team with the extra player withdraws a player before the game restarts.



Rolling Substitutions:

- There is a maximum of two subs waiting on the sideline per team.
- Rolling substitutions are allowed, meaning players can re-enter the game after previously being substituted.
- All players should play for at least half of the overall game time.



Game supervisors:

- Call all fouls and the game restarts by self-start. Opponents start at least three yards away.



U8 AND U9

5V5 – Explore the Game

This is where children learn more about the game. The format lets them play in different positions and explore different ways to attack and defend.

U8 + U9

EXPLORE THE GAME

CLICK OR SCAN TO WATCH VIDEO



Pitch Size (m)
c. 40x25 (max. 42x33)



Goal Size (ft)
12x4



Ball Size
U8 = 3
U9 = 4



Number of Nets
2



Goalkeepers
Yes



Format
Round robin/festival



Referees
No



Offsides
No

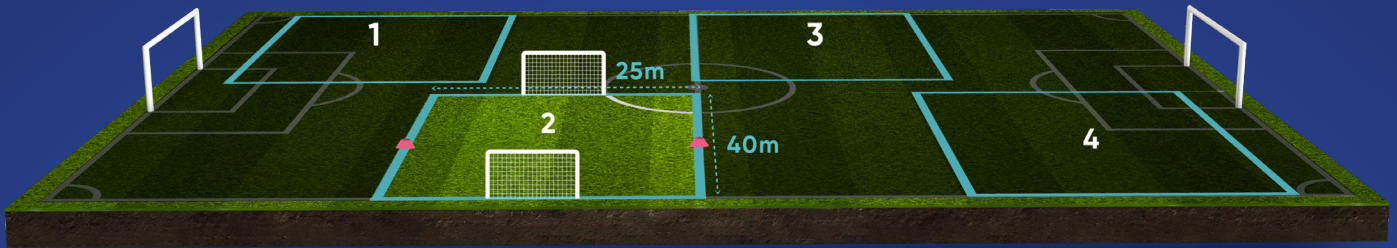


Game Duration
Min. 4 games x 12 mins
(max. 7 games on festival days)



Restart
Dribble in/pass in

5v5



Starting The Game:

- Centre of the pitch. All opponents start at least three yards away from the ball.



Restarting The Game:

- If the ball leaves the side of the pitch, the game restarts where the ball left the field of play.
- The ball should be stationary and can be passed or dribbled on to the pitch (self-start).
- Opponents start at least three yards away.
- If a player passes on to the pitch, it should be along the ground.
- A goal cannot be scored directly from a pass in.



Goal Kicks:

- Are taken from within or on the edge of the box (6m).
- All opposition players start behind the halfway line which is marked by flat spots or cones on the sideline. This is known as the possession line.
- The ball can be dribbled or passed in to restart.



Corners:

- Corners can be taken as a self-start dribble or pass in.
- Opponents start at least three yards away.



After a Goal:

- The team that conceded the goal restarts the game from the centre of the pitch.



Powerplay:

- If a team goes four goals behind, they can put on an extra player.
- If the lead drops below four again, the team with the extra player withdraws a player before the game restarts.



Substitutions:

- All players should play for at least half of the overall game time.
- There is a maximum of three subs waiting on the sideline per team.
- A substitute should not wait longer than five minutes before joining the match.
- Rolling substitutions are allowed, meaning players can re-enter the game after previously being substituted.



Game supervisors:

- Call all fouls and the game restarts by self-start. Opponents start at least three yards away.



Player Rotation

- Players rotate positions each game.
- Nominated goalkeepers must play at least one game outfield.



U10 AND U11

7V7 – Learn the Game

This format lets children showcase and develop their fundamental skills while they build a better awareness of the game.

U10 + U11

LEARN THE GAME

CLICK OR SCAN TO WATCH VIDEO



Pitch Size (m)
c. 55x35 (max. 60x42)



Goal Size (ft)
12x6



Ball Size
4



Number of Nets
2



Goalkeepers
Yes



Format
A v B



Referees
No



Offsides
No



Game Duration
1 game 3 x 15 mins periods



Restart
Dribble in/pass in



Starting The Game:

- Centre of the pitch. All opponents start at least five yards away from the ball.



Restarting The Game:

- If the ball leaves the side of the pitch, the game restarts where the ball left the field of play.
- The ball should be stationary and can be passed or dribbled on to the pitch (self-start).
- Opponents start at least five yards away.
- If a player passes on to the pitch, it should be along the ground.
- A goal cannot be scored directly from a pass in.



Goal Kicks:

- Are taken from within or on the edge of the box (9m).
- All opposition players start behind the possession line, which is one third the length of the pitch and is marked by flat spots or cones on the sideline.
- The ball can be dribbled or passed in to restart.



Corners:

- Corners can be taken as a self-start dribble or pass in.
- Opponents start at least five yards away.



After a Goal:

- The team that conceded the goal restarts the game from the centre of the pitch.



Powerplay:

- If a team goes four goals behind, they can put on an extra player.
- If the lead drops below four again, the team with the extra player withdraws a player before the game restarts.



Substitutions:

- All players should play for at least half of the overall game time.
- There is a maximum of four subs waiting on the sideline per team.
- A substitute should not wait longer than half the game before joining the match.
- Rolling substitutions are allowed, meaning players can re-enter the game after previously being substituted.



Game supervisors:

- Call all fouls and the game restarts by self-start. Opponents start at least five yards away.



Player Rotation

- Players rotate positions each game.
- Nominated goalkeepers must play at least one period outfield.



U12 AND U13

9v9 – Understand the Game

Children improve their skills and game knowledge in this 9v9 format as it gives them a basic understanding of team formations.

U12 + U13

UNDERSTANDING THE GAME

CLICK OR SCAN TO WATCH VIDEO



Pitch Size (m)
c. 65x45 (max. 78x50)



Goal Size (ft)
16x7



Ball Size
U12 & U13 = 4
U14 = 5



Number of Nets
2



Goalkeepers
Yes



Format
A v B



Referees
Yes - Apply all
laws of the game



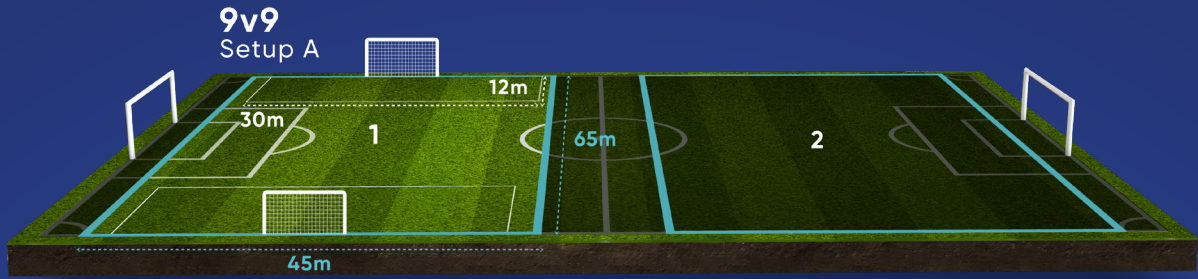
Offsides
Yes



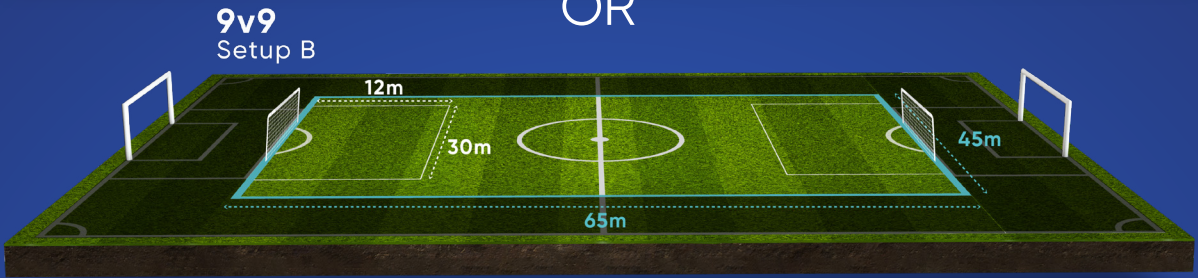
Game Duration
U12 = 2x25 mins
U13 = 2x30 mins
U14 = 2x35 mins



Restart
Throw-in



OR



Starting The Game:

- Centre of the pitch. All opponents start at least 7 yards away from the ball.



Restarting The Game:

- If the ball leaves the side of the pitch, the game restarts where the ball left the field of play and restarted with a throw-in as per Laws of the Game.



Goal Kicks:

- Are taken from inside the box which is 30m x 12m and can be marked out using flat spots. All opponents should be outside the box.



Corners:

- Opponents start at least 7 yards away.



After a Goal:

- The team that conceded the goal restarts the game from the centre of the pitch.



Powerplay:

- There is no Powerplay in 9v9 football.

U14 - U18

11v11 – Master the Game

Building on a solid foundation of technical skills, the 11v11 format lets young players focus on tactical areas of the game.



Pitch Size (m)
c. 100 x 65 (max 106x70)



Goal Size (ft)
24x8



Ball Size
5



Number of Nets
2



Goalkeepers
Yes



Format
A v B



Referees
Yes - Apply all
laws of the game



Offsides
Yes

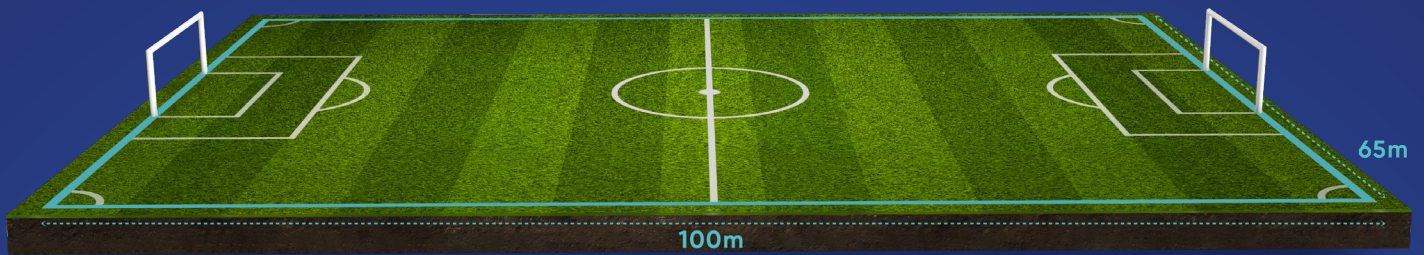


Game Duration
U15 & U16 = 2x40 mins
U17 & U18 = 2x45 mins



Restart
Throw-in

11v11



Starting The Game:

- Centre of the pitch. All opponents start outside the centre circle in their own half.



Restarting The Game:

- If the ball leaves the side of the pitch, the game restarts where the ball left the field of play with a throw-in as per Laws of the Game.



Goal Kicks:

- Are taken on the six-yard line and all opponents should be outside the 18 yard box.



Corners:

- Opponents start at least 10 yards away.



After a Goal:

- The team that conceded the goal restarts the game from the centre of the pitch.



Powerplay:

- There is no Powerplay in 11v11 football.

