



# Under 8 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
- Throw in at centre after score
- Goalkeeper may advance 10m for a kick out.
- The player 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 directly opposite the goal.
- No frees closer than 10m from the goals. (no Penalties).
- Side to side charge is permitted

## COACHING FOCUS

Coaches should highlight the following:

- Good catching
- Kicking for scores
- Encourage kicking over the bar.

## PLAYING THE GAME

- 5v5 (Minimum applicable from 2024 season) 7v7 (Max)
- 45m X 30m approx
- Teams are of mixed ability ( no streaming)
- All players to rotate positions after each half.

## TIME DURATION

- 25 minute games
- 12.5 minutes per half.
- At least 2 games per occasion.

## EQUIPMENT

- Well secured portable goal posts (3M X 1.8M)
- Training poles can be used as goalposts if necessary
- Bibs or Jerseys
- Quick Touch (size 2) footballs - one placed behind each goal and one in play

## RECOMMENDED PLAYING AREA

