



Under 9 Football



AIM

To consolidate the basic technical skills developed at age 7/8 level (catching and kicking) in an environment where players are also encouraged to develop tactical awareness/prowess i.e. decide on the best option in terms of making use of and/or creating time and space.

PLAYING RULES

- Play to commence with a throw up in centre
- Goalkeeper may advance 10m for a kick out.
- After a score, the play recommences with a kickout from the goal keeper
- The player 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 from where the ball crosses the line.
- No frees closer than 13m from the goals. (no Penalties)
- A player who is fouled to take the free out of the hands from where the foul occurred

COACHING FOCUS

- Good catching
- Kicking on the run
- Introducing soloing
- Coaches to encourage players to perform the two handed block

TIME DURATION

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

PLAYING THE GAME

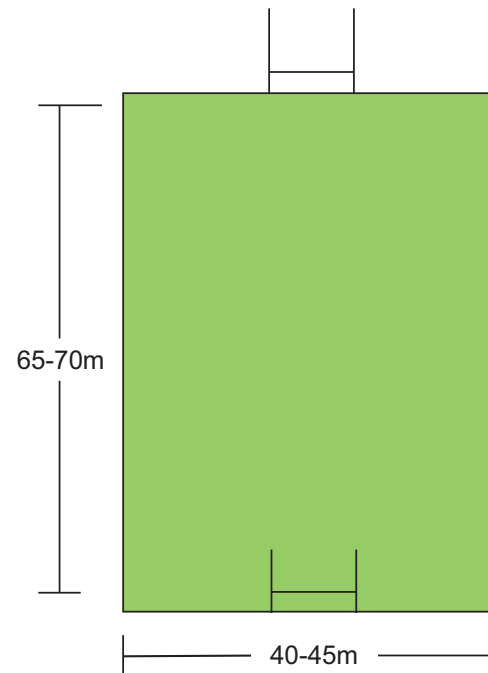
- 7v7 (Minimum applicable from 2024 season) 9v9 (Max)
- (65-70m) X (40-45m)
- 1 goalkeeper, 3 defenders, 2 mid-fielders, 3 attackers.

- Teams must be streamed according to ability
- All players to rotate positions after each half.

EQUIPMENT

- Well secured portable goal posts.
- U/9- (10' x 6' or 3m x 1.8m)
- Jerseys
- Three Quick Touch (Size Footballs - one placed behind each goal and one in play)

RECOMMENDED PLAYING AREA



NOTES ON STREAMING:

See note at: <http://www.dublingaa.ie/juvenile/regulations>