

GRASSROOTS: LAWS OF THE GAME

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- One of the most important elements of a grassroots programme is the flexibility and adaptability of the coach. In order to meet children's needs, the rules, regulations and dimensions can be altered at any time according to the environment, age group and level of skills.
- Refereeing in a grassroots programme must be always educative.
- The following slides are merely recommendations and should not be interpreted as hard and fast rules.

Suggested dimensions of the pitch

4 v 4 Minimum: 12 m x 20m Maximum: 15m x 25m

5 v 5 Minimum: 20m x 30m Maximum: 25m x 35m

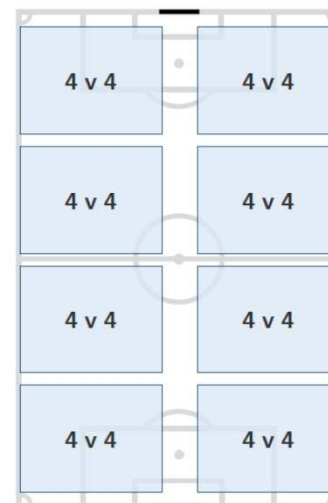
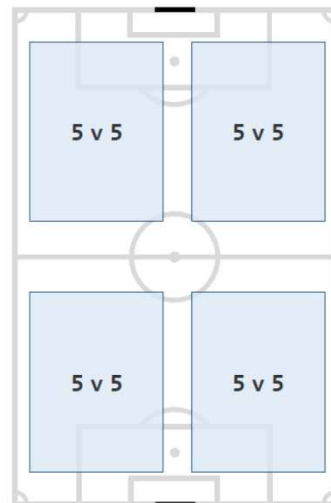
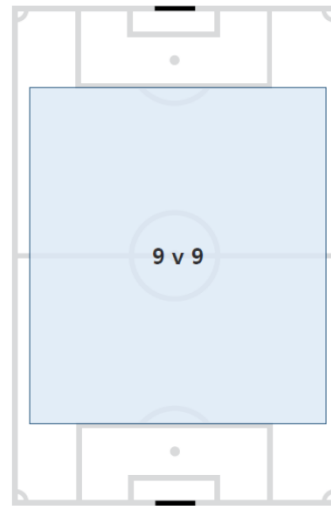
7 v 7 Minimum: 30m x 45m Maximum: 35m x 50m

9 v 9 Minimum: 45m x 60m Maximum: 50m x 67m

DIMENSIONS

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DIMENSIONS

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6-8 years old

- 4 v 4 without goalkeeper (4 v 4) from 12m x 20m to 15m x 25m
- 4 v 4 with goalkeeper (3+1 v 3+1) from 12m x 20m to 15m x 25m
- 5 v 5 from 20m x 30m to 25m x 35m

9-10 years old

- 4 v 4 without goalkeeper (4 v 4) from 12m x 20m to 15m x 25m
- 4 v 4 with goalkeeper (3+1 v 3+1) from 12m x 20m to 15m x 25m
- 5 v 5 from 20m x 30m to 25m x 35m
- 7 v 7 from 30m x 45m to 35m x 50m

11-12 years old

- 4 v 4 without goalkeeper (4 v 4) from 12m x 20m to 15m x 25m
- 4 v 4 with goalkeeper (3+1 v 3+1) from 12m x 20m to 15m x 25m
- 5 v 5 from 20m x 30m to 25m x 35m
- 7 v 7 from 30m x 45m to 35m x 50m
- 9 v 9 from 45m x 60m to 50m x 67m

BASIC RULES

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Duration of matches in a tournament

This depends on the format of the activity and the time available.

6-8 years old

2 x 15 / 20 min.

9-10 years old

2 x 20 / 25 min.

11-12 years old

2 x 25 / 30 min.

Equipment

Goals: Maximum dimension: 5m x 2m. Cones and poles can be used if no proper goals are available. Futsal goals can also be used (3m x 2m).

Footballs

Size 4

BENEFITS AND PRINCIPLES OF 4v4 AND 5v5

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- Children discover football through the variety of games offered
- Opportunity for both boys and girls to play in considerable numbers
- Festival atmosphere (festivals, training sessions, activities, parties)
- Helps with the development of the children's intellectual, emotional and motor skills
- The priority is on play rather than winning
- Make sure all activities are games
- Do not allow any form of competition or classification
- Make sure all the children play and enjoy themselves without restriction
- Organise and prepare sessions and festivals
- Offer high-quality supervision (the importance of the human touch)

4v4 AND 5v5 BASIC RULES

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- 4 cones or poles, each placed 3m (4v4) or 4m (5v5) from the corner along the touchline, can be used to indicate the two penalty areas without marking any lines. The goalkeeper can handle the ball inside this area.
- Penalty spot: 4m (4v4) or 5m (5v5)
- 4v4 – without goalkeeper or goal: keeping the ball, passing game, stop line; or without goalkeeper with small goals (2 or 4)
- 5v5 – 5 players (boys and girls) in a team, of which one is the goalkeeper
- Kick-off, free kicks, corner kicks, goal kicks: opponents must stand back 3m (4v4) or 4m (5v5)
- No offside
- Substitutions can be made at any time during the match
- Substituted players continue to participate in the match and can return to the pitch as substitutes themselves
- In festivals, all players must participate on an equal basis

BENEFITS OF 7v7

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- Can be adapted to the existing facilities
- Allows a significant number of boys and girls to play
- Facilitates a smooth transition between 5-a-side and 9-a-side football
- Introduces the zones of play and player positions
- Develops team play
- Depending on the level of the players, allows the introduction of other rules, such as offside. Encourages progression and development.



DURING PRACTICE – 7v7

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- Make sure all the children play and enjoy themselves
- Allow a lot of freedom in their playing
- Make light of the results and emphasise the way in which football is played
- Use relationships (friendships) to create a team spirit
- Do not allow purely physical training (always use a ball)
- Emphasise techniques and the play aspect
- Present progressive exercises and adapted games



7v7 BASIC RULES

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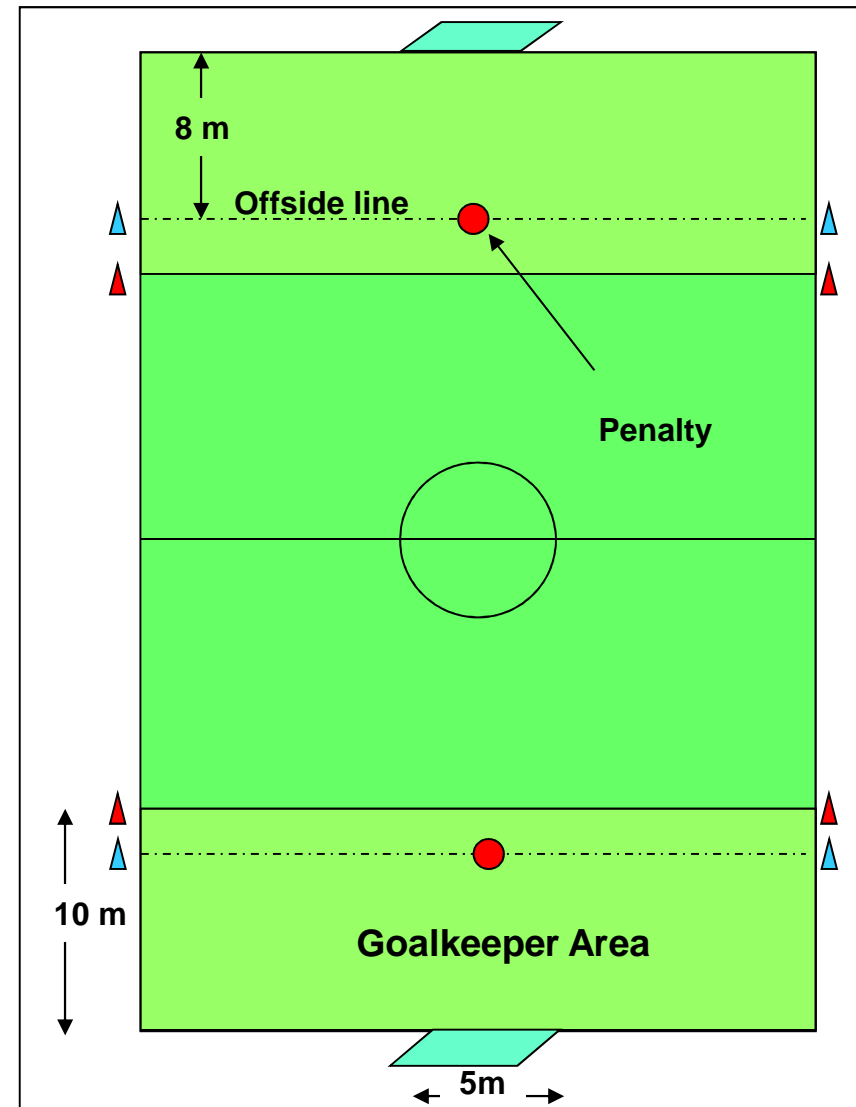
- Four cones or poles, each placed 10m from the corner along the touchline, can be used to indicate the two penalty areas without marking any lines. The goalkeeper can handle the ball inside this area.
- Penalty spot: 8 metres from the goal
- If proper goals are not available, use two cones or poles placed 6m apart
- Substitutions can be made at any time in the match during a stoppage of play, with the approval of the coach-educator
- Substituted players continue to participate in the match and can return to the pitch as substitutes themselves
- In festivals, all players must participate on an equal basis
- All free kicks are direct
- Kick-off, free kicks, corner kicks: opponents must stand back 6m

7v7 BASIC RULES

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- The rules
 - All free kicks are direct
 - Offside delimited by a virtual line (2 cones or poles) 8m from the goal line
 - Penalty if the referee considers a serious foul has been committed in the box
 - Free kick, clearance, corner: opposing players at 6m
 - Penalty: players behind a line passing through the penalty point, and at 6m
- Ball: size 4
- Duration: Maximum 45-50 min
- Refereeing: refereeing for education only, no whistle, outside of the field

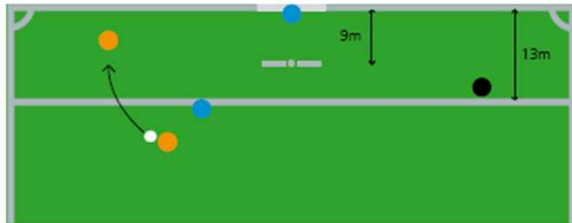


7v7 BASIC RULES

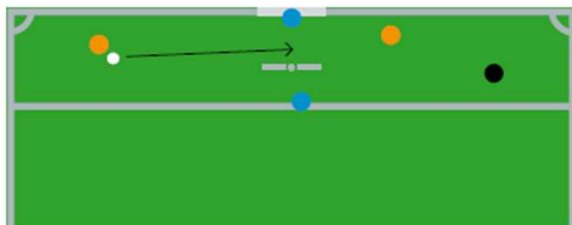
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- Offside
 - Same as 11-a-side, but the offside line is 8 metres from the goal line

Offside

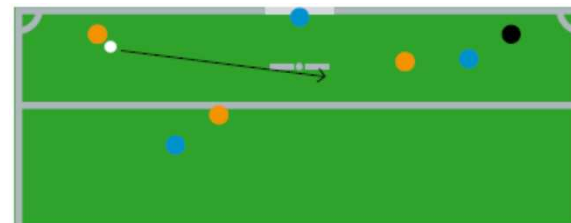


Offside: player in front of the ball in the offside area.

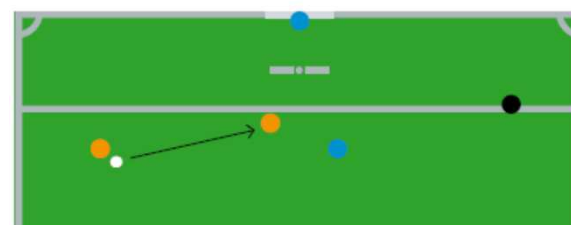


Offside: player in front of the ball in the offside area.

Not offside



Not offside: player in the offside area, but behind the ball.



Not offside: player in front of the ball, but not in the offside area.

BENEFITS OF 9v9

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- Can be adapted to the existing facilities
- Allows a significant number of boys and girls to play
- Facilitates a smooth transition between 7-a-side and 11-a-side football
- Encourages more rational positioning on the pitch
- Ensures a better balance between the lines of defence, midfield and attack
- Develops the use of the channels
- Emphasises attacking play
- Develops adapted individual and team responses
- Encourages progress and development

BENEFITS OF 9v9

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9-a-side football assists learning because of the reduced playing space:

- It requires technical manoeuvres to be quicker and more accurate
- The coach-educator can develop the bases of an organised game through the different formats played
- It allows the selection of formation and a coherent style of play
- It introduces players' positions
- It allows the organisation of a formation (coordinated movements of players, movement of the ball, covering, etc.)

9v9 BASIC RULES

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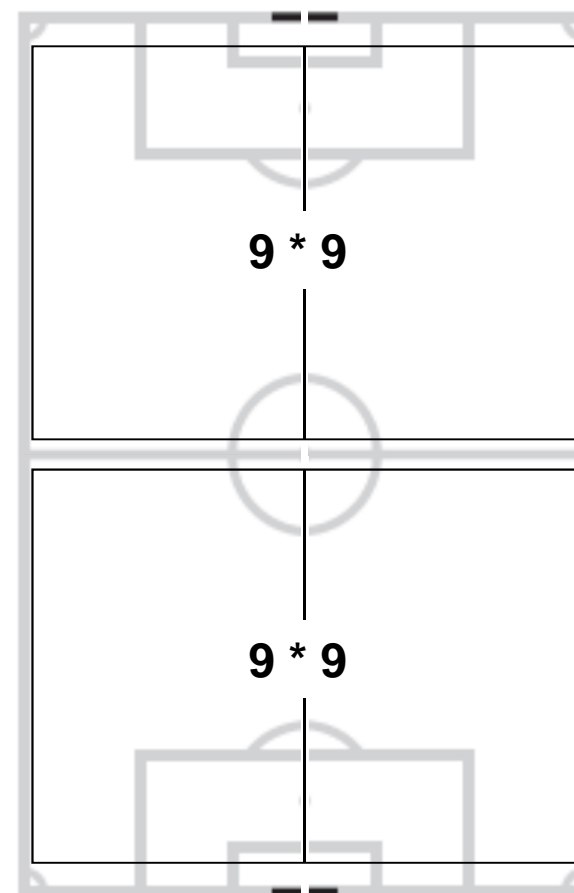
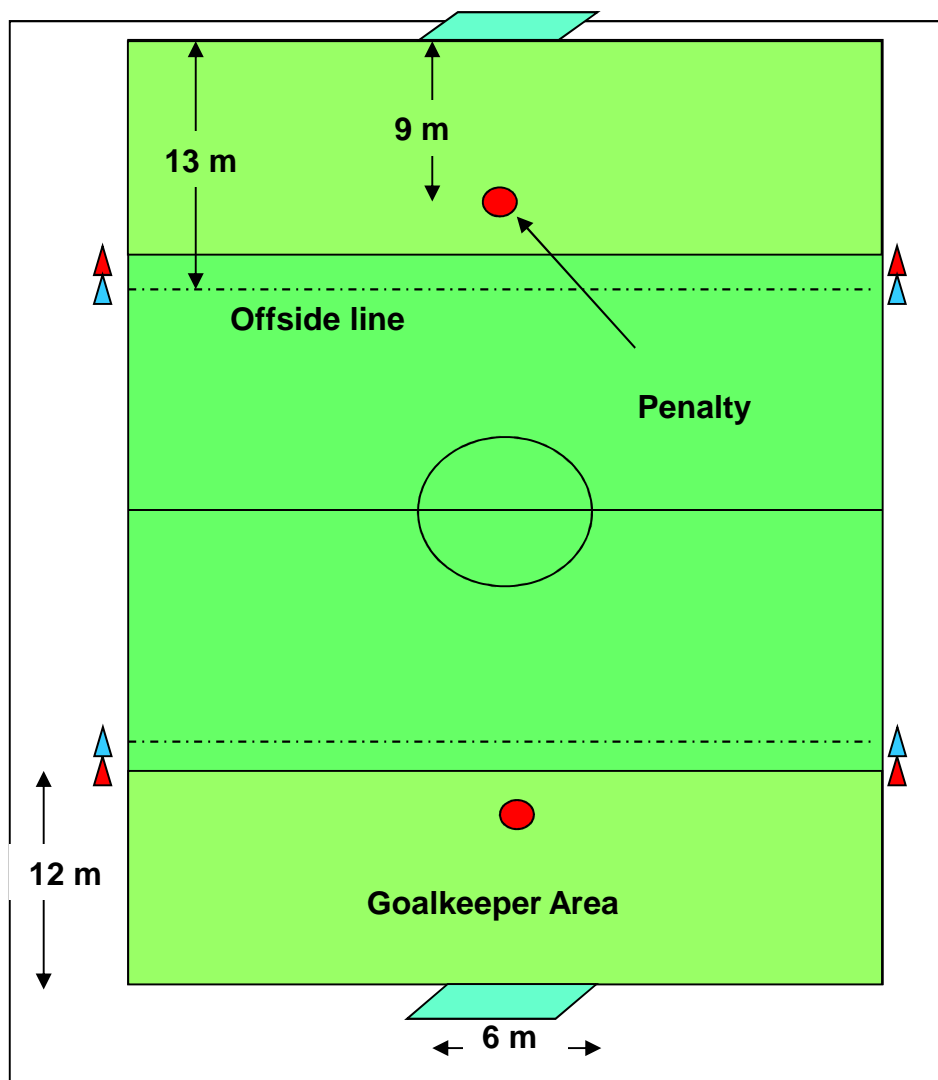
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- The centre circle has a 6m radius
- Penalty: 9 metres
- Goals: 6 metres
- Substitutions can be made at any time in the match during a stoppage of play, with the approval of the coach-educator
- Substituted players continue to participate in the match and can return to the pitch as substitutes themselves
- In festivals, all players must participate on an equal basis
- All free kicks are direct
- Kick-off, free kicks, corner kicks: opponents must stand back 6m
- Offside: identical to 11-a-side, although the offside area is marked out by the goal line, the touchlines and an internal line drawn 13m from the goal line
- Refereeing: informative refereeing (no whistle) from off the pitch. A good conversation with both teams' players and coaches before the match is always welcome. A grassroots referee is also an educator.

9v9 BASIC RULES

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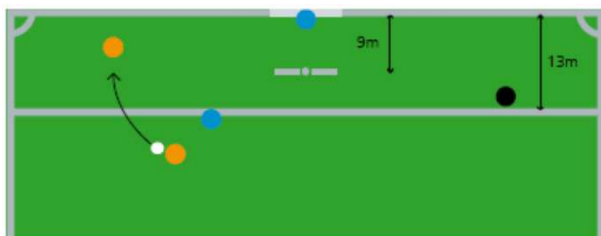
9v9 BASIC RULES

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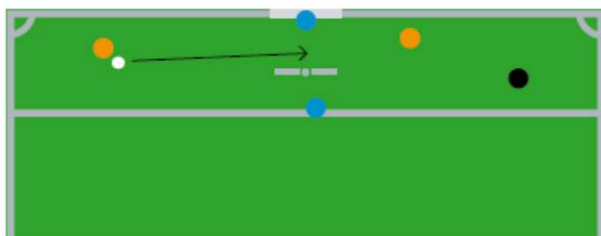
- Offside

Same as 11-a-side, but the offside line is 13 metres from the goal line.

Offside

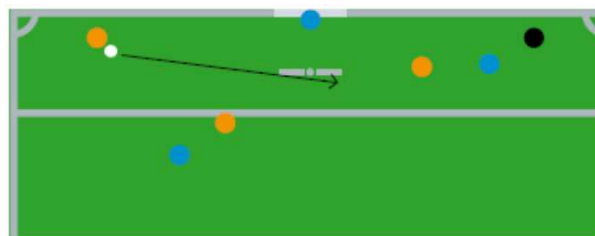


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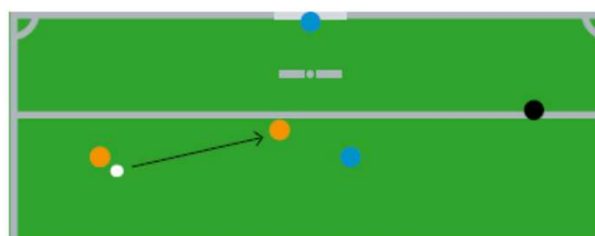


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Not offside



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