2022/2023 Coaches Handbook

The Coastal FC handbook has been designed to provide coaches a structured guideline in the development of club players and program management.

The handbook will serve as a technical and managerial resource to provide coaches with basic knowledge that will assist in the delivery of an excellent player development environment.

In an effort to provide a consistent model for player development and program management across Coastal FC, we have adopted the CSA Long Term Player Development (LTPD) pathway. This handbook contains the various stages of LTPD and identifies which player capacities should be trained at which developmental stages within LTPD.

The overall objective of our program is to foster and encourage sportsmanship, education, skill development, and respect for teammates, opponents and referees in a fun, supportive and player centred environment. Soccer at Coastal FC should be a fun and positive experience for everyone.

Your overall goal as a Coastal FC coach is to create the above referenced environment and monitor the development and enjoyment of each player under your charge. This handbook will help you accomplish this.

Please ensure you read the following information contained in this handbook and good luck in the season ahead!

STAGE 1: Active Start

U4-U6 Female and Male
"FIRST KICKS"

Soccer contributes to the well-being of children by engaging them in the sport while teaching them basic movements. At this introductory level, the objective is to get moving and to keep active.

Where:	Home, daycare, schools, clubs, community, parks and recreation centres.
Why:	Provide early opportunities for children to learn basic soccer elements.
Who:	Technical leaders, parent coaches, parents, educators, caregivers.
Coaching:	Training in Physical Literacy (CSA Program).

- **Physical** – Provide the environment for learning proper fundamental movement skills such as running, jumping, twisting, kicking, throwing and catching.
- **Technical** – The player and the ball: Running with the ball, dribbling, controlling, kicking and shooting.
- **Tactical** – None.
- **Mental** – Fun, fascination, and passion for play.

Game Structure:
No competitive games – adult and child play together informally.

Recommended training times:
30 to 45 minutes.

Season Length:
4 to 16 weeks Winter/Spring/Summer, indoor and/or outdoor.

Recommendations:
- Player success is encouraged. While the adult should challenge the child player, they should allow the child to "score" goals and "beat" the adult opponent.
- Adult discontinues play when the child has lost interest.

Other Sports & Activities

Children should participate in many additional activities. Swimming and well-structured gymnastics programs are recommended.

STAGE 2: FUNdamentals

U6-U8 Female and U6-U9 Male

"FUN WITH THE BALL"

2

At this stage, individual player development is paramount. Coaches and teachers should create a stimulating learning environment where the atmosphere is "Freedom and Fun."

Where:	Home, schools, clubs.
Why:	Provide opportunities for children to learn basic soccer elements.
Who:	Physical education teacher, parent coach, team coach, club head coach.
Coaching:	Training in Physical Literacy (CSA Program).

- **Physical** – Develop the ABCs of movement: agility, balance, co-ordination and speed, as well as running, jumping, twisting, kicking, throwing and catching.
- **Technical** – Movement exercises/games designed to promote a feel for the ball: gaining ball control in receiving passes, dribbling, passing less than 25m, kicking the ball forward, and shooting on goal.
- **Tactical** – Small children are egocentric – playing the ball is the most important objective. However, they now need to be introduced to co-operation between players. They gain understanding of the game through playing situations.
- **Mental** – Basic awareness of environment to build game intelligence and decision making.

Game Structure: Ranges from 3v3 to 5v5.

				FIELD SIZES		
Game Format	Squad Size	Game duration	Ball Size	Min/Max width	Min/Max length	GOAL SIZES no larger than
3 v 3 *	Max 6	2 x 15 min.	3/4	18 to 22m	25 to 30m	5f/1.52m X 8f/2.44m
4 v 4 *	Max 8	2 x 15 min.	3/4	20 to 25m	30 to 36m	5f/1.52m X 8f/2.44m
5 v 5 *	Max 10	2 x 15 min.	3/4	25 to 30m	30 to 36m	5f/1.52m X 8f/2.44m

**With or without goalkeeper - when no goalkeeper, reduce the goal size.*

Recommended training times: 30 to 45 minutes.

Season Length: 12 to 20 weeks, indoor and/or outdoor.

Recommendations:

- No league standings – jamboree format – emphasis is on FUN.
- Players and game formats are organized to support the basic playing experiences.
- All players play equal time and try all team positions, including goal keeping.
- Equal time should be allotted to practice and games.

Other Sports & Activities

Children should participate in many additional activities. Swimming and well-structured gymnastics programs are recommended along with ball sports.

STAGE 3: Learning to Train

U8-U11 Female / U9-U12 Male

"THE GOLDEN AGE OF LEARNING"

The effect of the role-model is very important at this stage. Children begin to identify with famous players and successful teams, and they want to learn imaginative skills. Skill demonstration is very important, and the players learn best by "doing." Players move from self-centered to self-critical, and they have a high stimulation level during basic skills training.

This is also an important time to teach basic principles of play and to establish a training ethic and discipline. Repetitions are important to develop technical excellence, but creating a fun and challenging environment is still essential for stimulating learning.

Where:	Clubs, district/regional development centers, schools.
Why:	Player development and talent identification.
Who:	Coaches, technical leaders, physical education teachers.
Coaching:	Training in Physical Literacy (CSA Program).

- **Physical** – This is an optimal window for trainability of speed, flexibility and skills.
- **Technical** – Building a greater repertoire of soccer related movements; technical skills are developed in training and within the context of basic soccer games.
- **Tactical** – Developing environment awareness and encouraging decision making: simple combinations, marking and running into space.
- **Mental** – Golden age of learning; intrinsic motivation is developed by the Fun and Enjoyment that foster desire to play; imagination, creativity, increased demands, discipline.

Game Structure: Ranges from 6v6 to 8v8.

				FIELD SIZES		
Game Format	Squad Size	Game duration	Ball Size	Min/Max width	Min/Max length	GOAL SIZES no larger than
6 v 6	Ideal 8/Max 10	2 x 25 min.	3/4	30 to 36m	40 to 55m	6f/1.83m X 14f/4.27m
7 v 7	Ideal 9/Max 12	2 x 25 min.	4	30 to 36m	40 to 55m	6f/1.83m X 16f/4.88m
8 v 8	Ideal11/Max 14	2 x 30 min.	4	42 to 55m	60 to 75m	6f/1.83m X 18f/5.49m

Recommended training times: 45 to 70 minutes.

Season Length: 16 to 20 weeks, indoor and/or outdoor.

Recommendations:

- Small leagues provide game fixtures, but no league standings are recorded.
- Players and game formats are organized to support the basic playing experiences.
- All players play equal time and try all team positions, including goal keeping.
- The game structure progresses between ages from simple to more complex.
- The training to competition ratio should be 2 to 3 training sessions for every game.

Other Sports & Activities

Other sports continue to play a role, both for variety and cross-training, but the balance now begins to shift firmly in favour of soccer.

STAGE 4: Training to Train

U11-U15 Female / U12-U16 Male

"IDENTIFYING THE ELITE PLAYER"

4

At this stage, elite soccer groups express interest in recruiting talented youth players. Care must be taken to recognize and protect the long-term interests of each player. Risks and issues can be avoided by ensuring that the development model remains "player centred."

The optimal window of trainability for stamina begins with the onset of Peak Height Velocity (PHV), more commonly known as the adolescent growth spurt. The demands of skill training as well as training loads should increase, thus provoking improvement in mental toughness, concentration and diligence. Awareness of tactics within the game becomes an important facet of the learning process. Players tend to be self-critical and rebellious, but they have a strong commitment to the team.

Where:	Sports Schools, select programs (regional, provincial, national), NTC, Clubs, Sport schools.
Why:	Player development, talent identification and talent development.
Who:	Club head coaches & team coaches, Provincial & National team coaches.
Coaching:	CSA B Preparatory License, Provincial B License, National B and A License.

- **Physical** – Flexibility, disciplined warm-up and cool-down, agility, aerobic and anaerobic endurance, strength, core strength and stability, balance, nutrition and proper diet (pre-game, post-game, tournaments), prevention and care of injuries, importance of rest/recovery. Personalized programs needed in order to respect the growth spurt.
- **Technical** – Introduction of advanced techniques to those who are capable; technical acquisition in a more complex environment and position-specific skills.
- **Tactical** – Team work: development of tasks per unit (defensive, midfield or forward unit) and positional awareness through small-sided games and competitive matches.
- **Mental** – Pre-competition routine, introduction to mental preparation, goal setting, coping with winning and losing.

Game Structure:

				FIELD SIZES		
Game Format	Squad Size	Game duration	Ball Size	Min/Max width	Min/Max length	GOAL SIZES no larger than
8 v 8	Ideal 11/Max 14	2 x 30 min.	4	42 to 55m	60 to 75m	6f/1.83m X 18f/5.49m
9 v 9	Ideal 12/Max 16	2 x 35 min.	4/5	42 to 55m	60 to 75m	6f/1.83m X 18f/5.49m
11 v 11	Ideal 16/Max 18	2 x 35 min.	5	FIFA reg.	FIFA reg.	8f/2.44m X 24f/7.32m

The Canadian Soccer Association highly recommends that no 11 a-side soccer be played before U13.

Recommended training times: 60 to 75 minutes.

Season Length: As players progress through this stage, they move towards year-round play that includes appropriate rest and recovery periods.

Recommendations:

- Appropriate ratio of training, competition and rest throughout the year; periodized planning is critical.
- Training to competition ratio should be between 5 to 12 for every game.
- First experience in the select programs: regional, provincial and national.

Other Sports & Activities

Soccer is the primary sport, but complimentary sports are encouraged which support movement and athleticism suitable for soccer (e.g. track & field).

STAGE 5: Training to Compete

U15-U19 Female / U16-U20 Male

"DEVELOPING THE INTERNATIONAL PLAYER"

Athletes who are now proficient at performing basic and soccer-specific skills are working to gain more game maturity as they learn to perform these skills under a variety of competitive conditions.

Fulfillment of each player's potential depends on their own efforts, the support of teammates, and the unselfish guidance of the coach. They must be exposed to quality playing and training environments which extend their mental, physical, tactical and technical capabilities to their limit. Players must have a sound understanding of soccer principles and concepts, and they should show emotional stability when confronted with pressure situations.

Where:	Select programs (provincial, national), NTC, Clubs, semi-pro teams, pro-teams.
Why:	Player development and talent identification for late developers.
Who:	Club head coaches & team coaches, Provincial & National team coaches, pro team coaches, university coaches.
Coaching:	CSA National B and A License.

- **Physical** – Further develop flexibility, correct warm-up and cool-down, agility, aerobic and anaerobic endurance, strength, core strength and stability, balance, nutrition and proper diet (pre-game, post-game, tournaments), prevention and care of injuries, importance of rest and recovery.
- **Technical** – Refinement of core skills and position specific-skills; continued development of advanced techniques and skills.
- **Tactical** – Decision-making tactical awareness, game appreciation, game analysis, match coaching, productivity, competitive proficiency.
- **Mental** – Increased player concentration, responsibility, discipline, accountability, goal setting, self-confidence, self-motivation, will to win, mental toughness, competitive mentality in practice and games; satisfy player's urge for competition; importance of being educated in the game (watch games on TV and National team games).

Game Structure:

				FIELD SIZES		
Game Format	Squad Size	Game duration	Ball Size	Min/Max width	Min/Max length	GOAL SIZES no larger than
11 v 11	Ideal 16/Max 18	2 x 40 min.	5	FIFA reg.	FIFA reg.	8'/2.44m X 24'/7.32m
11 v 11	Ideal 16/Max 18	2 x 45 min.	5	FIFA reg.	FIFA reg.	8'/2.44m X 24'/7.32m

Recommended training times: 75 to 90 minutes.

Season Length: Year-round play that includes appropriate rest and recovery periods.

Recommendations:

- Appropriate ratio of training, competition and rest throughout the year; periodized planning is critical.
- Training to competition ratio should be between 5 to 12 for every game.
- Players should play regularly in highly competitive professional and international match play.

STAGE 6: Training to Win

U18+ Female / U19+ Male

"BUILDING THE WORLD CUP PLAYER"

6

The majority, if not all, of the player's physical, technical, tactical, and psychological qualities are now fully established, and the focus of training has shifted to optimization of performance. They may still require additional tactical experience in high-pressure games to develop consistency. The focus is on the maximization of all capacities.

Where:	Select programs (national), semi-pro teams, pro-teams.
Why:	High performance.
Who:	National team coaches, and semi-pro and professional team coaches.
Coaching:	CSA National A License + advanced courses.

- **Physical** – Individual fitness program for maintenance, improvement; work and recovery must be well monitored; periodization is critical.
- **Technical** – Further development of advanced techniques and skills; refinement of general skills and individual positional skills; game-related technical repetition under pressure.
- **Tactical** – High degree of decision making, leadership and game analysis skills; ability to adjust game plan and adapt playing strategies to suit changing demands.
- **Mental** – Increased concentration and responsibility, leadership, discipline, accountability, goal setting, self confidence, self motivation, will to win, mental toughness, competitive mentality, established pre-practice and pre-game routine.

Game Structure: FIFA Rules.
Recommended training times: 75 to 90 minutes.
Season Length: Year-round play that includes appropriate rest and recovery periods.
Recommendations:

- Appropriate ratio of training, competition and rest throughout the year; periodized planning critical.
- Training to competition ratio should be between 5 to 12 for every game.
- Players should play regularly in highly competitive professional and international match play.

7 STAGE 7: Active for Life

Any age Female and Male

"SOCCER FOR HEALTH & GRASSROOTS GROWTH"

At any stage in the LTPD model, regardless of their level of ability, players may decide to play soccer as a purely recreational sport so they can continue to enjoy the game and maintain lifelong wellness. They might be youth players who decide not to pursue high performance, or they might be top players from senior clubs, colleges, universities, and semi-professional teams who enjoy competition but do not intend to play at the international level. They might also be complete newcomers to the game who discover an interest in soccer in late adolescence or adult life. Players at all levels should have opportunities to become active in soccer coaching, officiating and administration. The recruitment and retention of players, coaches, referees and administrators is key to the ongoing development of both grassroots and elite soccer in Canada.

Youth Players
Many youth players pursue the dream of representing Canada; others play for simple enjoyment of the game, the camaraderie of being on a team, and the health benefits that the sport provides. LTPD seeks to provide opportunities for youth players to continue in the game, even if they do not pursue high-performance play.

Competitive and High-Performance Players
Many players with senior clubs, colleges, universities and semi-professional teams enjoy competition but do not intend to play at the international level. Along with thousands of adults playing in various competitive divisions, they deserve opportunities to continue playing at an appropriate level that sustains their passion for the beautiful game.

Newcomers
Soccer attracts newcomers of all ages who want to enjoy a team sport while learning new skills and improving their health and wellness. Opportunities should exist to encourage these latecomers to learn and play the game, regardless of their skill level or ability.

Player Retention
After they retire from playing, soccer players of all abilities (including senior club, high-performance and professional) should be encouraged to pursue careers as soccer coaches, mentors, referees, administrators or sport science specialists. Soccer and its governing bodies benefit when players are formally encouraged and retained within the fabric of the game.

Where:	Clubs, communities, schools, universities, colleges and wherever the game is played.
Why:	For the development of the game; for the right to play despite ability, age, or gender; for the joy of learning a new sport at any age.
Who:	Coaches of all ages and genders.
Coaching:	Training based on level of play: Active for life or competition stream.

- **Physical** – Follow appropriate guidelines in the areas of endurance, strength and flexibility training to remain active or play competitive.
- **Technical** – Learn new skills, or use and maintain skills already acquired.
- **Tactical** – Basic tactics are sufficient to enjoy the game at a recreational level. More advanced are required for competitive level.
- **Mental** – Focus on having fun, in addition to stress release and fitness discipline.

Game Structure: Adapt the game structure to suit the level of play, number of players, and available space.

Recommended training times: 75 to 90 minutes.

Season Length: Year-round play that includes appropriate rest and recovery periods.

Recommendations:

- Access for players of all ages, genders and ability.
- Costs to players should be minimized to ensure maximum participation.
- No league standings - emphasis on FUN at the recreational level.
- Appropriate ratio of training, competition and rest throughout the year; periodized planning is critical.

…at should I do when I get my team?

- Introduce yourself to your team via email
- Set player and parent meeting

What should I discuss at the player and parent meeting?

- Introduce yourself and provide some information on your experience
- Introduce your assistant and manager
- Coaching philosophy
- Program objectives – vision and targets
- Program expectations – player and parent code of conduct
- Training and game day schedule
- Season plan – season duration, additional tournaments, fund raising etc.
- Kit sizing
- Serious injury reporting procedure – Establish Emergency Action Plan

You can access the Coastal FC standardized Player and Parent Meeting power point presentation on the club website by clicking **HERE** – Hyperlink

What is Coastal FC looking for in our teams, coaches and players?

- We need players to develop an understanding for the game, an appreciation for the details of our playing concept, improve their technical skill level and most importantly to enjoy the game!
- We need coaches who are capable of communicating in a positive way to their players, who can organize a team, make educated adjustments to the game and promote a healthy environment for the players and parents.
- We need teams who work hard for each other, respect fair play and appreciate that each time we step on the field to represent Coastal FC we must demonstrate pride and determination.

How will we achieve this?

- Coastal FC is responsible for delivering a season long player and coach development program. The program will consist of a curriculum of small sided games and drills which will form a critical component of the technical and tactical development of our players. During game like training situations, players will develop their technical abilities and combine them with tactical decision making under realistic playing conditions. Similarly, coaches will

learn and develop their coaching ability as it relates to organization, coaching methodology, session structure, and technical/tactical knowledge.

Training Environment – Club Curriculum

Pre-training routine

- Familiarize yourself with club curriculum
- Understand the session plan
- Dress like a coach
- Arrive early

In-training routine

- Organized
- Enthusiastic
- Positive
- Loud

Coaching Methodology

- Stop
- Demonstrate
- Rehearse
- "Go live"

Session Structure

- Warm up – Standardized
- Technique
- Skill
- Small sided game, let them play!

Post training routine

- Debrief session
- Reinforce key points of session
- Outline areas of improvement
- Outline positives

Game Day Environment - Considerations

Key Areas of the game

- When we have the ball
- When the opponent has the ball
- Transition from attack to defense
- Transition from defense to attack

When we have the ball

- Does everyone understand the objective of attacking?
- Do we use all of the space on the field? Width and depth?
- Do we know when to play the ball forwards? Sideways? Backwards?
- Do we know when to dribble and when to pass?
- Do we form basic shapes, triangles, diamonds?

When the opponent has the ball

- Does everyone understand the objective of defending?
- Do we compete in 1v1 battles?
- Do we get goal side when we lose the ball?
- Are we seeking to win the ball back at all times?
- Do we make it difficult for the opponent to create scoring chances?

Pre-match management

- Arrival time 20 minutes prior to kick off
- 5 minutes to organize warm up (15 minutes to kick off)
- 5 minutes dynamic warm up (10 minutes to kick off)
- 5 minutes technical warm up (5 minutes to kick off)
- 5 minutes for final words, equipment check, hydration etc.
- Kick off

Pre-match Team Talk

- Explain the formation and player positions within the formation
- Reinforce what to do in attack – spread out, up and down and side to side

- Reinforce what to do in defence - chase back, get goal side, compete for ball
- Reinforce decision making - when to dribble and when to pass?
- Reinforce basic shapes, triangles, diamonds
- Reinforce passing ball sideways and backwards if we can't go forward
- Reinforce hard work and determination
- Encourage players to experiment, make mistakes, and have fun

Game Management

- It is essential that we avoid maintaining an ongoing dialogue with the players during the game regarding what to do when they receive the ball
- It is however essential that the players learn to maintain and hold their shape with comments from the sidelines
- We need to allow the players to play- make their own decisions on the ball, but support them with respect to their positioning
- Coach players near and away from the ball, rather than the player on the ball
- It is also important for the coaches to communicate with each other before crossing their information to the players from the sideline

Half Time Team Talk

- Identify what is going well
- Identify what can be improved upon
- Identify the problems (individually and collectively) and explain how to fix them
- Acknowledge any individual or group successes

Post-Game management

- Identify what went well
- Identify what could be improved upon
- Acknowledge any individual or group successes
- Encourage the players to hydrate, eat and change or add clothes

Principles of Play – What do they mean?

- Underlying concepts and ideas that are fundamental to effective football and successful team play.
- Not to be confused with systems of play 4-4-2, 4-3-3 etc.
- Principles of play are the same in any system of play.

- Understanding the principles of play is the foundation for teaching the game.
- They underpin successful team play.
- If your players understand the principles of play, and have good technique, they will be able to play any system and style as determined by the coach.

Principles of Play – What are they?

ATTACK	DEFENCE
Dispersal On gaining possession players spread out front to back and side to side in order to stretch and pull defenders out of position	**Delay** Denying shooting opportunities and preventing forward passing and/or dribbling options when the nearest defender closes the space down between him/her and the player on the ball
Support Players need support in front, to the side and behind the ball. Good supporting positions exist when players take up positions close to the ball and away from it, where they can receive the ball without it being intercepted	**Depth** Supporting the 1st defender, reducing forward passing options by covering space and marking a player, and restricting space for attackers
Penetration Can we score or advance the ball effectively by shooting, dribbling or passing the ball around, over, or between opposing players	**Compactness** Defending as a block and restricting space between defenders from front to back and side to side, making it difficult for opposing players to find space and/or play penetrating passes

Mobility The calculated movement of players and the interchanging of positions to create space and unbalance defences	**Balance** Sealing off dangerous space away from the ball in order to keep the defensive lines compact and limit the opponents attacking options
Improvisation Doing the unexpected. Using individual football techniques to unlock tight defences	**Control & Restraint (Patience)** Being patient and waiting for the correct moment to attempt to win the ball. As an individual, as a unit, and as a team

Retreat Line (Half way) Rule U5-8:

The retreat line is initiated when the ball has gone out for a goal kick. All opposing players will 'retreat' to half field and cannot pursue the ball until:

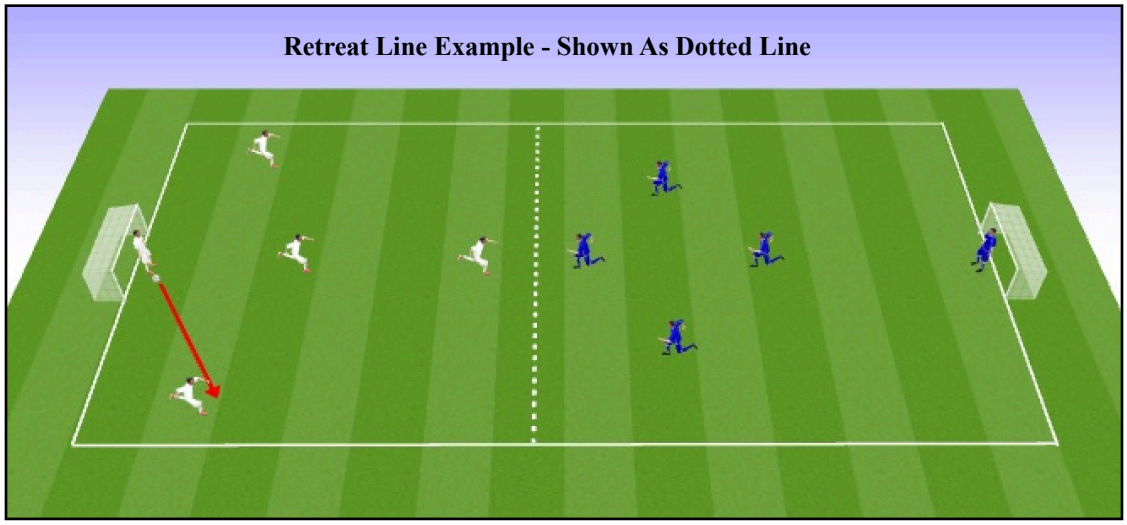
- The ball is received by a teammate OR,
- The ball travels over the retreat line OR,
- The ball leaves the field of play

If preferred, teams are always able to play quickly; the ball would be in play as soon as it leaves the penalty area regardless of the opposing team's position.

Encroachment of Retreat Line:

If the defending team encroaches across the retreat line before an opposition player touches the ball then the referee stops play and issues a re-take of the goal kick.

If the opposing team repeatedly infringes the retreat line, an indirect free kick shall be awarded from the place where the offence occurred for not respecting the restart.



Retreat Line (3/4 Mark) Rule U9-U10:

The retreat line is initiated when the ball has gone out for a goal kick. All opposing players will 'retreat' to the markers indicating the retreat line and cannot pursue the ball until:

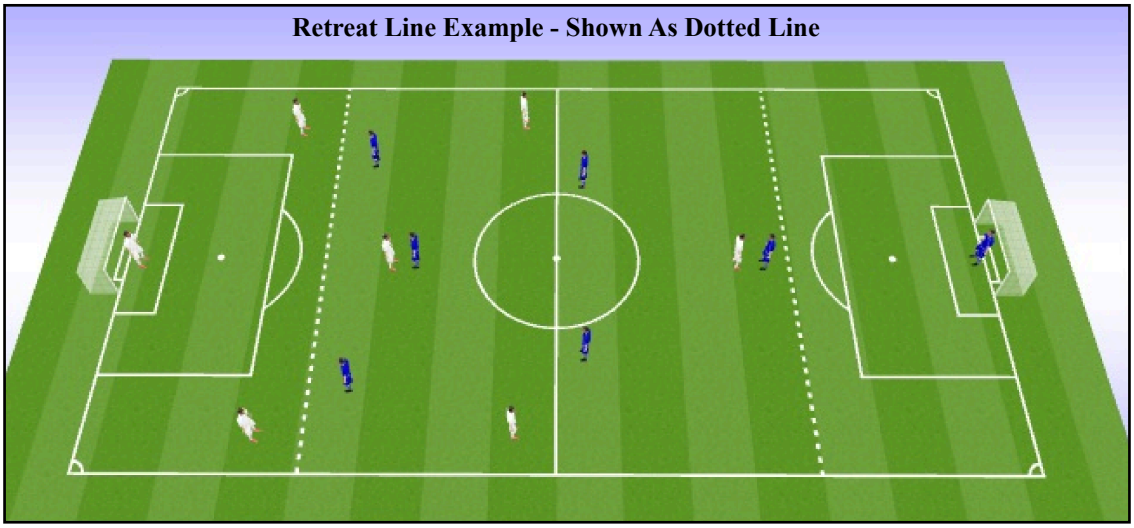
- The ball is received by a teammate OR,
- The ball travels over the retreat line OR,
- The ball leaves the field of play

Encroachment of Retreat Line:

If the defending team encroaches across the retreat line before an opposition player touches the ball then the referee stops play and issues a re-take of the goal kick.

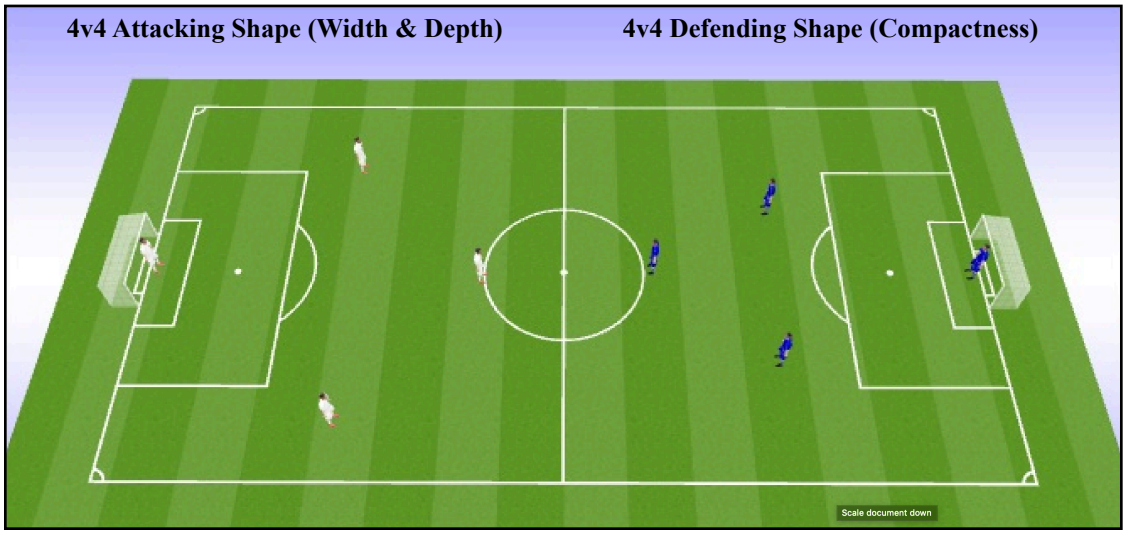
If the opposing team repeatedly infringes the retreat line, an indirect free kick shall be awarded from the place where the offence occurred for not respecting the restart.

Retreat Line Example - Shown As Dotted Line



Minis Team Formations

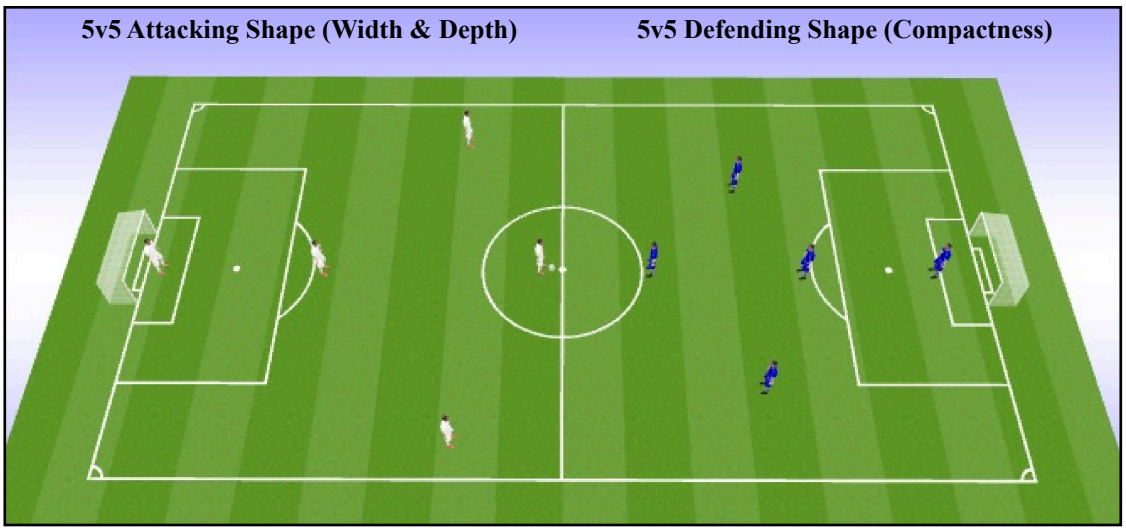
U5/6 – 4v4 (Including Goalkeeper) Triangle 2-1



Duration of Match: Jamboree Format
Field Width: 20 yards
Field Length: 30 yards
Goal Size: 4ft x 6ft
Ball Size: 3
Referee: No

Throw in: Yes
Corners: Yes
Free-Kicks: Yes
Penalties: No
Offside: No
Retreat Line: Half way – First pass complete

U7 Formation – 5v5 (Including Goalkeeper) Diamond 1-2-1

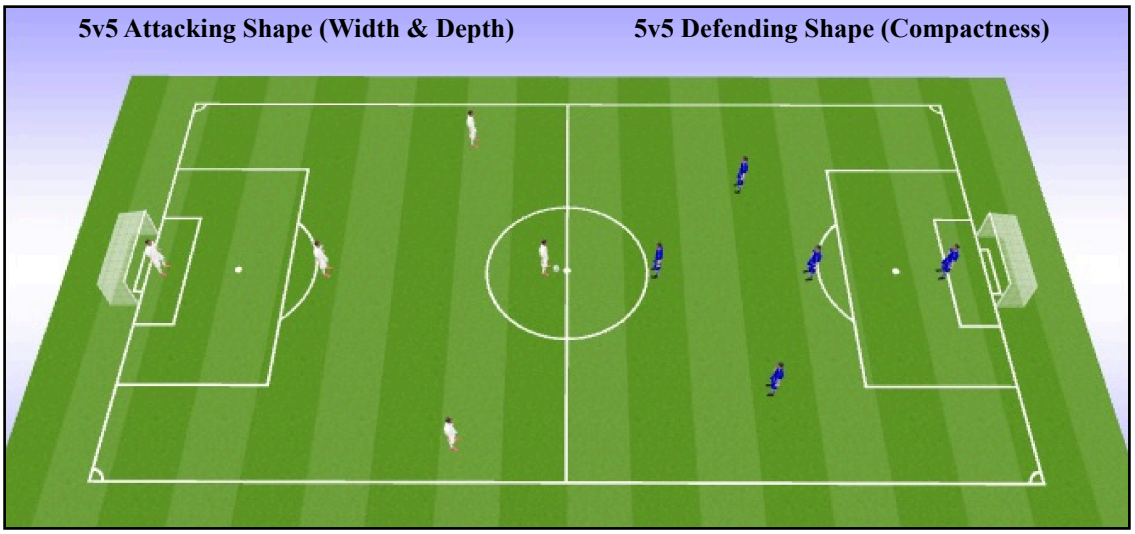


Duration of Match: 2 x 20 mins
Field Width: 30 yards
Field Length: 35 yards
Goal Size: 5ft x 8ft
Ball Size: 4
Referee: No

Throw ins: Yes

Corners: Yes
Free Kicks: Yes
Penalties: No
Offside: No
Retreat Line: Half way – First pass complete

U8 Formation – 5v5 (Including Goalkeeper) Diamond 1-2-1

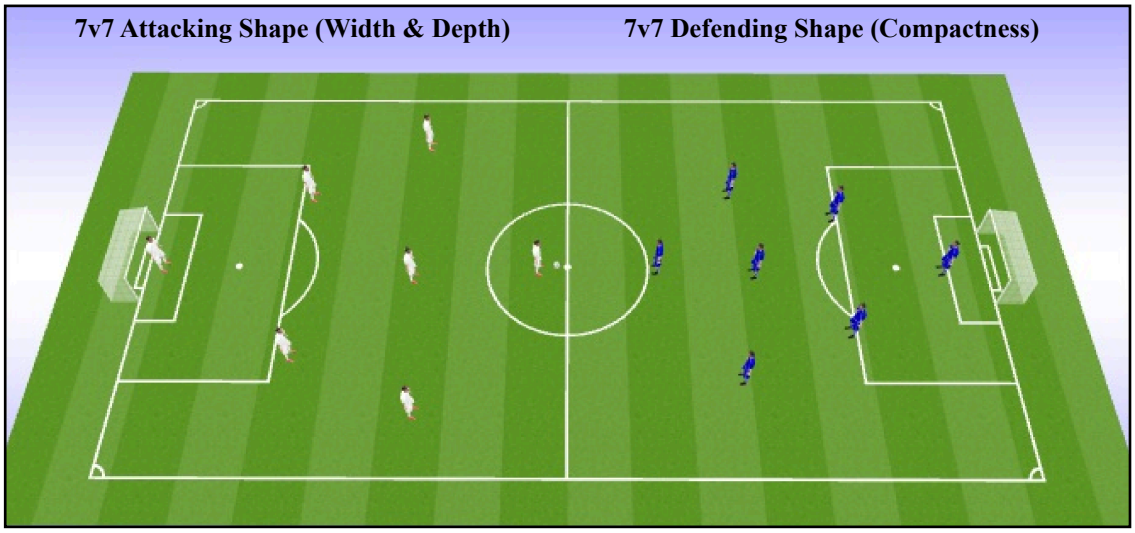


Duration of Match: 2 x 20 mins
Field Width: 30 yards
Field Length: 45 yards
Goal Size: 5ft x 8ft
Ball Size: 4
Referee: No

Throw ins: Yes

Corners: Yes
Free Kicks: Yes
Penalties: No
Offside: No
Retreat Line: Half way – First pass complete

U9 Formation – 7v7 (Including Goalkeeper) 2-3-1

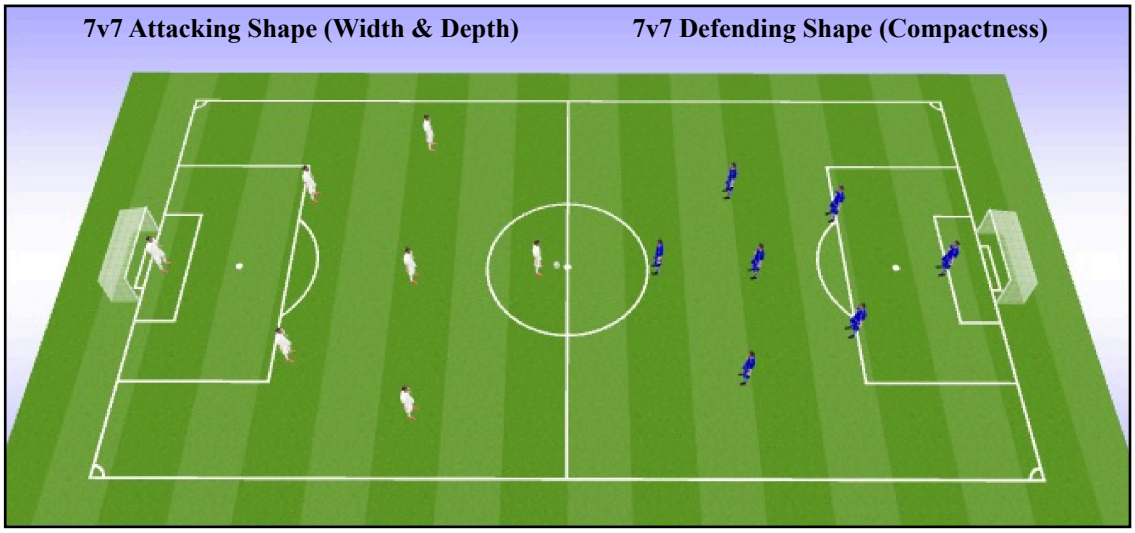


Duration of Match: 2 x 25 mins
Field Width: 45 yards
Field Length: 55 yards
Goal Size: 6ft x 12ft
Ball Size: 4
Referee: Yes

Throw ins: Yes

Corners: Yes
Free Kicks: Yes
Penalties: No
Offside: No
Retreat Line: 3/4 Mark – First pass complete

U10 Formation 7v7 (including goalkeepers) 2-3-1



Duration of Match: 2 x 25 mins
Field Width: 45 yards
Field Length: 55 yards
Goal Size: 6ft x 12ft
Ball Size: 4
Referee: Yes

Throw ins: Yes

Corners: Yes
Free Kicks: Yes
Penalties: No
Offside: No
Retreat Line: 3/4 Mark – First pass complete