



# Coaches Handbook

**2025**

**Perth Saints Football Club  
Tompkins, Park, Alfred Cove  
Est. 1998**



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# About Us

The Perth Saints Football Club has a rich history in the local Melville area, with over 25 years of playing competitive football at the riverfront fields, at Tompkins Park in Alfred Cove.

At Perth Saints FC, we aim to provide high-quality coaching and competitive experiences, underpinned by a strong and committed support structure. The Perth Saints FC strives to provide opportunities for everyone in our community to participate in healthy, safe and inclusive football activities in a fun and family-orientated environment.

2023 was another fantastic year for the Club, maintaining the amazing popularity of the junior teams. The interest from local families stayed strong and we were able to field 18 teams with almost 360 local boys and girls ranging from 5 -18 years of age. This included around 100 kids in our highly successful Mini-Roos program for 5 - 9 year olds just starting out in football.

We also expanded our girl's teams to eight and in 2024 expect that the girls participation will continue to grow! That's in addition to the Five senior teams that took the field this season!

We also provided a pathway for our juniors in 2023 and fielded 2 teams in the Football West amateur competition. This has allowed our graduating U18s to stay within the Perth Saints Family.

In line with most local sporting clubs, Perth Saints is also managed by dedicated volunteer staff who tirelessly provide their skills, time and assistance to ensure the club can offer various structured programs.



[www.perthsaintsfc.com](http://www.perthsaintsfc.com)



# Who is who...



As our Technical Director **Eddie Mura** aims to guide and support Perth Saints coaches both new and old.

With years of experience as a player and coach, Eddie encourages coaches to seek him out to ask

## Eddie's role includes:

- assisting coaches with sessions
- player development
- general advice and support

Email: [eddiesfutbolclinic@gmail.com](mailto:eddiesfutbolclinic@gmail.com)

Phone: 0411 822 344



**Tony Stewart**  
PRESIDENT

Email: [president@perthsaintsfc.com](mailto:president@perthsaintsfc.com)

Phone: 0400 807 588



**Marisa Simeone**  
VICE -PRESIDENT

Email: [marisa@perthsaintsfc.com](mailto:marisa@perthsaintsfc.com)

Phone: 0402 898 373

## OTHER CONTACTS

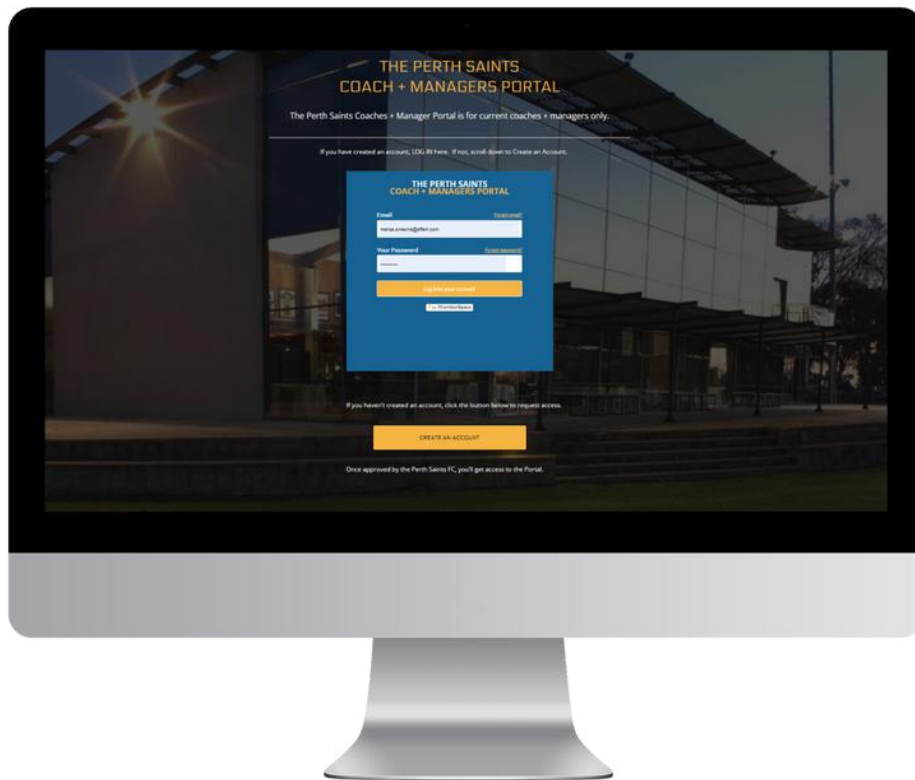
### **PAUL SIMEONE**

U15s JDL COACH  
0437 832 089

### **SCOTT JARVIS**

U16/17 GIRLS COACH  
0403 313 132

# Coach + Manager Portal



If you haven't signed up already, head to our Coach + Manager Portal: [www.perthsaintsfc.com/login.com](http://www.perthsaintsfc.com/login.com) and register.

This portal was created in 2023 as a one stop shop for our Coaches and Team Managers.

## The Coach + Manager Portal contains:

- Coaching skills + drills for U8s to U16s
- Full Season Plans for each age group
- Rules + Playing Formats
- All Perth Saints Coach + Manager contact details
- SQUADI User Guides + videos (Football West Management App)

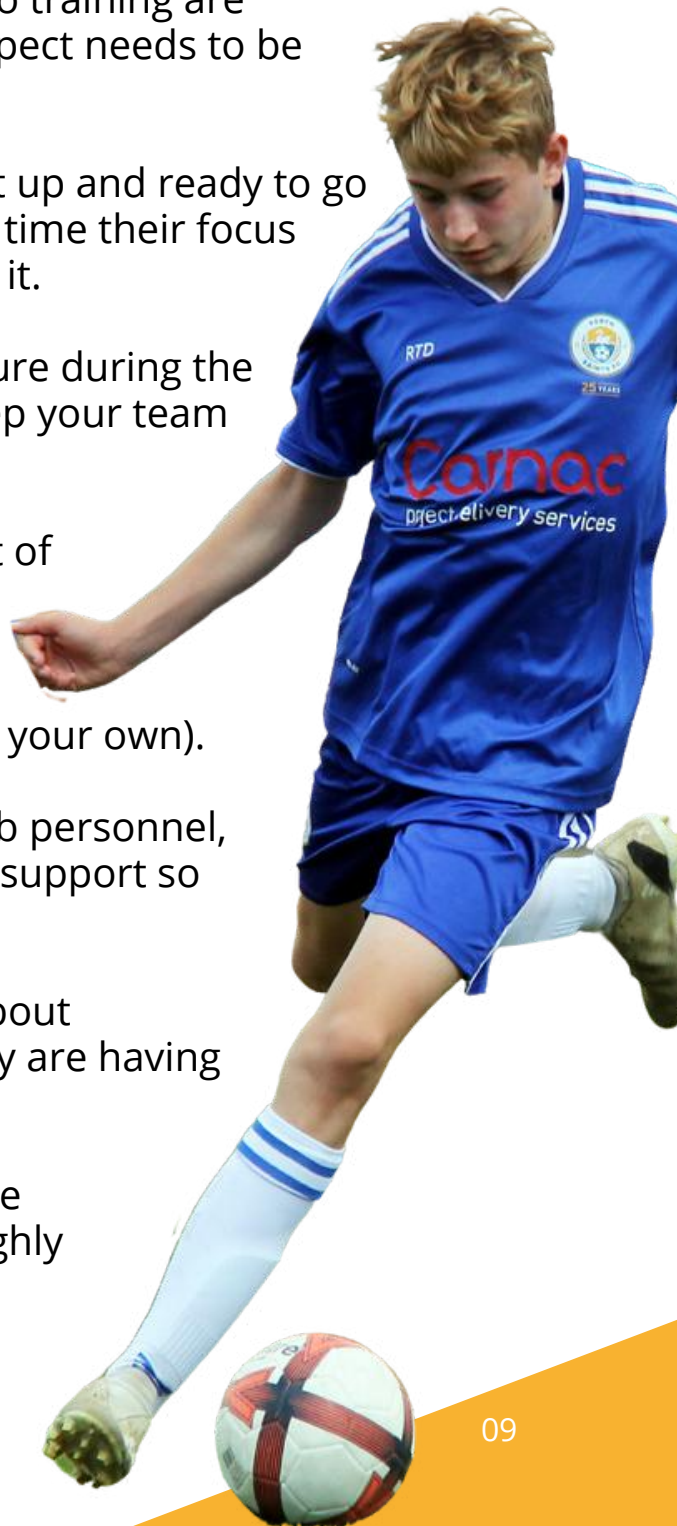
If you would like any content added to the portal, please email [marisa@perthsaintsfc.com](mailto:marisa@perthsaintsfc.com)



- Establish rules with your players – help them understand you have given up your time to help them, that they are the lucky few that get to represent the club at that age, and that all players that come to training are entitled to focus on improving and that respect needs to be demonstrated.
- Plan ahead – have your training session set up and ready to go before the players arrive. This reduces the time their focus can slip as they arrive and get straight into it.
- Keeping their focus on game day – make sure during the half-time breaks for the games you can keep your team together and not lose focus.
- Equipment – the club has a limited amount of equipment so plan ahead what you will need and try to build sessions that can use the same equipment so it leaves plenty for others (you may need to purchase some of your own).
- Who's who in the zoo – get to know the club personnel, they are always willing to help and provide support so don't be afraid to ask.

And most of all - have fun – at this age its all about enjoyment, help them improve but ensure they are having fun along the way.

This is a great age, and each player will improve in their own way at their own pace, and it is highly rewarding to be a part of.



# Roles on a Football Pitch



If you have 12 players on your team, at this age it is highly likely you have 12 strikers as well...

It is important that the players learn the various positions and whilst there could be some players that look naturally suited to certain positions you should ensure all players try all roles.

This is the best age and time to get exposure to various positions as there will be plenty of time as they get older to specialise.

So lets have a quick look at the main roles you will use and also an opportunity to explain to your players as well :

## DEFENDING POSITIONS:

- Goalie
- Right Back
- Left Back
- Centre Back / Centre Defensive Midfielder

## Goalie:

- Control and defend the space between them and the central defenders
- Combine and cooperate with fellow defenders to maintain the defensive security and structure of defending play both centrally and in wide areas
- Organise and direct defenders within the team defensive structure
- Use correct handling and diving techniques when required
- To collect crosses using the correct action and decision making skills
- To demonstrate bravery in all actions and decisions





## **Backs (Left/Right) :**

- Control and defend the space between them and the Goalie
- Combine and cooperate with fellow defenders to maintain a defensive security and structure of defending play in wide areas
- To move to a more central position when ball is on the opposite flank.
- Support and cover the CDM when the ball is on the opposite side of field
- To prevent crosses by the opposition
- Organise/direct/assist the wingers in his defensive duties

## **Centre Back / Center Defensive Midfielder:**

- Control and defend the space between them and the central defenders
- Combine and cooperate with fellow defenders to maintain the defensive security and structure of defending play especially centrally
- Combine with fellow central defenders in marking and passing on attacking players
- Mark, track and control forwards in goal scoring positions
- Organise and direct fellow defenders within a team defensive structure
- Mark opponents of space in order to be the first in crossing situations.



## Striker:

- To operate as the most forward of attacking players both in front and behind the rear defensive lines of the opposition
- To assess and move into goal-scoring positions, usually whenever there is a chance of the ball being forward.
- To create goal-scoring opportunities for teammates through intelligent movement, support play and accurate distribution skills – attack the spaces behind and to the side of defenders
- To be persistent outlet for defending and midfield players in possession
- To control and retain possession of the ball to ensure that the attacking play continues with momentum through efficient passing skills
- To understand pressuring
- To contain and delay attacking play from opponents



# Running a Training Session



Training is the most important piece in the players development. Generally game day will have them focused on playing the game and any improvements in their ability will come from the prior training sessions.

It is important to make sure the training sessions are both challenging but accommodating for varying skill levels. Don't be afraid to have a mix of both simple and complex drills, you will be surprised how quickly the players at his age can adapt and overcome drills of EPL standard.

Keeping the players moving during a training session will be important to keep their focus, therefore the more drills you can do that involve 3, 4 or 5 players in one movement will ensure you don't have players standing around and getting distracted.

Make sure you establish the rules early with the players and set boundaries of acceptable behaviour as its not fair for the players who have come to train to have their sessions impacted.

Ensure when you do need to split the players into groups for a drill that you also focus on breaking up the "friendship groups" so the players get to know and work with each other, this will also help form a team mentality and work wonders on the field.

# Training Tips:

Plan ahead for the session reflecting on what they did well and areas of focus from the previous game

- Limit the number of exercises to no more than 2 “main” training drills to allow them to grasp it in a meaningful way so that they can learn.
- Have the training drills set up and ready to go before the players arrive. Generally, they will want to shoot at goals at the start, so if you have a set of goals setup that it doesn't interfere with your training layout is a good distraction.

## **A typical training session should look as follows:**

- Initial warm-up (5mins) – usually light run to a focal point dribbling with the ball, but ensure they stay together as a team
- Ball Skill (5 – 10 mins) – run through basic ball skills i.e. toe taps, bell taps, stepovers etc to get them moving and initial first touches.
- Technical Drills (40mins total) – generally 2 technical drills would be sufficient so the players get a chance to master, try to focus on both attack and defensive drills.
- Game (10 – 15 minutes) – use this as an opportunity to have them apply the various skills you tried in your Technical drills, get them to focus more on using what they just learnt vs winning a game.
- Always finish with a game - the players love playing a game, so establish this early in the session as the reward for trying their best in a training session. Additionally it ensures they maintain focus as you can take away the reward.
- Get the players and parents to help pack away the training equipment, this is both a good team exercise, teaches the players discipline and lightens the coaches load.



# Game Day:

The big day is here and the part the players have been looking forward to all week. You have an anticipation that everything you tried to teach them at training will be applied, however for the first few weeks a lot of it will be about the players learning the “flow” of a game and adapting to something that some may never have experienced before and also learning from each other.

## Arriving

Establish with the parents to have the players ready to go 30 minutes prior to game start, this will allow you sufficient time to complete a warmup, get any nervous energy out and sufficient time for any latecomers.

Also having a 30min before game time gives you that last bit of flexibility when working out team line-up and any late withdrawals to help manage subs.

## Equipment :

Have at least 4 balls (for a team of 12) and a dozen training cones.

## Warm Up :

The warm-up should be comprised of two aspects:

### *Body Movement (5/10mins) :*

- Start with some basic warm up exercises that are more focused on getting the body moving and getting their focus going.
- Shuffles, shutting the gates, opening the gates, light jogging into sprints etc is important to get them to loosen up and good discipline as they get older.

# Field Formations

## 2 - 4 Formation

- This formation typically allows for a more “attacking” style of football.
- Allows you to allocate a “Striker” role
- Can generate more scoring opportunities
- Can congest the game a little if you have a strong attacking team
- Can limit “passing” and exposure to the wing as most ball movement is contained in centre of field



## 3 - 3 Formation

- This formation typically allows for a more “balanced” style of football.
- Allows you to allocate CAM and CDM roles
- Can encourage more passing and movement of the ball
- Can bring all players into ball movement and allow for more equal roles in the team



# National Playing Formats & Rules:

Below is a summary, more comprehensive information on ALL AGES can be found by heading to: <https://www.perthsaintsfc.com/rules>

## U8s -U11s Information:

### Method of scoring

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A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar. When goal posts are not available and cones are used for goals, a goal is scored when the ball passes between the cones without touching them, below shoulder height of the player.

### Shin guards

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Shin guards must be worn by all players without exception.

### Concussion

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Any player suspected of suffering from concussion should be examined by a medical practitioner before returning to play. As a general rule; "If in doubt, sit it out".

### Substitutions

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Players may be rotated on and off the field at any time during the game. A coach/parent may make substitutions while the ball is in play, ensuring the player is off the field before the substitute goes on. Equal playing time should be a priority ensuring all players regardless of age, gender and/or ability get to take the field.

Regular rotation of players is key. Kids don't register to watch football – they just want to play! If there is space on the sidelines, substitutes should be encouraged to set up small-sided games or practice their skills in a designated area, not interfering with play.

### Game Leaders

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Each game is to be controlled by one Game Leader.

The main role of the Game Leader is to keep the game moving fluently, limit stoppages and assist players with all match re-starts. Most importantly, they must make every effort to create an environment that ensures that all players have fun, are learning the game and have maximum involvement.

The Game Leader can be a club official, parent, older child/player or beginner referee and should always be enthusiastic and approachable. Most importantly, remember the children are learning the game – be flexible and patient.

#### The Game Leader should:

- Encourage all children to have fun and different children to take re-starts;
- Ensure the correct number of players are on the field;
- Discourage players from permanently over-guarding the goal;
- Check all players are wearing shin guards;
- Use a "Ready, Set, Go" prompt to encourage quick decisions when restarting play;
- Encourage children to dribble or pass ball to team mates rather than kick the ball long;
- Ensure the opposing team is at least 5 metres outside the penalty area for all goal line restarts;
- Ensure team officials and parents create a safe, enjoyable and positive playing environment for the children;
- Encourage children to be involved in all aspects of the game, attacking and defending;
- Award free kicks as appropriate to help children learn the rules and consequences of committing fouls;
- Explain the rules to players and why a free kick has been awarded;
- Let the game flow and give instruction to all players on the run where you can;
- Praise and encourage both teams; and
- Be enthusiastic and approachable.

Game leaders are encouraged to undertake a free FFA ALDI MiniRoos Certificate prior to start of the season.

# Below is a summary, more comprehensive information on ALL AGES can be found by heading to: <https://www.perthsaintsfc.com/rules>

## ALDI MiniRoos Club Football

### UNDER 8 & 9

#### Playing Formats

The table below summarises the national playing formats for boys and girls aged Under 8 & 9:

<b>The number of players</b>	7-a-side including a goalkeeper Maximum of four substitutes
<b>The field of play</b>	Minimum: 40m long x 30m wide Best Practise: 45m long x 35m wide Maximum: 50m long x 40m wide
<b>Goal size</b>	3m wide x 2m high
<b>Ball size</b>	Size 3
<b>Duration of the game</b>	20 min halves Minimum 5 min half time break
<b>Penalty area</b>	5m deep x 12m wide

#### Goal type

It is preferable that portable goals are used where possible however, the use of poles or markers as goals is also suitable.

To comply with Australian Safety Standards, portable goals must be anchored securely to the ground. The use of sandbags or pegs is recommended when using portable goals.

For more information on Australian Safety Standards please visit the Product Safety Australia website: [www.productsafety.gov.au](http://www.productsafety.gov.au).

#### Offside

There is no offside rule in ALDI MiniRoos Under 8 & 9.

Game Leaders should strongly discourage children from permanently standing in blatant offside positions.

#### Goalkeeper

The goalkeeper is allowed to handle the ball anywhere in the penalty area. To restart play after a save or gathering the ball with their hands, the ball must be thrown or rolled from the hands or played from the ground with their feet, within 6 seconds.

The goalkeeper is not allowed to kick or drop kick the ball directly from their hands. Opponents must be at least 10 metres outside the penalty area and cannot move inside the penalty area until the ball is in play. The ball is in play once it moves out of the penalty area.

An indirect free kick is awarded if the goalkeeper touches the ball with their hands after it has been deliberately kicked to them by a team mate.

#### Ball crossing the touch line

Throw in.

Player faces the field of play, has part of each foot on the ground either on or behind the touch line, uses both hands and delivers the ball from behind and over his or her head. The thrower must not touch the ball again until it has touched another player. Opponents must be at least 5 metres away from the ball until it is in play.

The ball is in play once it enters the field of play.

A goal cannot be scored directly from a throw in.

#### Ball crossing the goal line after touching the defending team last

Corner kick.

A player from the attacking team places the ball inside the corner arc nearest to the point where the ball crossed the line. Opponents must be at least 5 metres away from the ball until it is in play. The ball is in play when it is kicked and moves.

A goal may be scored directly from a corner kick.

#### Ball crossing the goal line after touching the attacking team last

Goal kick from anywhere within the penalty area. Opponents remain at least 10 metres outside the penalty area until the ball is in play. Game Leaders should not restart play until they are satisfied all opposition players are at least 10 metres outside the penalty area. The ball is in play once it is kicked directly out of the penalty area.

#### Fouls and misconduct

Indirect free kicks are awarded for all acts of handball or fouls and misconduct. Opponents must be at least 5 metres away from the ball when the indirect free kick is taken. An indirect free kick is where a goal can be scored only if the ball subsequently touches another player before it enters the goal.

For deliberate or serious acts of handball or fouls and misconduct in the

penalty area, a penalty kick is awarded from an 8 metre penalty mark with only a goalkeeper in position. All other players must be outside the penalty area and be at least 5 metres behind the penalty mark.

#### Fouls and misconduct are:

- kicks or attempts to kick an opponent;
- trips or attempts to trip an opponent;
- jumps at an opponent;
- charges at an opponent;
- strikes or attempts to strike an opponent;
- pushes an opponent;
- tackles an opponent from behind to gain possession of the ball;
- makes contact with the opponent before touching the ball;
- holds an opponent;
- spits at an opponent;
- handles the ball deliberately;
- plays in a dangerous manner; and
- impedes the progress of a player.

#### Match results and points tables

The recording of match results should be conducted for the purpose of assigning teams to appropriate leagues, ensuring the most enjoyable experience for all players.

Under no circumstances will match results be published publicly by Member Federations, Local Associations or local clubs.

Points tables are not applicable in Under 8 & 9 football and do not exist.



# Below is a summary, more comprehensive information on ALL AGES can be found by heading to: <https://www.perthsaintsfc.com/rules>

## ALDI MiniRoos Club Football

### UNDER 10 & 11

#### Playing Formats

The table below summarises the national playing formats for boys and girls aged Under 10 & 11:

<b>The number of players</b>	9-a-side including a goalkeeper Maximum of five substitutes
<b>The field of play</b>	Maximum: 70m long x 50m wide Best Practise: 65m long x 45m wide Minimum: 60m long x 40m wide
<b>Goal size</b>	Maximum: 5m wide x 2m high
<b>Ball size</b>	Size 4
<b>Duration of the game</b>	25 min halves Minimum 5 min half time break
<b>Penalty area</b>	10m deep x 20m wide

#### Goal type

It is preferable that portable goals are used where possible however, the use of poles or markers as goals is also suitable.

To comply with Australian Safety Standards, portable goals must be anchored securely to the ground. The use of sandbags or pegs is recommended when using portable goals.

For more information on Australian Safety Standards please visit the Product Safety Australia website: [www.productsafety.gov.au](http://www.productsafety.gov.au).

#### Goalkeeper

The goalkeeper is allowed to handle the ball anywhere in the penalty area. To restart play after a save or gathering the ball with their hands, the ball must be thrown or rolled from the hands or played from the ground with their feet, within 6 seconds. The goalkeeper is not allowed to kick or drop kick the ball directly from their hands. Opponents must be at least 10 metres outside the penalty area and cannot move inside the penalty area until the ball is in play. The ball is in play once it moves out of the penalty area or when the goalkeeper places the ball on the ground.

An indirect free kick is awarded if the goalkeeper touches the ball with their hands after it has been deliberately kicked to them by a team mate.

#### Ball crossing the touch line

Throw in.

Player faces the field of play, has part of each foot on the ground either on or behind the touch line, uses both hands and delivers the ball from behind and over their head. The thrower must not touch the ball again until it has touched another player. Opponents must be at least 5 metres away from the ball until it is in play. The ball is in play once it enters the field of play.

A goal cannot be scored directly from a throw in.

#### Ball crossing the goal line after touching the defending team last

Corner kick.

A player from the attacking team places the ball inside the corner arc nearest to the point where the ball crossed the line. Opponents must be at least 5 metres away from the ball until it is in play. The ball is in play when it is kicked and moves.

A goal may be scored directly from a corner kick.

#### Ball crossing the goal line after touching the attacking team last

Goal kick from anywhere within the penalty area. Opponents remain at least 10 metres outside the penalty area until the ball is in play. Game Leaders should not restart play until they are satisfied all opposition players are at least 10 metres outside the penalty area. The ball is in play once it is kicked directly out of the penalty area.

#### Offside

The official offside rule (Law 11, FIFA Laws of the Game) does not apply to ALDI MiniRoos Under 10 & 11. Goals can be scored from the offside position.

Game Leaders should direct players permanently standing in blatant offside positions to move into onside positions.

Children should be made aware of the official offside rule during training and be encouraged to adopt this philosophy during the game at all times.

#### Fouls and misconduct

Indirect free kicks are awarded for all acts of handball or fouls and misconduct. Opponents must be at least 5 metres away from the ball when the indirect free kick is taken. (An indirect free kick is where a goal can be scored only if the ball subsequently touches another player before it enters the goal).

For deliberate or serious acts of handball or fouls and misconduct in the penalty area, a penalty kick is awarded from an 8 metre penalty mark with only a goalkeeper in position. All other players must be outside the penalty area and be at least 5 metres behind the penalty mark.

#### Fouls and misconduct are:

- kicks or attempts to kick an opponent;
- trips or attempts to trip an opponent;
- jumps at an opponent;
- charges at an opponent;
- strikes or attempts to strike an opponent;
- pushes an opponent;
- tackles an opponent from behind to gain possession of the ball;
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- spits at an opponent;
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- plays in a dangerous manner; and
- impedes the progress of a player.

#### Match results and points tables

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Under no circumstances will match results be published publicly by Member Federations, Local Associations or local clubs.

Points tables are not applicable in Under 10 & 11 football and do not exist.

# U12s Information:

Below is a summary, more information can be found by heading to: <https://www.perthsaintsfc.com/rules>

Effective from 1 January 2018

**UNDER 12**

## Playing Formats

The table below summarises the Playing Formats and Rules for boys and girls playing in Under 12:

<b>The number of players</b>	9-a-side including a goalkeeper Maximum of five substitutes
<b>The field of play</b>	Maximum: 70m long x 50m wide Best Practise: 65m long x 45m wide Minimum: 60m long x 40m wide
<b>Goal size</b>	Maximum: 5m wide x 2m high
<b>Ball size</b>	Size 4
<b>Duration of the game</b>	25 min halves Minimum 5 min half time break
<b>Penalty area</b>	10m deep x 20m wide

## Goal type

It is preferable that portable goals are used where possible however, the use of poles or markers as goals is also suitable.

To comply with Australian Safety Standards, portable goals must be anchored securely to the ground. The use of sandbags or pegs is recommended when using portable goals.

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## Goalkeeper

The goalkeeper is allowed to handle the ball anywhere in the penalty area. To restart play after a save or gathering the ball with their hands, the ball must be thrown or rolled from the hands or played from the ground with their feet, within 6 seconds. The goalkeeper is not allowed to kick or drop kick the ball directly from their hands. Opponents must be at least 10 metres outside the penalty area and cannot move inside the penalty area until the ball is in play. The ball is in play once it moves out of the penalty area or when the goalkeeper places the ball on the ground.

An indirect free kick is awarded if the goalkeeper touches the ball with their hands after it has been deliberately kicked to them by a team mate.

## Ball crossing the touch line

Throw in.

Player faces the field of play, has part of each foot on the ground either on or behind the touch line, uses both hands and delivers the ball from behind and over their head. The thrower must not touch the ball again until it has touched another player. Opponents must be at least 5 metres away from the ball until it is in play. The ball is in play once it enters the field of play.

A goal cannot be scored directly from a throw in.

## Ball crossing the goal line after touching the defending team last

Corner kick.

A player from the attacking team places the ball inside the corner arc nearest to the point where the ball crossed the line. Opponents must be at least 5 metres away from the ball until it is in play. The ball is in play when it is kicked and moves.

A goal may be scored directly from a corner kick.

## Ball crossing the goal line after touching the attacking team last

Goal kick from anywhere within the penalty area. Opponents remain at least 10 metres outside the penalty area until the ball is in play. Game Leaders should not restart play until they are satisfied all opposition players are at least 10 metres outside the penalty area. The ball is in play once it is kicked directly out of the penalty area.

## Offside

The official offside rule (Law 11, FIFA Laws of the Game) does not apply to Under 12. Goals can be scored from the offside position.

Game Leaders should direct players permanently standing in blatant offside positions to move into onside positions.

Children should be made aware of the official offside rule during training and be encouraged to adopt this philosophy during the game at all times.

## Fouls and misconduct

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## Match results and points tables

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Points tables are not applicable in Under 12 football and do not exist.

# U12s Information:

Below is a summary, more information can be found by heading to: <https://www.perthsaintsfc.com/rules>

## Field Layouts

Fields for Under 12 Football are easy to set up and only take a few minutes. The below diagram outlines how the pitches should look when set-up on a full-size football field.

Maximum of 2 pitches on a full-size football pitch. Alternatively 1 pitch can be set-up penalty box to penalty box.

## Field Markings

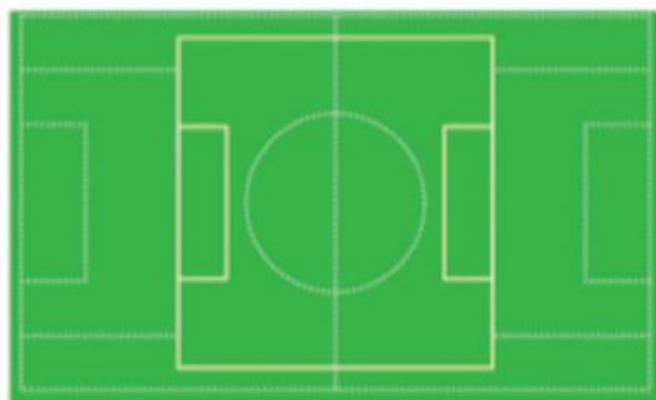
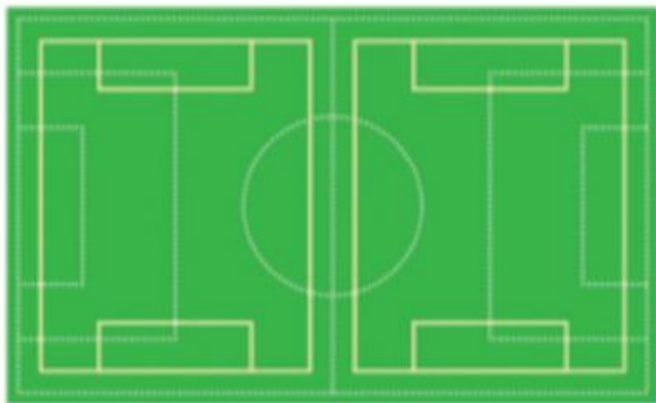
Cones, markers or painted line markings are suitable.

## Start of play and re-start after a goal

Pass to a team mate from the middle of the half way line. All players must be in their own half of the field of play. Opponents must be at least 5 metres away from the ball until it is in play. The ball must touch a team mate before a goal can be scored.

## Ball in and out of play

The ball is out of play when it has wholly crossed the goal line or the touch line on the ground or in the air, or when play has been stopped by the Game Leader.



## Shin guards

Shin guards must be worn by all players without exception.

## Concussion

Any player suspected of suffering from concussion should be examined by a medical practitioner before returning to play. As a general rule; "If in doubt, sit it out".

## Substitutions

Players may be rotated on and off the field at any time during the game. A coach/parent may make substitutions while the ball is in play, ensuring the player is off the field before the substitute goes on. Equal playing time should be a priority ensuring all players regardless of age, gender and/or ability get to take the field.

Regular rotation of players is key. Kids don't register to watch football – they just want to play! If there is space on the sidelines, substitutes should be encouraged to set up small-sided games or practice their skills in a designated area, not interfering with play.

## Game Leaders

Each game is to be controlled by one Game Leader.

The main role of the Game Leader is to keep the game moving fluently, limit stoppages and assist players with all match re-starts. Most importantly, they must make every effort to create an environment that ensures that all players have fun, are learning the game and have maximum involvement.

The Game Leader can be a club official, parent, older child/player or beginner referee and should always be enthusiastic and approachable. Most importantly, remember the children are learning the game – be flexible and patient.

### The Game Leader should:

- Encourage all children to have fun and different children to take re-starts;
- Ensure the correct number of players are on the field;
- Discourage players from permanently over-guarding the goal;
- Check all players are wearing shin guards;
- Use a "Ready, Set, Go" prompt to encourage quick decisions when restarting play;
- Encourage children to dribble or pass ball to team mates rather than kick the ball long;
- Ensure the opposing team is at least 10 metres outside the penalty area for all goal line restarts;
- Ensure team officials and parents create a safe, enjoyable and positive playing environment for the children;
- Encourage children to be involved in all aspects of the game, attacking and defending;
- Award free kicks as appropriate to help children learn the rules and consequences of committing fouls;
- Explain the rules to players and why a free kick has been awarded;
- Let the game flow and give instruction to all players on the run where you can;
- Praise and encourage both teams; and
- Be enthusiastic and approachable.

## Method of scoring

A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar. When goal posts are not available and cones are used for goals, a goal is scored when the ball passes between the cones without touching them, below shoulder height of the player.

