

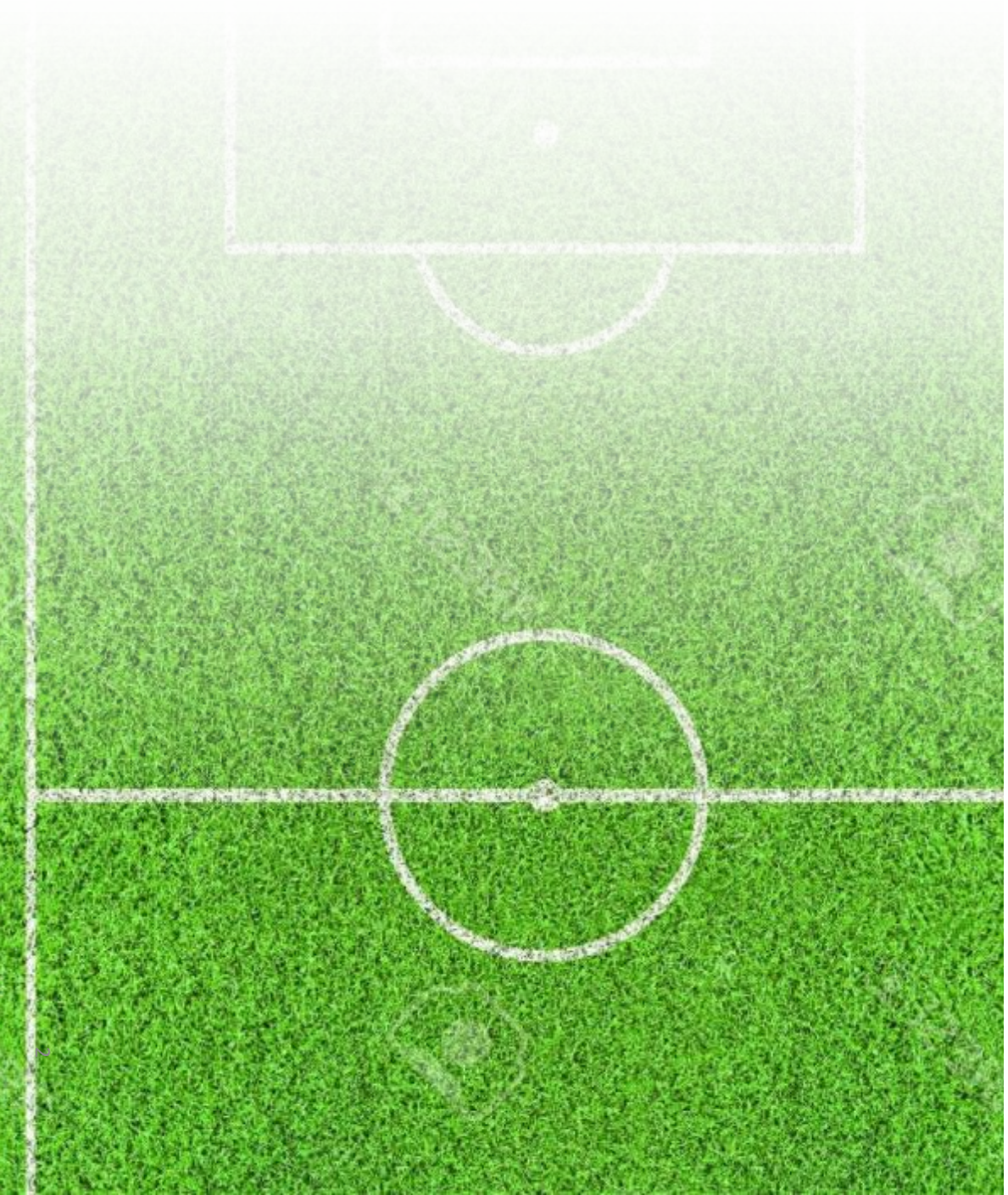


# Norfolk Youth Soccer Coach's Manual

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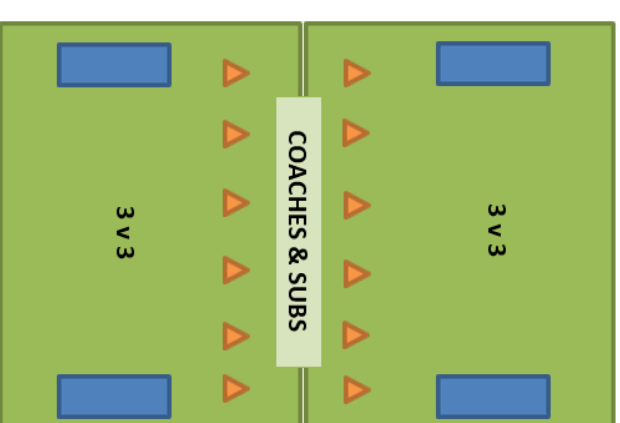


# U3 Clinics

<b>Game Format</b>	<ul style="list-style-type: none"><li>• Every session should be 45 minutes max</li><li>• For this age group, we do not create teams and play games but rather work with the kids in small groups. We typically have 30 kids for this division and split them up into 2 or more groups</li><li>• The focus is understanding the basics of soccer (no hands, use our feet, tiny dribbles) by playing, fun age-appropriate games</li><li>• Come prepared with at least 4 or 5 fun and creative games</li><li>• Each player should bring their own size 3 ball to each session</li></ul>
<b>Practices</b>	<ul style="list-style-type: none"><li>• There are no weekly practices for this age group</li></ul>
<b>Coaching Basics</b>	<ul style="list-style-type: none"><li>• <b>Keep it Fun:</b> While skill development is always important, the most important thing for this age group is that they have fun and want to come back. Be creative, stay enthusiastic and keep it fun.</li><li>• <b>Keep it Active:</b> No games/drills with lines or eliminations. When a drill or game is not working, move on to the next one. Feel free to stick to games/drills that kids gravitate to.</li><li>• <b>Keep it Simple:</b> Focus on basic skills like dribbling, passing, shooting, and “no hands”. For information on core fundamentals, please refer to slides 14-18</li><li>• <b>Shy Players:</b> You will inevitably have some players who don't want to play. Encourage them to try but don't push them. Many kids come around after a few games. It helps to kneel down and speak to them at eye level to build trust and rapport</li></ul>
<b>Games and Drills</b>	<ul style="list-style-type: none"><li>• Please refer to slides 7-8 for sample games and drills to do with your team</li></ul>

# U4-U5 Division

<b>Game Format</b>	<ul style="list-style-type: none"> <li>• Each game is one hour. Coaches should practice/warm up for ~30 minutes and play a game for ~30 minutes</li> <li>• We will be using the “dual field” format (see field image to the right). We split each field (and team) in half. Each team will play two simultaneous side-by-side games against the opposing team using a 3 v 3 format</li> </ul>
<b>Game Rules</b>	<ul style="list-style-type: none"> <li>• We do not do throw ins, goal kicks or corner kicks at this age level. The kids can simply pass the ball in when it goes out of bounds.</li> <li>• We do not call “fouls” per say but please nicely advise kids that pushing/nudging etc (when it’s clear their action would have been a foul) is not something we can do in soccer</li> <li>• Please ask kids to bring a size 3 soccer ball every week</li> </ul>
<b>Line Up</b>	<ul style="list-style-type: none"> <li>• 3 v 3 without goalies. This means 3 field players versus 3 field players. This ensures players get many touches on the ball to build confidence and develop skills. 4 v 4 is also acceptable.</li> <li>• Each player should get equal playing time</li> </ul>
<b>Practices</b>	<ul style="list-style-type: none"> <li>• There are no weekly practices for this age group</li> </ul>
<b>Coaching Basics</b>	<ul style="list-style-type: none"> <li>• <b>Keep it Fun:</b> While skill development is always important, the most important thing for this age group is that they have fun and want to come back. Be creative, stay enthusiastic and keep it fun.</li> <li>• <b>Keep it Active:</b> No games/drills with lines or eliminations. When a drill or game is not working, move on to the next one. Feel free to stick to games/drills that kids gravitate to.</li> <li>• <b>Keep it Simple:</b> Focus on basic skills like dribbling, passing, shooting, using different parts of your foot to strike the ball and “no hands”. For information on core fundamentals, please refer to slides 14-18</li> <li>• <b>Shy Players:</b> You will inevitably have some players who don’t want to play. Encourage them to try but don’t push them. Many kids come around after a few games. It helps to kneel down and speak to them at eye level to build trust and rapport</li> </ul>
<b>Games and Drills</b>	<ul style="list-style-type: none"> <li>• Please refer to slides 7-8 for sample games and drills to do with your team</li> </ul>





# U6-U7 Division

<b>Game Format</b>	<ul style="list-style-type: none"><li>• Each game is one hour. Coaches should practice/warm up for ~15 minutes and play for the remaining</li><li>• You can play four quarters with a short "half time" after the first 2 quarters</li><li>• Some coaches like to sub on the fly and some coaches like to have a set rotation (subbing kids every 5 minutes for example). Either is acceptable.</li></ul>
<b>Game Rules</b>	<ul style="list-style-type: none"><li>• Throw ins, corner kicks, and goalie kicks are introduced at this age level. For more information on core fundamentals please refer to slide X</li><li>• No heading. According to US Youth Soccer guidelines, all Players age 10 years of age and under shall not head the ball directly from the air in any match or competition. We do not call "fouls" per say but please advise kids that pushing/nudging etc (when it's clear their action would have been a foul) is not something we can do in soccer</li></ul>
<b>Line Up</b>	<ul style="list-style-type: none"><li>• 7 v 7 with goalies. This means 6 field players plus 1 goalie</li><li>• Each player should get equal playing time and have the opportunity to try any position</li></ul>
<b>Practices</b>	<ul style="list-style-type: none"><li>• Practices are once a week usually Tuesday or Friday's between 4:30-6:30pm</li><li>• Come prepared with at least 4 or 5 fun and creative games</li><li>• Each player should bring their own size 3 ball to practice</li></ul>
<b>Coaching Basics</b>	<ul style="list-style-type: none"><li>• <b>Keep it Fun:</b> While skill development is always important, the most important thing for this age group is that they have fun and want to come back. Be creative, stay enthusiastic and keep it fun.</li><li>• <b>Keep it Active:</b> No games/drills with lines or eliminations. When a drill or game is not working, move on to the next one. Feel free to stick to games/drills that kids gravitate to.</li><li>• <b>Keep it Simple:</b> Focus on basic skills like dribbling, passing, shooting, using different parts of your foot to strike the ball and "no hands". For information on core fundamentals, please refer to slides 14-8</li><li>• <b>Shy Players:</b> You will inevitably have some players who don't want to play. Encourage them to try but don't push them. Many kids come around after a few games. It helps to kneel down and speak to them at eye level to build trust and rapport</li></ul>
<b>Games and Drills</b>	<ul style="list-style-type: none"><li>• Please refer to slides 9 - 10</li><li>• Drills for lower age divisions are also appropriate for this age group</li></ul>

# U9 Division

<b>Game Format</b>	<ul style="list-style-type: none"><li>• Each game is one hour. Coaches should practice/warm up for ~10 minutes and play for the remaining time (two 25-minute halves)</li><li>• Some coaches like to sub on the fly and some coaches like to have a set rotation (subbing kids every 5 minutes for example). Either is acceptable.</li></ul>
<b>Game Rules</b>	<ul style="list-style-type: none"><li>• Hired referees will officiate the game. They adhere to all Mass Youth Soccer game rules.</li><li>• We continue to do throw ins, corner kicks, and goalie kicks at this age level. Penalty kicks and free kicks are introduced.</li><li>• No heading. According to US Youth Soccer guidelines, all Players age 10 years of age and under shall not head the ball directly from the air in any match or competition.</li></ul>
<b>Line Up</b>	<ul style="list-style-type: none"><li>• 7 v7 with goalies. This means 6 field players plus 1 goalie</li><li>• Substitutions can be done on the fly or you can have a set rotation of substitutions</li><li>• Each player should get equal playing time and have the opportunity to try any position</li></ul>
<b>Practices</b>	<ul style="list-style-type: none"><li>• Practices are once a week usually Tuesday or Friday's between 4:30-6:30pm</li><li>• Come prepared with at least 4 or 5 games and drills</li><li>• Each player should bring their own size 4 ball to practice</li></ul>
<b>Coaching Basics</b>	<ul style="list-style-type: none"><li>• <b>Keep it Fun:</b> While skill development is always important, the most important thing for this age group is that they have fun and want to come back. Be creative, stay enthusiastic and keep it fun.</li><li>• <b>Keep it Active:</b> When a drill or game is not working, move on to the next one. Feel free to stick to games/drills that kids gravitate to.</li><li>• <b>Keep it Simple:</b> Focus on basic skills like dribbling, passing, shooting, using different parts of your foot to strike the ball and "no hands". For information on core fundamentals, please refer to slides 14-18</li><li>• <b>Shy Players:</b> You will inevitably have some players who don't want to play. Encourage them to try but don't push them. Many kids come around after a few games. It helps to kneel down and speak to them at eye level to build trust and rapport</li></ul>
<b>Games and Drills</b>	<ul style="list-style-type: none"><li>• Please refer to slides 11-12</li></ul>

# U3-U5 Games

Game	Description
Snake	Mark out an island that the players have to stay inside: one player is the snake, the other players dribble soccer balls, the snake has to kick the balls away from the other players and off the island, when she does, they hold her hand and become part of the snake (usually, one of the coaches starts out as the snake).
Kangaroo Jack	Mark out an island that the players have to stay inside: one player is a kangaroo: the other players dribble soccer balls; the kangaroo hops around trying to kick the balls away from the other players and off the island, when she does, they become kangaroos.
Shark Attack	Players line up on one side-line with their balls, the coaches stand in the middle of the field and are sharks, the players have to "swim" across to the other side-line with their ball, if the sharks kick their balls away from them, they become sharks.
Sleeping Pirate	The coaches line the balls up on one side-line, the players line up on the opposite side-line, the coaches stand behind the line of soccer balls (their pirate "treasure/booty") and pretend to be asleep, the players have to sneak over to the other side and try to steal the "treasure/booty", the pirates wake up and chase them, the players have to dribble their balls back to safety on the side-line they originally came from.
Mud Monster	The players dribble the ball around, the coaches are mud monsters. When the coaches tag a player, the player has to stand "frozen" with the ball over their head, legs apart and yell for help. One of the other players then has to kick their ball between the "frozen" player's legs, that player is then un-frozen and free to dribble around some more and try to avoid getting tagged by the mud monsters again.
Red Light, Green Light	Green Light = dribble really fast; Yellow Light = dribble really slow; Red Light = stop with one foot on the ball; Purple Light = tap the ball on the top left/right/left/right 5 times (toe taps); Blue Light = Kick the ball between your two feet left/right/left/right 5 times. The last two can be worked in over the course of the season
Cave Hunters	Players have to steal the balls from other teams goal and dribble it back to their own goal
Choo-Choo Trains	Players work on dribbling in a specific direction. The Coach is the engine, the players follow in the pattern the coach creates.
Follow the leader	Same as choo-choo train, but kids are the leaders and follow each other in partners or smaller groups
Head, Shoulders, Knees and Toes	The kids partner up with one other player and stand face to face with a ball in the middle. You play a game of "head, shoulders, knees and toes" but add in the term "ball". When the coach says "ball!" each player has to put their foot on the ball and pull it back.

# U3-U5 Games

Game (Link)	Description
<a href="#">Chain Gang</a>	Create two lines of players for a relay race. The first player in each line dribbles the ball around a cone and back to the start. When they get back to the start line, they pick up the next player in line (linking arms) and together they dribble the ball again around the cone and back. They follow this pattern until they pick up every player in their line. Once they have finished, each team should sit down. (SEE SLIDE X FOR MORE DETAILS)
<a href="#">Freeze Tag</a>	Create a space where the kids can dribble around and play tag. When they get tagged, they hold their ball in their hands above their head. In order to get unfrozen, another player must kick their ball between their legs.
<a href="#">Kick the Coach</a>	Create a space where the kids can dribble around. The coaches will run around inside the space and each player is tasked with "kicking the coach" (i.e. kick the ball at a coaches ankles/feet)
<a href="#">Tiger Tails</a>	Each tiger has a tail (pinny) tucked into the back of their shorts. The tail must be visible so that other tigers can steal it. The tigers run around inside the area and try to steal each other's tails by pulling the tail out of another tiger's shorts. When a tiger steals a tail they add it to their own. Other tigers can now steal however many tails they have. If a tail drops on the floor any tiger can steal it. Tigers cannot grip their tail to stop it being stolen. They need to protect their tail by sprinting away, turning and screening. The game can be played to a time limit (2 minutes, say) and see which tiger has the most tails at the end.



# U6/U7 Games

Game (Link)	Description
<a href="#"><u>Colored Cones</u></a>	Set up cones/color markers. Players have to dribble through a gate or dribble around a cone of a specific color.
<a href="#"><u>Chase it Down / Fetch</u></a>	Players chase a ball down and bring it back to your feet. Fetch version: Players pretend they are dogs. You roll the ball out and they have to chase it down, control, dribble it back to your feet. You can have the kids' bark for fun
<a href="#"><u>Troll Traps</u></a>	The video refers to this game as "Land Mines" using a whole variety of cones/equipment to create obstacles kids have to avoid. You can add a movie, for example Trolls. After a few rounds, pretend you are the "Bergen" who is going to chase them down. This encourages them to move through the obstacles a little faster
<a href="#"><u>Fishie, Fishie Cross My Ocean</u></a>	Players start on one side of the rectangle grid and aim to get across to the other side without being "tagged"
<a href="#"><u>Freeze Tag</u></a>	All the players dribble in the square with a ball and another player aims to tag them. If they get tagged they are frozen. To get unfrozen, a player who is still in the game needs to dribble the soccer ball between their legs. I have frozen players hold the ball above their legs, make a big tunnel between their legs, and call for help (communication skill)
<a href="#"><u>Monster Monster</u></a>	In the video, it's called "Mr. Wolf". It's also often called Monster Monster. Players start on one side of the rectangle grid. One player, "the Monster", starts on the other side. Players scream "Monster Monster, What time is it? The monster responds with a time. Whatever time the monster says "X time", the players need to take X amount of dribbles toward the monster. This process repeats until the monster says "Dinner time"
<a href="#"><u>Bee Stings</u></a>	Players pretend they are bees, and they run around the grid chasing the coaches. They sting coaches by kicking the soccer balls at you. Use proper passing/ shooting techniques.
<a href="#"><u>Clean Your Room</u></a>	Players try to kick all of the balls out of their grid "room" by kicking them over to the other team's grid...whoever has the cleaner room attend of time wins the round. You can select what type of kicking technique they use.
<a href="#"><u>Bowling Battle</u></a>	Same as clean your room, but there are cones at the end lines in which players try to knock over with their soccer ball.
<a href="#"><u>Pirates Gold</u></a>	The ball is gold, the goal(s) is/are the treasure chest. All the sailors start with a ball at their feet in the grid and 1 player who starts without the ball is a pirate. The pirates try to steal balls from the players
<a href="#"><u>Cops and Robbers</u></a>	Set up tall cones in a designated area and have a team of "robbers" who have to Kick the cones over with the ball, and a set of "Cops" who have to pick them up. Then reverse the roles (those who started as robbers become cops)
<a href="#"><u>Moving Goal</u></a>	Two coaches hold a rope/pole and run around the square grid while players aim to shoot/pass the ball between the coaches. You can do this drill where every player has a ball and is aiming

# U6/U7 Games

Game (Link)	Description
<a href="#"><u>Wreck-it Ralph</u></a>	Using traditional cones, one group of players without balls is focused on standing the cones up (Fix-it Felixes), another group of players with the ball is aiming to knock them down (Wreck-it Ralphs)
<a href="#"><u>4 Corners</u></a>	Create 4 teams. Each team has a base in the corners of a large playing field. The objective of the game is to get as many balls as you can back to your teams base. You can start to steal the balls from other teams bases once the balls in the neutral area are all gone. You can put a variety of limitations on the game such as, dribbling only / no stealing balls / no passing. You can do 3 rounds of this drill. First round, players can only dribble the ball back to the base, they cannot pass it or steal a ball from an opponent. The 2nd round, allow players on the same team to pass the ball to each other. The 3rd round, allow stealing and passing to take place.

# U9 and Up: Games & Drills

Game (Link)	Description
Small Sided Games	Small sided games of 3v3 or 4v4 using small goals (using cones). Make kids play in a small space to force them to pass and move quickly. This is a good drill to get lots of touches on the ball.
<a href="#">Star Gate</a>	Create two teams. The team in possession must play a set number of passes (say 5) then attempt to break into the next frontier through one of the star gates by passing or dribbling through.
<a href="#">Space Invaders</a>	In pairs, players from 3 of the teams stand on either side of the channel and on the coach's call they play one touch passing back and forth. This represents the laser to shoot down invaders
<a href="#">Creative Circle</a>	Using 1 ball for every 3 kids. Create 2 circles, 1 smaller inner, 1 larger outer circle. Players with ball start by dribbling into the inner circle, execute a turn move / creative movement, and leave the inner circle, after they leave the circle, they pass to a teammate without a ball on the outside. I made an additional rule to promote communication: Do not pass the ball to a player on the outside who doesn't call for the ball.
<a href="#">Wolfs Den</a>	Players try to go back and forth between the middle lane trying to avoid being tagged by the "Wolf". If they are tagged they become a wolf. The player who crosses back and forth the most is the champion. This is a continuous game of 1v1 battles that keeps getting more challenging.
<a href="#">1 v 1 through 2 goals</a>	A defensive player passes the ball to the offensive player. The offensive player has to travel through one of two gates before being able to shoot.
<a href="#">1 v 1 battle to coach</a>	Form two lines. The coach stands in the middle and kicks out a ball. A player from each line runs out to the ball to gain possession and kick back to their coach.
<a href="#">Space Wars</a>	Two fleets of star fighters start either side of the grid on their launch pads. The star fighters take off on the commander's order to battle the opposing fleet. To score you must knock an opponent's ball out of the grid with your ball whilst ensuring that your ball stays inside the grid. If your ball leaves the grid you have been shot down and should crash land outside of the grid. At the end of the battle the fleet with the most remaining star fighters wins.
<a href="#">Zombie Attack</a>	Split the players into two teams of 6. One team starts in the middle and one team goes to an end zone. The team in the middle are the zombies and in order to bite a player they have to keep their ball close and within touching distance when they tag a runner with their hand. The players without a ball have to go from end zone to end zone without being bitten by the zombies. Once a runner is bitten they turn into a zombie and get a ball from the side of the area. See who can be the last runner to get bitten.
<a href="#">Behind Enemy Lines</a>	Create three teams of 4. The groups go into each of the zones with the two end zones representing allied units, the middle zone play as an enemy unit. The ball is a package that must be delivered behind enemy lines. One of the units starts with the package, passing amongst themselves. They must get the package into the opposite end zone with a pass – below head height – through the enemy's line. If the pass is intercepted or miss hit out of the area the unit must switch with the enemy. Count the number of completed passes through enemy lines in a specified time – 3 minutes, say – if the ball has not been intercepted by then.

# U9 and Up: Games & Drills

Game (Link)	Description
King of the Ring	The fighters begin by dribbling around inside a square. Keeping their own ball under close control they must try to knock another fighter's ball out of the ring. To be successful fighters must decide who to attack and use defensive skills to knock their ball out, while being aware that they might be attacked from a different angle. Once a fighter's ball has been knocked out they are out of the fight and must not touch another fighter's ball. Any fighter who has been knocked out should collect their ball and walk around the outside of the ring with it so you can clearly see who is in and who is out. When down to the final 2 or 3 fighters introduce a time limit to encourage them to win. If there is no winner before the time is up everyone can rejoin and start again.
Twins	Players must find a twin and play together by tying their legs together with a piece of cloth or an old bib – think three-legged race. Divide the players into two teams. They are aiming to hit the cones on the goal line in order to score a point. Players must stay linked throughout the game and can only pass or shoot, tackle or intercept with their outside leg. Players must switch sides on the coach's command so that they practice using both their left and right feet. Anyone can take possession of the ball once they have switched and tied their legs together again. The ball must remain below head height to encourage the use of the weaker foot
Don't Feed the Monkeys	Set up a 10 yard radius outer circle with 3 yard radius inner circle inside it. 2 monkeys are placed inside the monkey cage (inner circle) and are guarded by 4 zoo keepers who start in the zoo itself (outer circle). 6 visitors start on the cones forming the perimeter of the zoo with a ball each. The visitors must try to feed the monkeys by passing a ball to them. The monkey must be able to control the pass and return it to the visitor for a point to count. The zoo keepers must try to stop the monkeys being fed by intercepting passes with their feet or head. The monkeys cannot leave their cage, while the zoo keepers and visitors cannot enter the cage or leave the zoo itself. Visitors can interchange balls in order to keep the defenders guessing and change the point of attack. Play for 2 or 3 minutes and record the scores. The winners can be the visitors with most points scored or the zoo keepers with the least points scored against them, or both.

## Additional Resources for Drills

- U4-U6: <https://www.mayouthsoccer.org/coaches/u6/>
- U7-U9: <https://www.mayouthsoccer.org/8u-1st2nd-grade/>
- U12: <https://www.mayouthsoccer.org/10u-3rd4th-grade/>
- U12: <https://www.mayouthsoccer.org/12u-5th6th-grade/>



# Core Fundamentals: Dribbling, Passing, Kicking

## C1: Core Fundamentals (dribbling)

Players should be taught to dribble using the outside and inside of both feet.

Players should learn to dribble the ball within close proximity (1 step distance away)

Players should learn to dribble while keeping their head up as often as possible



## C2: Core Fundamentals (passing)

ABC's of Passing:

- **Approach**
  - Move towards the ball, never back up!
  - Plant non-kicking foot next to the ball, laces in line with the center of the ball
  - Non-kicking foot toe pointed at the target
- **Body**
  - Slight bend in the non-kicking foot
  - Shoulders square to the target
  - Head aligned over the top of the ball
  - Eyes locked on the ball
- **Contact**
  - Pull kicking leg back
  - Turn foot to make an "L" shape with feet
  - Lock the ankle
  - Swing leg
  - Hit the center of the ball with the center of the side of the foot
  - Follow through towards your target



## C3: Core Fundamentals (receiving)

ABC's of Receiving

- **Approach**
  - Adjust to the path of the ball
  - Plant non-kicking foot next to the ball
  - Non-kicking foot toe pointed at the target
- **Body**
  - Slight bend in the non-kicking foot
  - Shoulders square to the target
  - Head aligned over the top of the ball
  - Eyes locked on the ball
- **Contact**
  - Turn foot to make an "L" shape with feet
  - Lock the ankle
  - Drawback foot to soften the impact



## C4: Core Fundamentals (shooting)

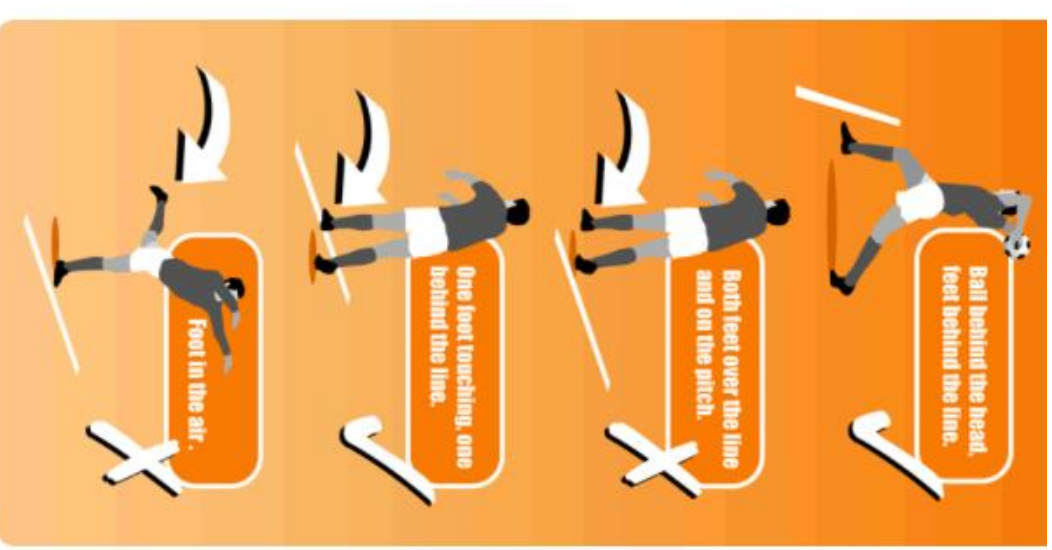
ABC's of Shooting

- **Approach**
  - Move towards the ball, never back up!
  - Plant non-kicking foot next to ball
  - Non kick foot toe pointed at target
- **Body**
  - Slight bend in the non-kicking foot
  - Shoulders square to target
  - Head aligned over the top of the ball
  - Eyes locked on the ball
- **Contact**
  - Pull kicking leg back
  - Point toe towards ground
  - Lock the ankle in this position
  - swing forward
  - Hit the center of the ball with laces
  - Follow through towards your target



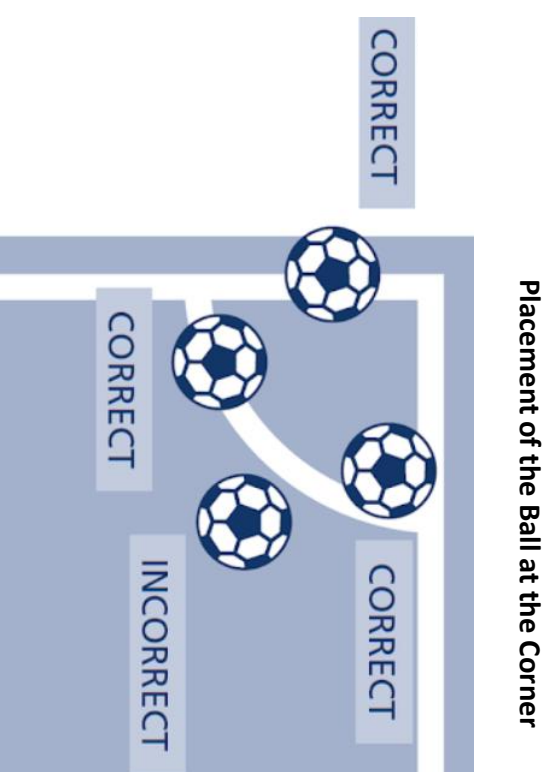
# Core Fundamentals: Throw In's

- Stand facing the field with feet apart
- Place one hand on each side of the ball
- Take the ball behind the head and throw forward onto the field
- Both feet must stay on the ground
- Can stand on or behind the side line
- Ball must go behind the head
- Must use both hands equally (can't use only one hand)
- Beginners should throw toward the other team's goal



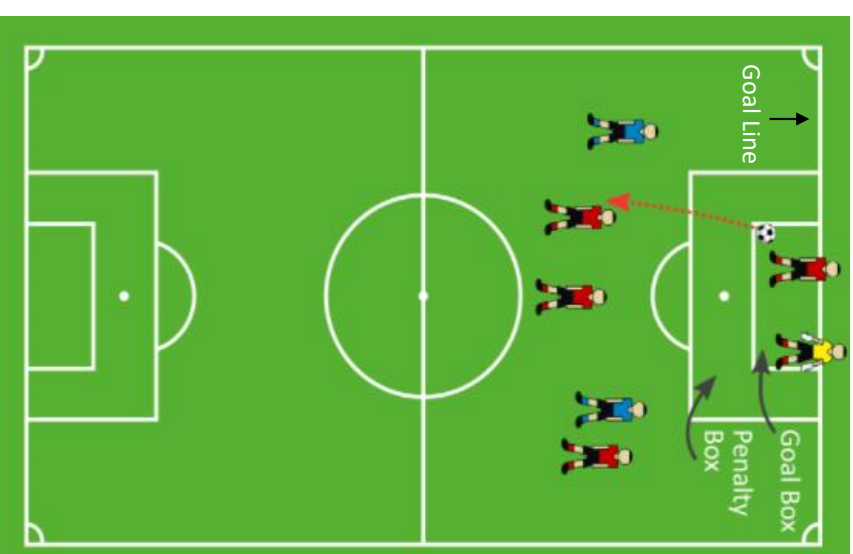
# Core Fundamentals: Corner Kicks

- **Corner Kick.** When the defending team kicks the ball out of bounds over their own goal line, the attacking team gets to take a corner kick from the corner of the field.



# Core Fundamentals: Goal Kicks

- **Goal kick.** If the attacking team kicks the ball out of play over the goal line, the defending team gets a goal kick. The goalie, or another player, kicks the ball upfield from the goal box.



# Core Fundamentals: Heading

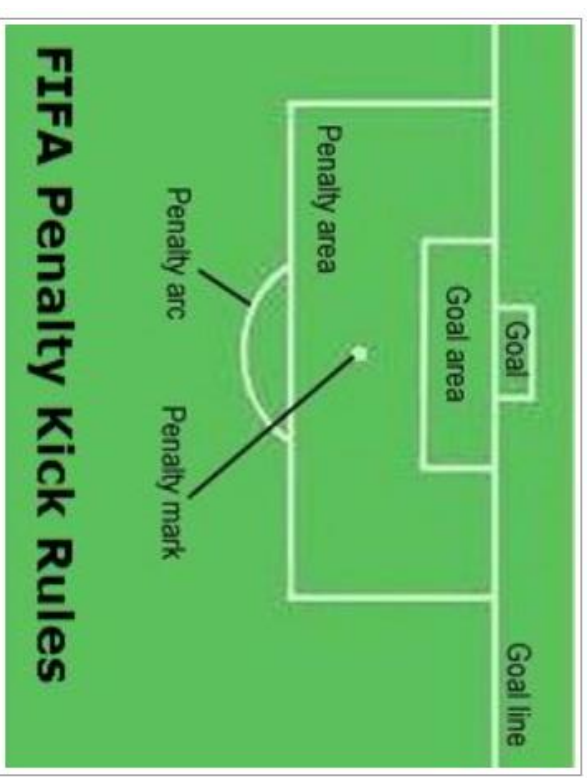
## According to US Youth Soccer Guidelines:

- All Players age 10 years of age and under shall not head the ball directly from the air in any match or competition, nor shall these players practice heading the ball in any organized team setting. If a player age 10 or younger deliberately heads the ball in a match, the referee shall award an indirect free kick to the opposing team at the spot of the infraction. If the heading occurs within the penalty area, the referee shall move the ball outside the penalty area and award an indirect free kick to the opposing team.
- Players age 11 and age 12 shall be permitted to head the ball in any match or competition. These players may practice heading the ball in an organized team practice or skill session, but coaches shall monitor this practice so that no single player heads the ball more than 25 times per week, regardless of setting. Players age 13 and older shall be permitted to head the ball in any match or competition and these players may practice heading the ball in an organized team practice or skill session. Please refer to this [link](#) for more information.
- For heading fundamentals please refer to: <https://www.youtube.com/watch?v=6eFt5pqeE9M>

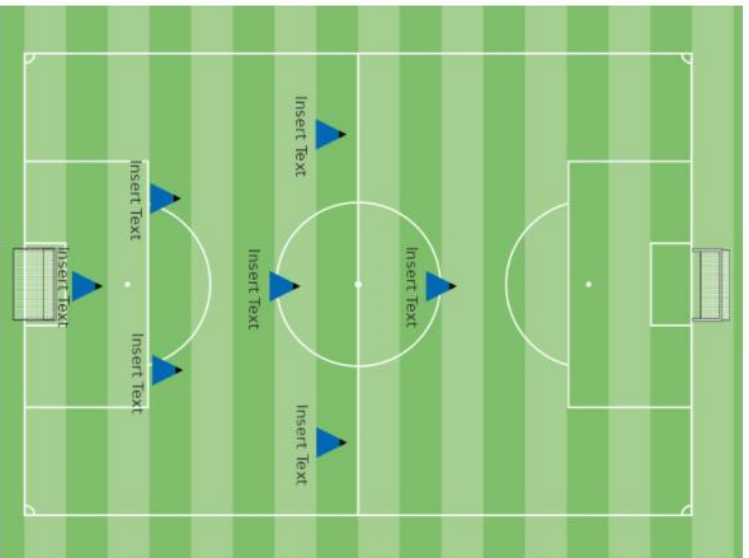


# Core Fundamentals: Penalty Kicks

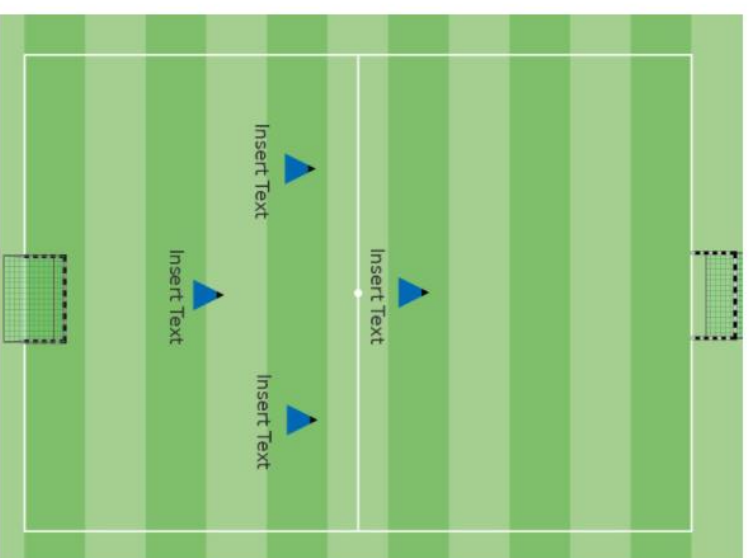
- The referee places the ball on the penalty mark and it must remain stationary. The goal posts and net must also be still (e.g. not moving). Next, the match official will identify and confirm which player is the nominated penalty kicker for the upcoming shot at goal.
- The goalkeeper must be on the goal line between the goal posts and facing towards the kicker. The goalie must stay on their goal line, between the goalposts, until the shooter kicks the ball.
- All the other players, except the goalkeeper and the penalty kicker, must be a minimum of 10 yards behind the penalty mark (and the ball). They must remain on the field but outside of the penalty box, including the penalty arc, until the kicker shoots the ball. At this point, the keeper can only move sideways on the goal line (not forward).
- Penalty Spot Yards:
  - The penalty taker shoots the ball towards the goal from 10.97 metres (12 yards) out and tries to score.
- The penalty taker must kick the ball in a forward movement. Even so, they can 'backheel' the ball providing it moves forward.
- During football penalties the kicker can only touch the ball once until another player touches the ball. The ball becomes live or 'in play' once it gets kicked and it moves.
- The goalkeeper must have at least part of one foot touching the goal line (or in line with it) as the penalty taker kicks the ball.
- Completion of the penalty kick occurs when (either):
  - The ball stops moving.
  - It goes out of play.
  - The referee stops play for any other offence.



# Sample Formations



1-2-3-1 (7 V 7) FORMATION WITH PLAYER NAMES



1-2-1 (4 V 4) FORMATION WITH PLAYER NAMES

# Sample Formations

## FORMATIONS FOR 7V7 PLAY

