



U11 COACH CARD

DIVISION OVERALL

- PLEASE ARRIVE 15 MINS BEFORE GAMES
- FIELD: 44 x 60 paces (approx. 110 ft x 150 ft) (1 pace = approx. 2.5ft)
- BALL SIZE: 4
- PLEASE BRING CORNER FLAGS TO EVERY GAME
- PLAYERS: 7 V 7 (6 field + 1 goalie)

GAME TIME

- GAME LENGTH: 2 x 25 MINS HALVES (10 min halftime)
- PLEASE START ON TIME AND END ON TIME (No overtime, must end on schedule)
- TARGET REST PERIOD BETWEEN GAMES = 20 MINUTES

RESTART RULES

- LAST TOUCH DECIDES POSSESSION
(Defender = Corner Attacker = Goal Kick)
- CORNER KICKS
- KICKOFF CENTER START
- GOAL KICKS
- THROW-INS OR PASS-IN/DRIBBLE-IN (coach/ref discretion)
- PROPER THROW-INS IF USED (both feet on ground, overhead motion)

FOULS / WHAT TO CALL

- TRIPPING / PUSHING
- HANDBALL
- DANGEROUS PLAY

GOALIE RULES

- RELEASE WITHIN 6 SECONDS (THROW, ROLL, OR KICK)

RULES TO KNOW

- OFFSIDE: YES (focus on learning & positioning)
- HEADING: NOT ALLOWED
- NO HARD OR UNSAFE ITEMS (no jewelry, sunglasses, or hats)
- SHIN GUARDS, SOCKS AND CLEATS ARE REQUIRED
- KEEP GAMES FUN & RESPECTFUL
- ROTATE PLAYERS FAIRLY

DEVELOPMENT FOCUS

- PASSING & BALL CONTROL
- UNDERSTANDING OFFSIDES
- POSITIONING (DEFENSE / MIDFIELD / ATTACK)
- SPACING (DON'T BUNCH)

