



U14 COACH CARD

DIVISION OVERALL

- PLEASE ARRIVE 15 MINS BEFORE GAMES
- FIELD: 50 X 70 paces (approx. 125 ft x 175 ft) (1 pace = approx. 2.5ft)
- BALL SIZE: 5
- PLEASE BRING CORNER FLAGS TO EVERY GAME
- PLAYERS: 9 V 9 (8 field + 1 goalie)

GAME TIME

- GAME LENGTH: 2 x 30 MINS HALVES (15 min half time)
- PLEASE START ON TIME AND END ON TIME (No overtime, must end on schedule)
- TARGET REST PERIOD BETWEEN GAMES = 25 MINUTES

RESTART RULES

- KICKOFF CENTER START
- CORNER KICKS
- LAST TOUCH DECIDES POSSESSION (Defender = Corner / Attacker = Goal Kick)
- PROPER THROW-INS (Both feet on ground, overhead motion)
- GOAL KICKS

FOULS / WHAT TO CALL

- TRIPPING / PUSHING
- HANDBALL
- DANGEROUS PLAY

GOALIE RULES

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

RULES TO KNOW

- OFFSIDE: YES
- HEADING: 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 & SPACING

