



# U9 COACH CARD

## DIVISION OVERALL

- PLEASE ARRIVE 15 MINS BEFORE GAMES
- FIELD: 32 x 45 paces ( approx. 80 ft x 110 ft) ( 1 pace = approx. 2.5ft)
- BALL SIZE: 4
- PLEASE BRING CORNER FLAGS TO EVERY GAME
- PLAYERS: 5 V 5 (4 field + 1 goalie)

## GAME TIME

- GAME LENGTH: 2 x 20 MINS HALVES (5 min halftime)
- PLEASE START ON TIME AND END ON TIME (No overtime, must end on schedule)
- TARGET REST PERIOD BETWEEN GAMES = 15 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)
- ENCOURAGE ROLLING/THROWING (not long kicks)

## RULES TO KNOW

- OFFSIDE: NO
- 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

- DRIBBLING & BALL CONTROL
- PASSING TO TEAMMATES
- BASIC POSITIONING
- SPACING (DON'T BUNCH)

