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# SAINT JOHN SOCCER CLUB

Under 10 Club rules and regulations

## U10

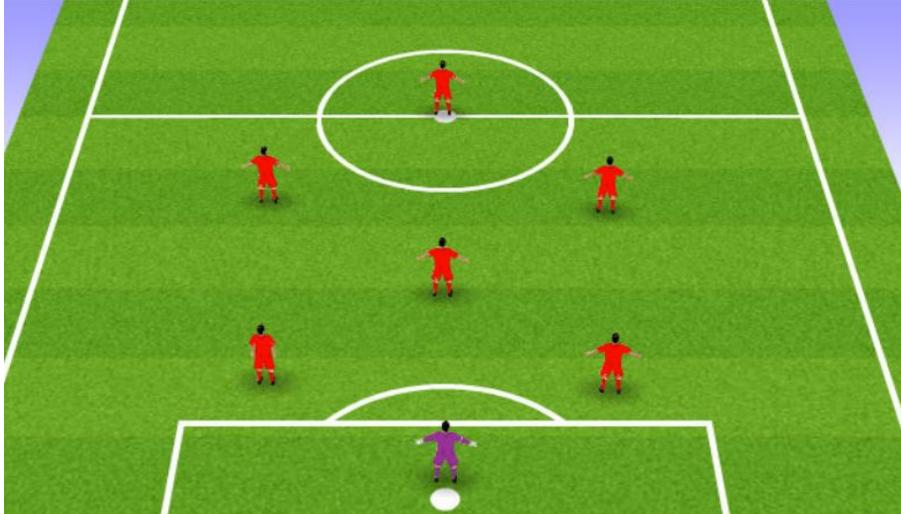
All FIFA laws will be applied to this age group by a trained referee. Saint John Soccer Club is making a few small alterations for the development of our players. These rules may or may not be followed at tournaments or in exhibition games against other clubs.

At Under 10 the only standard rule that does not apply would be offside

The following rules will apply in the summer of 2019 :

- At Under 10 the only standard rule that does not apply would be offside
- Ball size is Size 4 for gameplay
- Ideal field dimensions for fields are 30 - 36 metres in width and 40 - 50 metres in length
- Net size 2.4 X 1.5 that will be provided to all teams participating in the league

The structure of the game will be 7 V 7 with two 25 minute halves and a 5 minute halftime. The **SJSC preferred formation** is the 1-2-1-2-1 formation that looks like this :

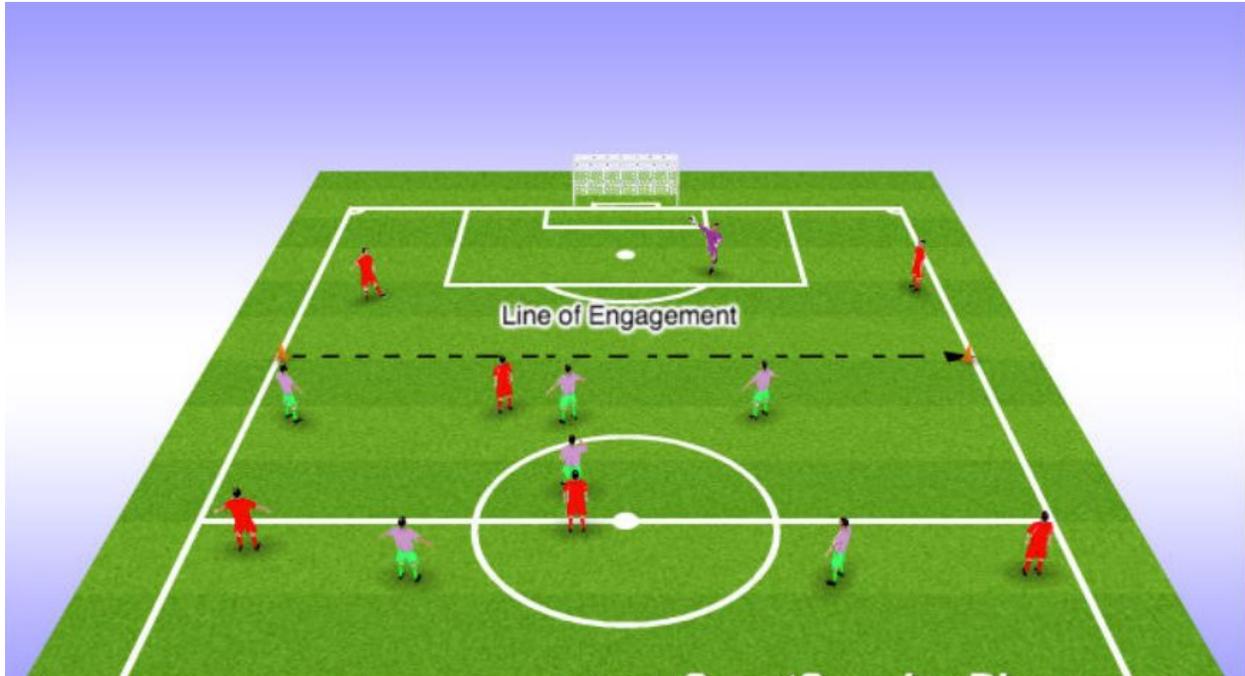


#### **WHY -**

- This formation best represents what we will ask our players at SJSC to do when the transition to 11 aside soccer.
- The formation has the most realistic demands placed on the players and keeps the 11 aside version realistic. 2 centre backs, a midfield 3 and a striker are all components we use at SJSC.

*Note :* The goalkeeper is included into the formation to understand they are an important part of the team.

**The use of a Engagement line** - If the Goalkeeper from the opposing team has the ball either : in their hands or is taking a goal kick, the opposing team must retreat behind the engagement line until another player on the other team touches the ball or until the ball crosses the LOE.



### **WHY -**

- To encourage playing out from the back
- To allow our goalkeepers to take their own goal kicks
- To allow the defending team to have a chance at moving the ball into the opposing half
- To instil the same cues in all of our players as to when to pressure the ball and how to set up without possession
- To keep our shape in both phases of the game

### **Kick ins & Throw ins hybrid**

In the defending half of the field a player can choose to play either a throw in or kick in to restart the game after the ball goes out of bounds.



### **WHY -**

- The players at this age aren't always physically able to throw the ball far enough away to create very many options.
- In the defending half only we want the team to have the advantage of gaining possession
- Kick ins allow the team to keep a more realistic shape for both teams

### **Drop kicks -**

- If a goalkeeper from either team drop kicks the ball there will be no headers allowed.
- If a player from either team heads the ball there will be an indirect free kick from the centre dot.

### **Why -**

- To prevent the impact of heading the ball before our players properly execute the technique.
- There are many other instances to head the ball with less impact and we want our players to grow more comfortable with that before progressing.

Thank you for reviewing this document, all steps taken by SJSC are for the development of the athlete but will only succeed with your continued support.