



## Restarts

It's important to teach appropriate restarts prior to the first game so players, coaches, parents, and officials aren't frustrated with restarting the game incorrectly. Restarts can easily be achieved in small-sided games during practice.

### Kick-Off (start of game & after a goal)

**All ages** – The ball is placed in the middle of the center circle and is in play when it is kicked and moves in any direction. The kicking player may not play the ball again until another player touches the ball. Teammates can stand anywhere in their own half, including inside the circle, whereas opponents must start in the own half outside of the circle.



### Kick-In (U6) / Throw-In (U8+) (side-line)

**U6/7** – The ball will be kicked in from the point where it crosses the sideline by the team that did not cause it to go out of play. The kicking player may not play the ball again until another player touches the ball. Teammates can stand any distance from the ball, whereas opponents must retreat 5-yds.

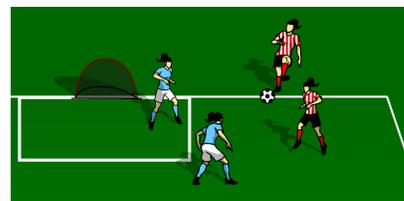
**U8(+)** – The ball will be thrown back in to play from the point where it crossed the sideline by the team that did not cause it to go out of play. Players must keep both feet on the ground behind the line throughout the process, hold the ball in two hands behind their head, and throw with a continuous overhead motion. No player can impede the thrower.



### Kick-In (U6) / Corner Kick (7+) (end-line)

**U6** – The ball will be kicked in from the point where it crossed the end-line, but no closer to the goal than the edge of the goal-area, by the team that did not cause it to go out of play. The ball is in play when it is kicked and moves in any direction. The kicking player may not play the ball again until another player touches the ball. Teammates can stand any distance from the ball; opponents must retreat 5-yds.

**U7(+)** – The ball is placed anywhere on, or in, the corner arc closest to where the ball crossed the end-line. The ball is in play when it is kicked and moves in any direction. The kicking player may not play the ball again until another player touches the ball. Teammates can stand any distance from the ball, whereas opponents must retreat the appropriate distance (U6/7 = 5-yds, U8/U10 = 7-yds, U12 = 9-yds, U14+ = 10-yds.)



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Note: **U8(+)** - In practice, place a marker in the corner of the field to simulate the flag that will present on game-day. Typically, right foot players place the ball on the left side of the flag and left-footed players place the ball on the right side of the flag to avoid the flag.



### Goal-kicks

It is useful to mark out a goal-area and/or penalty area so that players know where the ball should be placed.

**U6/7** – Place the ball anywhere on or in the goal-area. The ball is in play when it is kicked and moves in any direction. The kicking player may not play the ball again until another player touches the ball. Teammates can stand any distance from the ball, whereas opponents must retreat 5-yds. (**U8g** – Goal-kick must be taken by the goalkeeper. Opponents retreat to edge of center circle.)



**U8b** – Place the ball anywhere on the edge of the penalty area. Goal-kick may be taken by any player. Opponents must retreat to half-way line.)

**U10** – Place the ball anywhere on, or in, the goal area (small box inside the penalty area). The ball is in play when it is kicked and moves in any direction. The kicking player may not play the ball again until another player touches the ball. Teammates can stand any distance from the ball, whereas opponents must retreat to the **build-out line\*** (*Opponents must also retreat behind the line if the goalkeeper has the ball in their hands.*)

**U12(+)** – As per U10, except opponent must retreat outside of the penalty area.



### Free-Kicks

- **Indirect** – Ball must be touched by two players before a goal can be scored.
- **Direct** – Ball can be kicked directly into the goal. (No direct kicks in U6/7.)
- **Penalty Kick** – A direct kick inside the penalty area for the attacking team. Ball is placed on the penalty spot with all players outside of the penalty area and penalty arc. The kicking player may not play the ball again until another player touches the ball. (Cannot kick the ball if it rebounds off the goal frame if it is not touched by the goalkeeper.)
- **Drop ball** – If the ball hits the referee, or if play is stopped other than a foul, the referee will drop the ball for the team in possession at the time of the stoppage. The ball is live when it hits the ground. Opponent must retreat 5-yds.