



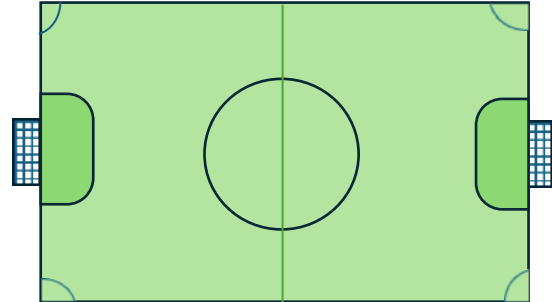
5v5 Modified Laws of the Game

SASC U7b & U8g

5v5 Format: 4v4 + GK

The goal of the program is to introduce the position and role of the Goalkeeper in a safe environment.

- 4 outfield players + Goalkeeper
- 40x30-yd field
- 6-yd radius center circle
- 1-yd corner arcs
- 4-yd deep goal-area “no-go zone”



Goal area = “No go zone” for all outfield players.

- Only the goalkeeper is permitted to play in the goal area.



- If any other player enters the goal area, the resulting restart is a goal kick.



- The goalkeeper is permitted to leave the goal area, but cannot use their hands.

Goal-Kicks & Goalkeeper Possession

- Opponent must retreat to the half-way line on a goal-kick, or any time the goalkeeper has possession of the ball.



Other Restarts:

- All restarts are passes – the same player may not touch the ball again until another player has touched the ball.
- **Kick-off:** Start of the game and after any goal – opponent in own half outside circle.
- **Throw-in:** Both feet on ground, behind sideline, ball delivered with two hands over head.
- **Corner-Kick:** Opponent must be at least 5-yds away from the ball.
- **Free-Kicks:** regardless of infraction, all free-kicks are Indirect (two players need to touch the ball before a goal can be scored.)

Substitutions:

- At any stoppage, from the half-way line, with the permission of the referee.

Practice implications for coaching 5v5

- Players will need to understand the modified laws of the game prior to game day to avoid extensive delays.
- Coaches are encouraged to set-up a “no-go” area in front of the goal for any activity that goes to goal, so that players understand that the ball must be played before entering the area. (The goal area is an arc of 4-yd radius from each goal post and four yards from the face of a 10 foot wide goal, resulting in a “D” shaped area.)
- Any time a goalkeeper has possession of the ball, the opposing team must retreat back to the half-way line of the designated playing area.
- Proper throw-in technique practice is encouraged at each training session.
- Use corner flags or a cone in the corner of the field to practice corner-kicks – a corner flag will be present on game day and players need to understand how to navigate this obstacle.