



U7.5 Football

Aim

To develop the basic technical skills (catching and kicking) in a controlled competitive environment

Playing Rules

- Play to commence with a throw up in centre
- Goalkeeper may advance 10m for a kick out.
- The player can carry the ball for one hop and one solo.
- The ball may be lifted off the ground with the hands, provided the player involved is on his/her feet.
- A player who is fouled to take the free from the hands.
- When a team plays the ball over its own end line, opponents are awarded a free from the hand from the 20mt line directly opposite the goal. (A 45)
- All frees should be taken directly opposite the goal.
- No frees closer than 10m from the goals. (no Penalties).
- Side to side charge is permitted

Scoring System

- 3 points when the ball is played over the crossbar
- 1 point when the ball is played under the crossbar
- No scores recorded or league tables are published.

Tyrone GAA Go-Games Rules – Valid from 2021

Time Duration

- 20 minute games
- 5 minutes per quarter.
- At least 2 games per occasion.

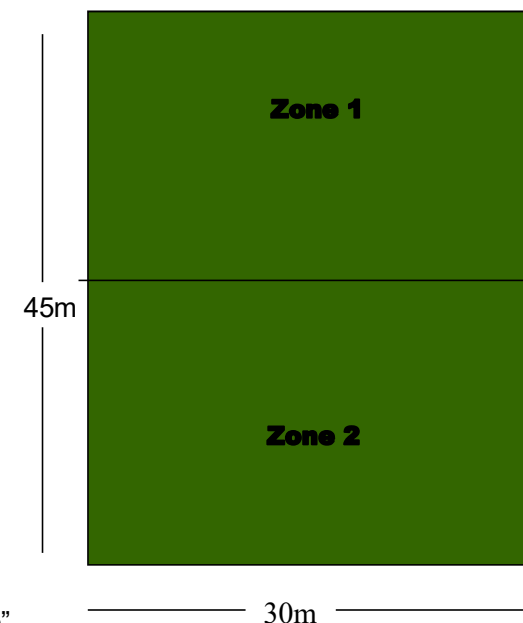
Playing the Game

- 5 V 5 inc. goalkeepers
- 45m X 30m approx
- Teams are of mixed ability (no streaming)
- 2 Zones
- At least 2 players must remain in their zone for the kick out
- All players to rotate positions after each quarter
- You can only sub at the end of quarters and any player who didn't play in the last quarter must play in the following one.

Equipment

- Well secured portable goal posts (3M X 1.8M)
- Training poles can be used as goalposts if necessary
- Bibs or Jerseys
- Three First Touch (Size 1) footballs - one placed behind each goal and one in play

Recommended Playing Area



“As many as possible, as long as possible, in the best environment possible”