

U7 GAME DAY

Fixtures

www.tcafc.co.nz/fixtures/juniors

Game Day Format

Go to the field indicated in the draw provided online www.tcafc.co.nz/teams/fixtures

9:00 - 9:15 Skills Sessions. Use this time to develop skills. Ideas can be found on the CoachMate app.

9:20 - 9:35 Game. Split your team in half into 2 teams of 4v4 and play the team on the opposition field. If needed, reduce to 3v3 or increase to 5v5 to minimise the substitutions.

9:40 - 9:55 Game 2. Change teams over to play the other half of the opposition.

Rules

- 4v4 or increase/decrease format depending on players.
- Rolling Subs (if needed)
- No goalkeepers
- No corners
- If you are at the Skills Session, use this time to develop skills. Ideas can be found on the CoachMate app once you setup your "training" (game) schedule).

When ball goes out behind the goal line:

- Defending team must return to Retreat Line (Half Way)
- Attacking team kick in from goal line.
- Defending team can only move over the retreating line after the second attacking player has touched the ball (e.g. ball is played by one player from goal line and touched by the next player).

When ball goes out on sideline

- Defending team must give space for attacking team to play the ball.
- Attacking team kick in from sideline.
- Defending team can only move after the second attacking player has touched the ball (e.g. ball is played by one player from sideline and touched by the next player).

IF TEAMS DOESN'T HAVE ENOUGH PLAYERS, OR IS STRUGGLING - MIX THINGS UP.

U7 FIELD SETUP

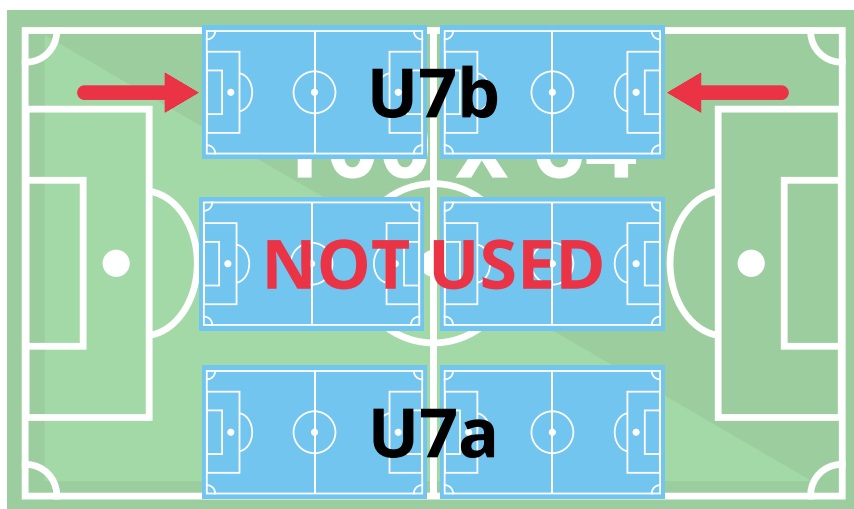
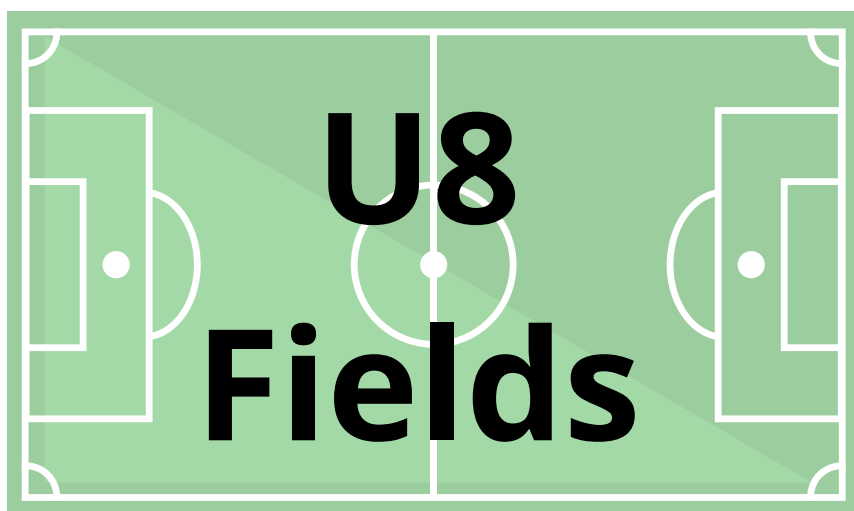
Field Setup

- Rearrange the field from Mini Blues
- Use larger coloured cones for corners (see pic)
- Place them so that the end of the field is in line with the "Goal Box" and from the "D" of the larger field. See red arrows below.
- At the other end (halfway on larger field).
- Unfold goals and put in place.



Field Packup

- Put all goals and cones away.



RED ARROWS ARE A
GUIDE TO MARKING
OUT THE FIELD.

CHANGING ROOMS