



## Under 8 Small Sided Games 2019



### Aim:

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

**The official rules of the LGFA will apply to all games however our small sides games have the following modified rules which are applicable at under 8 level**

### **Under 8 Small Sided Playing Rules:**

- Play to commence with a throw in in the centre
- Throw in at centre after score
- Goal keeper may advance 10m for a kick out
- Two skills per possession, one hop one solo (in any order) or 2 solos
- The ball can be picked off the ground with the hands provided the player involved is on her feet
- A player who is fouled to take the free from her hands
- Opponents player who is nearest to the ball that crosses the sideline to take kick from her hands
- No frees closer than 10 m from the goals (no penalties)
- There will be no (45's) any ball that goes over the end line is deemed wide resulting in a kick out.
- 3 points when the ball is played over the cross bar
- 1 point when the ball is played under the cross bar
- Referees decision is final.

### **Playing the game**

- 7 v 7 inc goal keeper
- Can be max of 9 v 9
- Pitch 45m x 30m approx.
- Unlimited subs if applicable
- Players should rotate positions
- Players should get equal playing time

### **Equipment:**

- Well secured portable goal posts (3M x 1.8M)
- Training poles can be used as goal posts if necessary.
- Numbered Bibs or Jerseys
- First Touch football

### **Time Duration:**

- 20 minutes games
- 10 minutes per half
- At least 2 games per occasion where possible
- €10 Referees Fee per team

### **Recommended Playing Area 45m x 30m**

