



U11.5 Football



Aim: At this age the children are almost playing full football rules but with smaller numbers which will give young players better opportunity to develop their skills

Playing Rules

- Play to commence with a throw up in centre
- Goalkeeper may advance 10m for a kick out
- Player can carry the ball for a max. of 2 movements (see definition)
- The ball must be lifted off the ground using the toe.
- '45's' are awarded. These will be taken from 40m out in line with where the ball went out of play.
- If a free is conceded via an aggressive foul within 13m from the goal a penalty is awarded taken 11m from goal.
- Technical free within the square is a penalty
- A 'square ball' will be called by refs at this age.

Scoring System

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

Definition of two movements

When carrying the ball a player may use ONE of the following options:

- 1 solo, 1 bounce,
- 2 solos,
- Any 2 movement variation but **NOT** 2 bounces consecutively

Tyrone GAA Go-Games Rules – Valid from 2021

Time Duration

- 40 minutes per game
- 10 minutes per quarter
- At least 2 games per occasion.

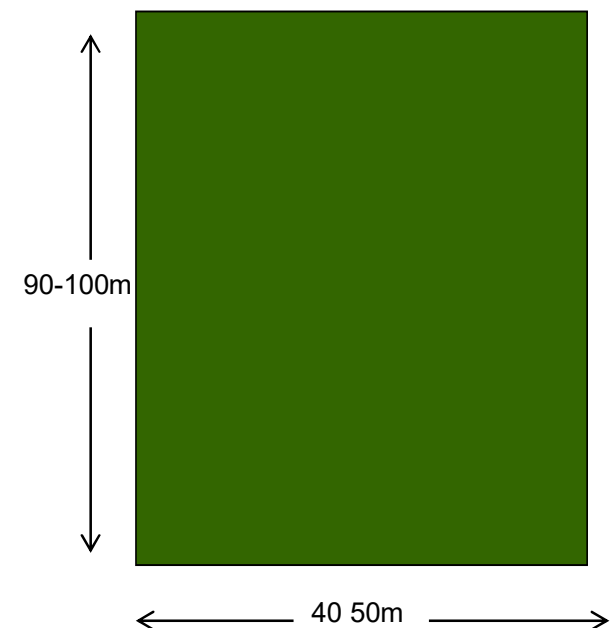
Playing the Game

- 9 v 9 (max)
- (90-100m) x (40-50m) or 20m line to 20m line
- 1 goalkeeper, 2 defenders, 3 mid-fielders, 2 attackers.
- Teams must be streamed according to ability
- At this age teams are divided into divisional sections
- 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

- Portable Goal posts (15' x 7' or 4.5m x 2.2m)
- Numbered Jerseys must be worn
- 3 Smart Touch (Size 3) footballs - one placed behind either goal and one in play

Recommended Playing Area



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