



# U9.5 Football

**Aim:** To consolidate the basic technical skills developed at age 7/8 level (catching and kicking) in an environment where players are also encouraged to develop tactical awareness/prowess i.e. decide on the best option in terms of making use of and/or creating time and space.

## Playing Rules

- Play to commence with a throw up in centre
- After a score, the play recommences with a kickout from the goal keeper
- The player can carry the ball for one hop and one solo
- The ball must be lifted off the ground using the toe.
- '45's' are awarded. These will be taken from 32m out
- No frees closer than 13m from the goals. (no Penalties)
- A player who is fouled to take the free
- Goalkeeper may advance 10m for a kick out.

## Scoring System

- 3 points when the ball is played over the crossbar
- 1 point when the ball is played under the crossbar.
- Skill Point for Overhead Catch (ball must travel a min on 10m )

Tyrone GAA Go-Games Rules – Valid from 2021

## Time Duration

- 40 minute games
- 10 minutes per quarter.
- At least 2 games per occasion.
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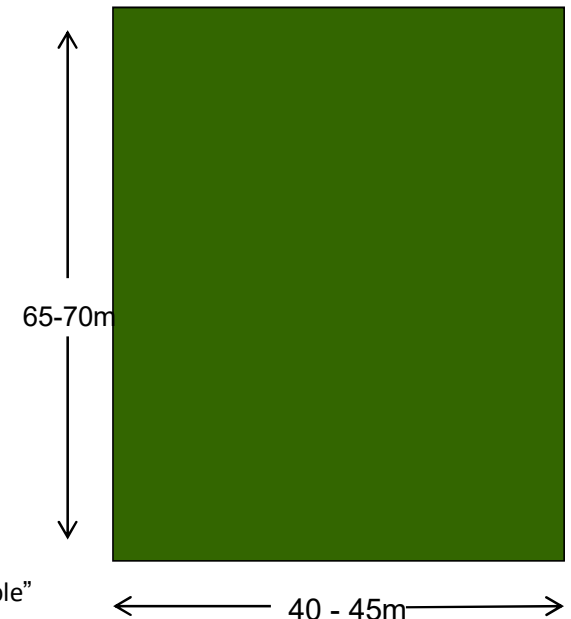
## Playing the Game

- 7V7
- (65-70m) X (40-45m )
- 1 goalkeeper, 2 defenders, 1 mid-fielders, 2 attackers.
- Teams must be streamed according to ability
- 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 (15' x 7' or 4.5m x 2.2m)
- Jerseys
- Three Quick Touch (Size 2)  
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”