

5V5

8-9-YEAR-OLDS



- Well suited to the age and level of maturity
- Many chances for everyone to be involved
- Excellent opportunity for mastery, development and enjoyment

HOW



PITCH AND EQUIPMENT

Pitch: 20 × 30 m

Ball: size 3 or 4, lightweight

Penalty area: 15 × 6 m

Goal: 3 × 2 m



RULES

Number of players: 5 players on each team, including keeper

Penalty kicks: from 6 m

Pressure-free zones: Yes

Additional player: Yes

Match time: 2 × 25 min



RECOMMENDATIONS

- 7 players in the squad



THIS FORM OF PLAY DOES NOT HAVE

- Yellow cards (temporary dismissal)
- Offsides

SPECIAL RULES

Additional player

To make the match more even, teams that are 4 goals or more behind can use one (1) additional player.

The additional player must be taken out of the game if/when the goal difference drops below four goals.

Pressure-free zones

Opponents (defending team) must be outside the pressure-free zone for goal kicks. The defending team can only move across the pressure line when a member of the other team has received the ball from their keeper. If this rule is broken, there must be a new goal kick. The keeper is permitted to make a goal kick quickly, before the defending team is out of the pressure-free zone.



TIPS FOR THE COACH

Playing time

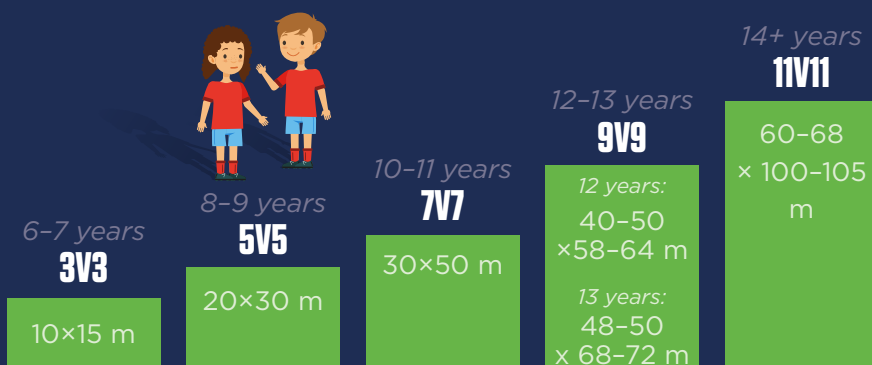
- Everyone should have a lot of playing time

Framework for the match

- Remember to have a Fair Play meeting before the match
- Parents, guardians and spectators should be on the opposite side of the pitch from the coach and the players
- Remember Fair Play handshake before and after the game

WHY 5V5?

- For the 8–9-year-old age group, we play 5v5 football. Again, this format is well-suited to the players' maturity.
- We are looking to develop the children's football skills beyond 3v3 football, and we play with keepers. In 5v5 football, we can start basic position training with keepers, backs, midfielders and strikers/wingers, and we try to implement a passing game (first attacker and us).
- All players should be allowed to try out different positions.
- Read more in "Values and resources" (in Norwegian) on fotball.no.



Valid from 1 January 2019

For a complete description of the rules and guidelines, see "Rules and guidelines for children's football (ages 6-12)" (in Norwegian) on fotball.no.