

TV7

10-11-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: 30 × 50 m

Ball: size 4

Penalty area: 21 × 8 m

Goal: 5 × 2 m



RULES

Number of players: 7 players on each team, including keeper

Penalty kicks: from 8 m

Pressure-free zones: Yes

Additional player: Yes

Match time: 2 × 30 min



RECOMMENDATIONS

- 10 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

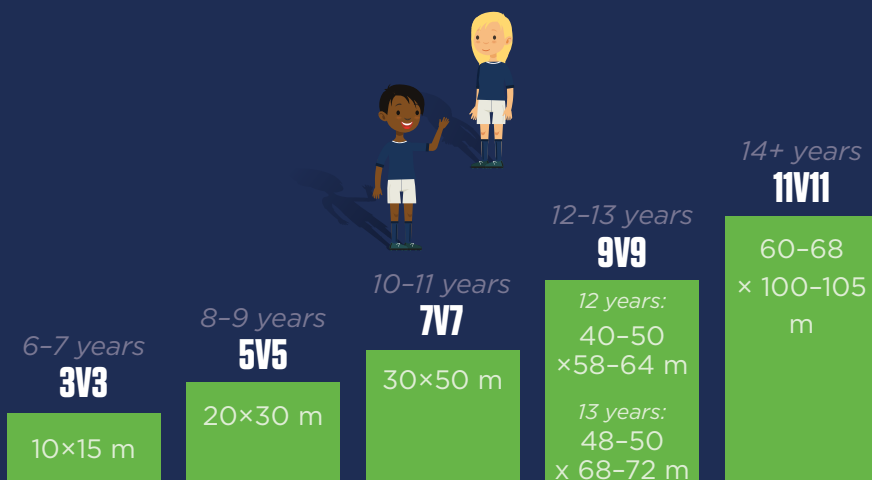
- Everyone should have a lot of playing time

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 7V7?

- For the 10-11-year-old age group, we play 7v7 football.
- At this age, the children have played with keepers for two years and are beginning to understand the relationships between backs, midfielders and strikers/wingers. This also means they have a better attacking and passing game.
- We practice defending both individually and as a team (first defender and us)
- 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.