

Cashmere Wanderers In House Junior Development Programme and Games 7th, 8th and 9th Grades

This programme has been established as a safe and enjoyable introduction to Football for players aged 6 to 9 years.

The programme is entirely based at one site in the Cashmere region to ensure a convenient, safe and accessible venue for families based in the area.

Throughout the programme the safety and well being of the players must be held paramount.

With this in mind the involvement of adult helpers and parental support is required.

Continued attendance by at least one parent or guardian per player is a fundamental requirement.

7th and 8th Grades

The game is **5 a-side** with rolling subs and played using a size 3 ball on ½ a junior pitch (approx. 30 x 40mtrs) over 2 halves of 15 minute with a 5 minute break.

Rules:

Simple rules easily understood by the players are to be applied.

No Goal keepers. (Small target goals or cones 2 metres apart).

No handling of the ball whilst in play. (Even though not necessarily deliberate it is easier for the children to understand and accept an all encompassing “No Hands” rule).

No pushing of any other player. (Use of the hands, elbows or arms to push another player is a breach of the rules).

No pulling of any other player or player’s strip. (Strictly hands off).

No kicking or tripping of another player. (With or without the ball).

Contesting for the ball should be front or side on and only the ball shall be played.

(Playing your opponents legs is a breach of the rules even if the ball is also played).

The penalty for the above infringements is a free kick taken from where the offence occurred.

Corners are to be taken from next to the corner of the pitch as per a pass-in.

A ball out of play over the sideline is played back in off the ground. (There is no throw-in).

(Opposition players must retire 5 metres from any free kick, re-start, pass-in or corner).

If a free kick is conceded closer to the goal line than 5 metres the opponents may stand on the line.

Goal kicks are to be taken from the goal line to the side of the goal. (The opposition players must retreat to their own half whilst a Goal kick is taken).

Goals can only be scored from within the attacking half.

Goals cannot be scored direct from a Pass in, Corner, Free kick or Restart.

After a goal the game re-starts at halfway with the conceding side kicking off.

There is no off side rule. (Players must be encouraged by their coach to recover with the run of play and not to goal hang or poach).

Coaches can encourage and support all players from within their own half, but must try to stay 5 metres from the open play.

Each coach shall referee one half of the game (their own defensive half) for the duration of the game.

Good sportsmanship shall be encouraged, applauded and demonstrated by coaches and parents at all times.

Starting times 8th grade 10.15 am, finish 11 am 7th grade 11.15am finish by 12 noon.

9th Grade

The game is **7 a-side** with rolling subs and played using a size 3 ball on a Junior Pitch (approx. 60 x 40 metres.)

2 halves of 15 minutes with a 5 minute break for 8th Grade

2 halves of 20 minutes with a 5 minute break for 9th grade.

A goalkeeper shall be utilised in these grades.

The basic rules of football shall be applied (as per 7th grade):

No Hands

No Pushing

No Pulling

No Tripping

No Kicking

Normal Throw-ins (2 hands from behind head with feet on the ground).

Goal kicks taken from the edge of marked area.

All corners to be taken from midway between goal area and corner.

The Off side rule shall be applied and explained by referees.

A five metre defensive perimeter from all set plays including throw-ins shall be maintained.

Direct Free kicks and Penalties shall be applied where applicable.

Each coach shall referee one half of the game (20 minutes) unless an independent official (senior player or qualified referee) can be found.

Please endeavour to maintain a 5 metre perimeter from open play and explain all stoppages to players in general.

Start time 9-00am Finish 10-00am (latest)

It should always be remembered that the players get their enjoyment from partaking in the game. They will always try to win, but need to be rewarded for their efforts rather than the outcome. They have the right to expect encouragement and positive support from their coaches and supporters.

Nothing good comes from negativity. Good sportsmanship and play shall be encouraged, displayed and applauded by coaches and parents at all times.

Fred Simpson

Football Development Manager