

QUICK TOUCH



AIMS

To consolidate the basic technical skills of football in an environment where players are also encouraged to use their non-dominant side and to develop tactical awareness/prowess i.e. decide on the best options in terms of making use of and creating time & space.

PLAYING RULES

- Play commences with a kick out from the hands.
- The goalkeeper may advance 20m for a kick out.
- The side-to-side (shoulder) charge is permitted.
- The ball may be caught in the hands and played away by kicking it or striking it with the fist.
- During the 2nd and 4th quarters players to play the ball away by kicking it with the non-dominant foot or striking it with the non-dominant fist. A free is awarded to the opposition when the dominant foot/fist is used.
- The ball may be carried for four steps before bouncing or toe tapping it – players are restricted to one bounce and one toe tap per possession.
- The ball may be lifted off the ground with the hands, provided the player involved is on his/her feet.
- A player who is fouled takes the free and when an opponent fouls the ball e.g. overcarries it, the player nearest to the ball takes the free.
- When a free is awarded the ball to be given, on the full, to the player taking the free kick. If this does not happen the ball is advanced 5m.
- The opponent nearest to where the ball crosses the sideline, takes the sideline kick from the hands.
- When a defender plays the ball over his own endline, the other team are awarded a free kick from the 30m line.
- Opposing players to be at least 5m from the player taking a free kick, sideline kick, 30m kick or kick out. Free kicks should be no closer than 13m from the opposing endline.



SCORING SYSTEM

- 2 points when the ball is played over the crossbar
- 3 points when the ball is played under the crossbar

EQUIPMENT



- Well secured portable goal posts (10' x 6' or 3m x 1.8m)/Training poles or flags may be used
- Bibs and cones
- Velcro bands or a different coloured sock to identify non-dominant leg
- Three Quick Touch (Size 2) footballs – one placed behind each goal and one in play

PLAYING THE GAME



- 9 v 9
- Playing Area 65m X 40m (4 Playing Areas fit on 1 standard pitch)
- 1 goalkeeper, 3 defenders, 2 midfielders and 3 attackers
- Three zones: 30m, 5m and 30m. Players to remain within the zone to which they are assigned – midfielders can enter other zones but must return to the centre zone for any free kick, sideline kick or kick out.
- All players rotate positions after each quarter (see rotation systems on page 12). Teams change sides at half-time. No formal team talks at 1st and 3rd quarter intervals.

PLAYING RULE MODIFICATIONS

- The ball to be lifted off the ground using the foot
- Players are awarded double points for scores with non-dominant foot/fist
- Skill points may be awarded e.g 1 point for a successful high catch

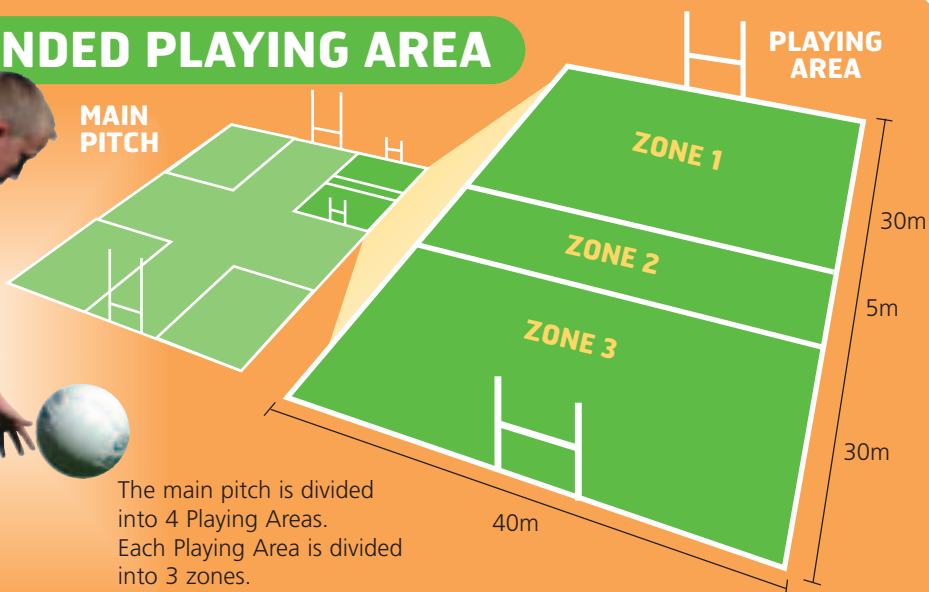
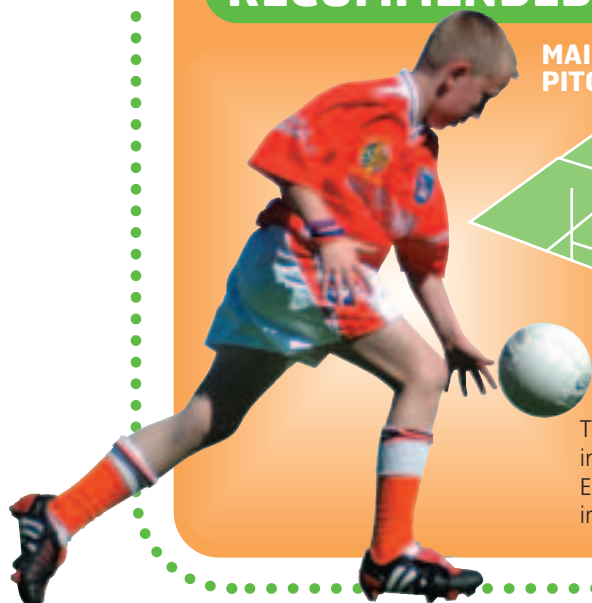
TIME DURATION



- 4 quarters
- 8 minutes per quarter



RECOMMENDED PLAYING AREA



The main pitch is divided into 4 Playing Areas. Each Playing Area is divided into 3 zones.