

SMART TOUCH



AIMS

To enable players to perform the underlying technical skills of football accurately and consistently in an open, competitive environment and assist with the development of team play.

PLAYING RULES

- Play commences with a throw-in between two players from each team in the middle of the field.
- 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.
- 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.
- Free kicks may be taken from the hand or from the ground.
- A player who is fouled takes the free kick 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 must 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/her own endline, the other team are awarded a free kick from the 45m line.
- Opposing players to be at least 5m from the player taking a free kick, sideline kick, 45m kick or kick out. Free kicks should be no closer than 13m from the opposing endline.



SCORING SYSTEM

- 1 point when the ball is played over the crossbar
- 3 points when the ball is played under the crossbar

EQUIPMENT



- Portable Goal posts (15' x 7' or 4.5m x 2.2m)/Training poles or flags may be used
- Bibs
- Cones
- 3 Smart Touch (Size 3) footballs – one placed behind either goal and one in play



PLAYING THE GAME

- 11 v 11
- Playing Area 90m x 40-50m (2 Playing Areas fit on 1 standard pitch)
- 1 goalkeeper, 4 defenders, 2 midfielders and 4 attackers
- No zones – free movement permitted.
- Players rotate positions between goalkeeper, defence, midfield and attack at half-time. Teams change sides at half-time.

PLAYING RULE MODIFICATIONS

- Kick outs must be taken from the ground
- Skill Points may be awarded e.g. 1 point for a successful kick pass of 30m or more



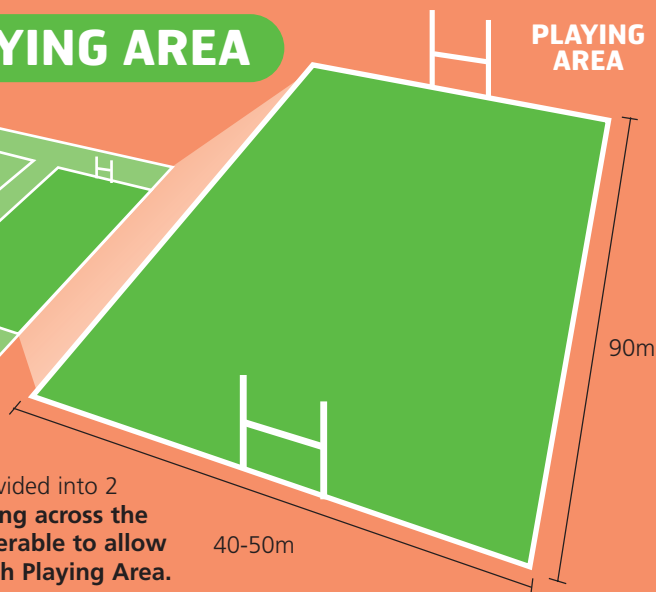
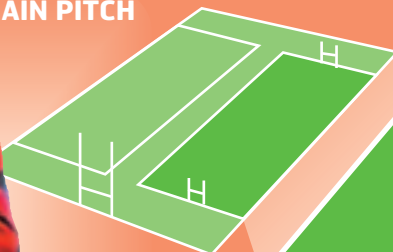
TIME DURATION

- 2 halves
- 20 minutes per half

RECOMMENDED PLAYING AREA

MAIN PITCH

PLAYING AREA



The main pitch is divided into 2 Playing Areas. **Playing across the pitch may be preferable to allow more width in each Playing Area.**

