

Dublin Soccer League

U-9/10 Program



U-9 & 10 Age Group Description

TO BE USED IN CONJUNCTION WITH THE PROGRAM HANDBOOK

Players on field (x 2): 6 including goalkeeper

Minimum # on field: 4

Total Players on Team: 9 – 10

Referees: 2

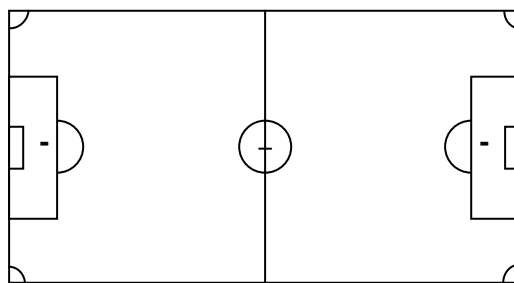
Ball Size: 4

Minimum playing time: 50% of each game (minimum),
except when injured

Substitutions: At normal FIFA times (at half, at kickoffs, goal kicks, your throw-in*) and in cases of injury
(On injuries, when a player is replaced, the DSL permits all subs at the halfway mark to substitute from either team.)

*If a player for the opposing team is at the mid-field point waiting to be a substitute when the team that is awarded a throw-in has a substitute to enter the game, the substitute for the opposing team may also enter the game. If the team that has been awarded a throw-in does not have a substitute, then neither team may substitute a player.

Duration of game: 25 minute halves
5 minutes half-time
55 minutes total time



40 x 60 yards recommended

Goals: Up to 21 ft. x 7 ft. 2 foot radius corner arcs

8 yard radius center circle and arcs

Goal area: 18 x 6 yds. Penalty area: 26 x 10 yds.

Penalty spot from goal line – 8 yds.

- Rules: Enforce offside rule
Referee explains calls/rules to players
All FIFA rules apply
- Injuries: In cases where a game is stopped for an injury and coaches are permitted (by the referee) to enter the field, the injured player is expected to leave the field (Referee discretion). The player may return at a normal substitution time. Coaches should try to re-enter the player, if possible, to maximize playing time for each player.
- Concept: At this age, the objective is for participants to further develop foot skills using both feet, follow the formal rules of the game (throw-ins, offside, positions) and engage in team play. All players should have opportunity to rotate through various field positions
- Coaches: Coaches are to instruct and encourage participants. Instruction should be given during practice and while players are on the sidelines. Players on the field should be encouraged rather than instructed so that they are free to make their own decisions during play. Having fun should be emphasized. Give opportunities to play various positions. Coaching must be constructive.
- No one may enter the field of play without permission of the referee.
Do not argue with the referee. You may talk to the referee at half-time or after the game.
- Problems: Contact Avery concession stand or call the office.

- **Coaches will be contacted to supply fall win-loss-tie record to be used to seed teams for spring season**
- **For U-10 age group only, spring win-loss-tie record is used to determine seeding for the end-of-season tournament**