

# 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



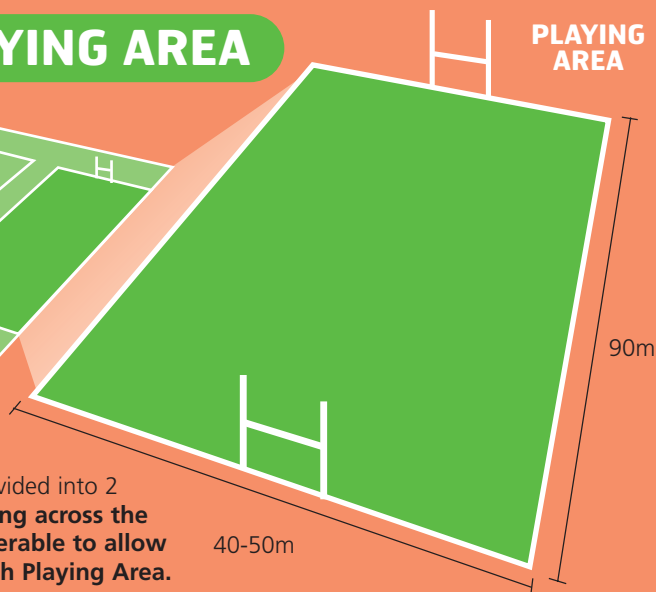
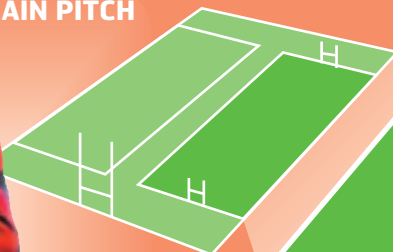
## TIME DURATION

- 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.**

