



HCFC Playing Rules

Category: Small-Sided Games
Difficulty: Beginner

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Description

HCFC Game Rules and Formats

Retreat Line (U6-U8)

U6-U8 Retreat Line:

Retreat to halfway line when a ball goes behind or into the opponents goal. In this example the White player must pass the ball out and the next player must take a touch before other team can come over the retreat line

(this example shows a U7/U8 game which is 4v4. U6s play 3v3)



Retreat and Offside Line (U9-U13)

U9-U13 Retreat & Offside Line:

When a ball goes out for a goal kick the defending team must retreat behind the retreat line (shown as a faded white line although this is generally a broken white line or marked with cones). In this example the goalkeeper must pass the ball out to his team-mate who must take a touch before other team can come over the retreat line.

Offsides are in effect from the same line.

(this example shows a U9/U10 game which is 6v6. U11 to U13 is 8v8)



Double Sided Games (U6 - U10)

Double Sided Games:

From U6 up to U10 we use double sided games as a way to maximise game time for all of our players. In this example we look at a U6 double sided game.

Two games are played side by side between two teams (Whites and Navy's). Substitutes can enter either game at the coaches discretion. The middle area is for players and coaches only.

