

Ourimbah United Football Club

Under 10's - Under 11's

How it work's

All the kids will be grouped into teams in the preseason based on our [Junior Grading Policy](#) and will usually have between 9 and 12 players (depending on overall numbers).

Games are played on modified pitches usually played across the main senior field with 5 x 2 metre goals, and have modified rules designed for young kids. The format for play is 9 v 9 including a goalkeeper and the game has two 25 minutes halves. Substitutions should be done to ensure all players have an equal amount of game time.

Ball size is **No. 4**. Please get a size 4 ball for home and encourage your child to play at home in the backyard. Please don't get a regular full size 5 ball its too big.

Under 10's - Under 11's is the final year of non-competition meaning there are no winners or losers, and the aim is for the kids to have a great time and learn some new skills.

Start of the Season

At the start of the season each team requires a Coach and Manager after the teams have been created. This can be the same person or it can be two or more people. Roles can be shared if needed. It's really quite easy and fun. Coaches and Managers must also register online which is really simple at myfootballclub.com.au and also complete a 'Working with Children' application here: [Working with Children Application Form](#).

Click [HERE](#) to view the 'Coaches and Managers' information sheet

Basic Rules for Under 10's & Under 11's

- 9 players on the field only – Includes a goalkeeper
- Game start - Is from the centre spot on the field. Ball should be kicked forward or a small pass to a team mate sideways. Opposition team should be back at least 5 metres.
- Ball out on sideline - The team that did not kick it out restarts play with a throw in. Ref's should start to encourage the kids throw the ball with the correct technique, but should not give a penalty for a foul throw. They will either let it go, or get the throw re-taken.
- Ball out over goal line – If kicked out by the opposition team a goal kick is taken from the goal box. Opposition to retreat back about 1/3 of the field, the referee will do this. If kicked out by defending team a corner kick is taken and the players can go anywhere.
- Goal is scored - Restart from half way by team who conceded the goal. Opposition team to retreat 5 meters.
- Offside – There is technically no offside in this age group although coaches and referees should discourage blatant attempts of players to be way offside.
- For more information the Official rules for Small sided football can be found by clicking [HERE](#) or looking in the club Library in the Junior Football section