5-a-side Tips for coaches

1. Squad size should be 12/13 players.
2. Football weight (290 U8) (320 U9). Shin guards are mandatory.
3. Ensure the retreat line is not encroached when defending.
4. Match is 4 x 12 mins, each player should get at least 36 mins.
5. Roll on, roll off subs, set a timer to remind you or ask an assistant. Rotate the players positions and get all players to play in goal during the season.
6. Width, depth & movement for attacking play, make the pitch big.
7. When defending press the ball, cover and stay compact. Include goalkeeping positioning.
8. Match is supervised, no penalties, no offside, use common sense.
9. Don’t over coach, let the players make decisions and learn themselves
10. Team formations 1-1-2-1 or 1-2-0-2

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