9-a-side

Tips for coaches

1. Squad size should be 12/13 players.
2. Football weight (370 gram). Shin guards are mandatory.
3. There is no retreat line, there is offside.
4. Match is 2 x 30 mins, each player should get at least 15 mins, but ideally 30 mins.
5. Roll on, roll off subs, set a timer to remind you or ask an assistant
6. Attacking – playing out from the back to beat the press and create space to exploit higher up the pitch. Encourage playing in between opposition defensive lines.
7. Defending – high pressure should now focus on trigger points and the transition. Create early to shoot in the transition.
8. Match is refereed when possible. Normal rules apply.
9. Encourage the players to express themselves on the ball, play forward and dominate the game.
10. Team formations 1-3-2-3, 1-4-3-1 or 1-2-3-3.

[https://www.fai.ie/domestic/coach-education/latest#](https://www.fai.ie/domestic/coach-education/latest)

