7-a-side Tips for coaches

1. Squad size should be 10 players.
2. Football weight (320 gram). Shin guards are mandatory.
3. Ensure only one player is inside the retreat line.
4. Match is 2 x 25 mins, each player should get at least 25 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. Attacking – playing out from the back with the GK, rotations, combinations & finishing.
7. Defending – stopping the opposition playing out from the back, delaying attackers, communication, GK positioning and transitions.
8. Match is refereed when possible. There is no offside.
9. Encourage the players to express themselves on the ball.
10. Team formations 1-2-3-1 or 1-3-2-1.

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