

Scottish Borders Junior FA



Developmental 4's and 7's  
Handbook

# CONTENTS

<b>PAGE</b>	<b>CONTENT</b>
3	INTRODUCTION
4	THE SEASON
5	COACH EDUCATION AND DEVELOPMENT
7	CODE OF CONDUCT
8	AGE GROUPS
9	REGISTRATION OF PLAYERS
10	REGISTRATION PROCESS
11	MATCH DAY ROUTINES
12	FIXTURES & TOUCHLINE BEHAVIOUR
13	DEALING WITH PROBLEMS
16	SFA POLICY IN DEALING WITH CHILDREN
17	IN CASE OF EMERGENCY
18	USEFUL TELEPHONE NUMBERS
19	CLUB CONTACT DETAILS
20	EMERGENCY CONTACT NAMES
21	EXAMPLE MATCH TEAM SHEET
22	MATCH MONITORING FORM
23	MATCH SUPERVISOR / REFEREE –MATCH DAY ROUTINE
24	REFEREE / SUPERVISORS CONTACT LIST
25	RULES FOR PLAYERS DEALING WITH REFEREES
26	THE YOUNG PLAYERS GUIDE TO DIET AND NUTRITION
28	FITNESS FOR FOOTBALL
30	INSTRUCTIONS FOR PLAYERS AT SOCCER 7
31	8'S PITCH DIMENSIONS, GAME DURATION AND GOAL SIZES
32	9'S PITCH DIMENSIONS, GAME DURATION AND GOAL SIZES
33	10'S PITCH DIMENSIONS, GAME DURATION AND GOAL SIZES
34	11'S PITCH DIMENSIONS, GAME DURATION AND GOAL SIZES
35	12'S PITCH DIMENSIONS, GAME DURATION AND GOAL SIZES
36	8's and 9's RETREAT LINE GUIDELINES
37	9'S & 10'S RETREAT LINE GUIDELINES
38	11'S RETREAT LINE GUIDELINES
39	12'S RETREAT LINE GUIDELINES

## INTRODUCTION

The Scottish Borders Junior Football Association are committed towards providing opportunities towards for children and youths to participate in football in an environment that fosters fair play, participation and player coach development.

The aim of the children's programme will be to: -

- Prevent the loss of players and coaches to the game.
- Establish challenging sustainable leagues.
- Create an environment that facilitates continued development.

This booklet is produced as part of the Scottish Borders Junior Football Association (Children's Section) strategy to ensure that you have an awareness and knowledge of the league's aims, ethos, code of conduct and match rules.

## AIMS

The aim of the association is as follows:

- To encourage the participation in and enjoyment of children's football for all, irrespective of race, colour or religion.
- To promote the ethos of co-operation, respect of others, loyalty, self-discipline and the need for teamwork.
- To develop the skills and fitness of children playing football, irrespective of ability, through the small-sided game.
- To provide a positive developmental environment for children to play football.
- To promote sportsmanship and fair play in young footballers.
- To foster personal responsibility by all players, coaches and parents.

***The Scottish Borders Junior Football Association shall endeavour to promote these values and will work closely with any other organisations that have similar aims.***

## THE SEASON

The Season commences on Sunday 6<sup>th</sup> September running through to October/November 2009 and from the March 2010 finishing at the end of May/June 2010, therefore, making allowance for a break in the winter months.

The format of the season for all age groups 8 – 12 years will be as follows:

### Developmental Fours and Seven - aside League

#### **1<sup>st</sup> half of season**

Developmental 4's – 6<sup>th</sup> September 2009 to October/November  
7 –a-side Development League – 6<sup>th</sup> September to October/November  
N.B. End of first half will be determined by age groups

#### **Winter Programme – TBC**

#### **2<sup>nd</sup> half of season**

Developmental 4's – April to May/June 2010  
7-a-side Development League – March 2010 to May/June 2010  
(Excluding: no fixtures Easter Weekend)

## COACH EDUCATION AND DEVELOPMENT

Coach Education and Development will be an integral part of the yearly programme of activities. In conjunction with the SFA Football Development Officer a comprehensive programme will be on offer.

<b>LEVEL</b>	<b>Children (Under 12's)</b>	<b>Youth (12 – 18 years)</b>
<b>LEVEL 5</b>	<b>WORKING WITH CHILDREN LICENCE DIPLOMA</b>	<b>UEFA YOUTH LICENCE DIPLOMA</b>
<b>LEVEL 4</b>	<b>CHILDRENS AWARD</b>	<b>YOUTH AWARD</b>
<b>LEVEL 3</b>	<b>COACHING IN THE GAME CERTIFICATE</b>	<b>COACHING IN THE GAME CERTIFICATE</b>
<b>LEVEL 2</b>	<b>COACHING YOUNG FOOTBALLERS CERTIFICATE</b>	<b>COACHING YOUTH FOOTBALLERS CERTIFICATE</b>
<b>LEVEL 1</b>	<b>EARLY TOUCHES CERTIFICATE</b>	<b>DEVELOPMENT ACTIVITIES CERTIFICATE</b>

Please note that certificate courses are not qualifications in their own right and that certificates are given for attendance only. Each certificate is an integral component of a full licence diploma award.

It is recommended that would-be coaches follow the coaching pathway best suited to their needs, e.g. a coach working with primary age children would begin with an Early Touches Certificate Course, followed by the Coaching Young Footballers Certificate. Whereas those coaching secondary children would begin with Development Activities Certificate, moving onto Level 2 of the Youth Pathway thereafter.

The following in-service sessions will be made available to all coaches:

Course	Date	Venue	Time	Cost
4's, 7's and 11's development League Structures and Rules	21st August	Netherdale Playing Fields	7.00 – 8.30pm	FOC
Creative Player (All age groups)	27 <sup>th</sup> November	Queens Centre	8.00 – 9.30pm	FOC

There will also be additional courses run such as the St Andrews Ambulance, Sports Injuries and First Aid Course, in order to allow teams to have one coach qualified at each level. Details of all courses can be found at [www.sportborders.org.uk](http://www.sportborders.org.uk)

Clubs will also be kept up to date with any other relevant courses that may be taking place in the area.

Coaches interested in attending any of the above courses should contact the local Football Development Officer for more detailed information. Other courses may also be available on request.

### **SFA FOOTBALL DEVELOPMENT CONTACTS**

SFA Senior Football  
 Development Officer    Dougie Anderson    01896 756274 / 07721433847

SFA Football  
 Development Officer    Drew Kelly    01896 756274 / 07776471878

## CODE OF CONDUCT

One of the key elements crucial to the success of the Scottish Borders Junior Football Association's leagues and festivals is the conduct of players, coaches, adults and others associated with the teams. Players are accustomed to playing in a non-threatening environment so therefore it is essential that there is no complacency. Clubs are instructed to ensure that all individuals associated with their teams are aware of the high expectations of association in terms of personal conduct. This league is about the education of all players, coaches and adults in football development. Please be patient.

### ADULT CODE OF CONDUCT

#### DO:

- Be patient and supportive.
- Highlight good play from both teams.
- Emphasise good behaviour.
- Exercise self-control when a goal is scored or lost.

#### DO NOT:

- Emphasise results.
- Criticise mistakes.
- Complain about the referee.
- Use technical terms when using instructions.

### PLAYER CODE OF CONDUCT

#### DO:

- Have fun.
- Shake hands after the game.
- Use your skills
- Play fairly and encourage your team mates.
- Behave well at all times.
- Accept the decisions of the supervisor / referee.

#### DO NOT:

- Make fun of your opponents.
- Argue with the supervisor / referee.
- Criticise other players when they make a mistake.
- Use bad language on team mates or opponents.
- Be unsporting when you celebrate goals.

## AGE GROUPS

### Seven aside football

P3 – 8's                      Players born on or after 1 January 2002

P4 – 9's                      Players born on or after 1 January 2001

P5 – 10's                     Players born on or after 1 January 2000

P6 – 11's                     Players born on or after 1 January 1999

P7 – 12's                     Players born on or after 1 January 1998

### Eleven aside football

S1 – 13's                     Players born on or after 1 January 1997

S2 – 14's                     Players born on or after 1 January 1996

S3 – 15's                     Players born on or after 1 January 1995

S4/5 – 17's                   Players born on or after 1 January 1993

## REGISTRATION OF PLAYERS

- All players at children's level must be individually registered with the SYFA by Sunday 6<sup>th</sup> September. All players must also be registered with the SYFA by this date using the Player Registration Form. If you require forms please go to the website [www.scottishyouthfa.co.uk](http://www.scottishyouthfa.co.uk)
- Team must provide team lines for both the match secretary and the opposing team. This should detail the players name, DOB and current registration situation. If playing a trialist this must be indicated inserting the word 'trialist' next to the players details.
- Clubs can play up to a maximum of 3 trialists in any one-league game. Trialists can play up to a maximum of 4 games for any one club. After this the player must register with the SYFA .
- The deadline for signing players during the season will be Sunday 30<sup>th</sup> April 2010.

## Scottish Borders Junior FA Registration Mapping Process

Clubs go on line at SYFA website  
[www.syfaregistrations.co.uk](http://www.syfaregistrations.co.uk)

- Before trying to register your club you **MUST** read the **Club Registration Help Guide**.  
If you do not have an SYFA ID number because your club has never before been registered, you need to register as a **BRAND NEW CLUB**  
If you have an SYFA ID number as you were registered last season, you need register as an **EXISTING CLUB**



- Complete forms as above and send in to following address, Match Secretary, Scottish Borders Junior FA, 3 St John Street, Galashiels, TD1 3JX with following:
  - Registration Forms
  - Cheque with correct fee for SYFA
  - Cheque with correct fee for SBJFA – 4's & 7's aside teams £10.00 per team, 11's aside teams £15.00 per team



- Registration Forms will be signed of by Scottish Borders Junior FA secretary, Garry Hay and sent to SYFA, Hampden Park, Glasgow



- Teams will receive confirmation of team registration and player registration forms from SYFA



- Teams send in completed player registration forms to SYFA, Hampden Park, Glasgow.

## MATCH DAY ROUTINES

Team coaches are asked to ensure that the following procedures are followed at all Scottish Borders Junior Football Association league games:

- **Home team** must contact opponents and supervisor / referee as a matter of course at the beginning of the week to arrange necessary details and in plenty of time if you cannot fulfil a fixture. Make sure you confirm ALL NECESSARY MATCH DETAILS INCLUDING VENUE, KICK OFF TIME AND TEAM COLOURS.
- The opposing team should arrive in good time for the fixture and if necessary help the home team with the setting out of cones, erection of goalposts etc.
- All portable goals should be firmly anchored using the pins supplied for this purpose.
- Inspect pitch and remove hazardous objects.
- Games are played with the recognised ball size and type for that age group.
- Ensure all equipment is properly dismantled and stored, and that changing facilities are cleared.
- Match in doubt. Check pitch availability as soon as possible.
- Remember to advise the match supervisor / referee if the match is off.
- Coaches should carry out early match day inspection if the weather has deteriorated overnight.
- Common sense should be applied if after starting a game the weather becomes inclement (game abandoned or shortened).
- Match supervisors / referees who are unable to make a match will re-arrange the supervisor / referee themselves and inform the home team.
- Teams using Local Authority pitches should be aware of their local booking procedures for pitches. In all areas the local authority operate a home team status policy.

## FIXTURES

All fixtures provided should be fulfilled. In the event of cancellation for whatever reason the home team will be responsible for re-arranging the game for an agreed date and time. This information should be passed on to the fixtures secretary of the relevant age group. Fixtures for the first half of the season can be obtained at [www.footballdevscotborders.co.uk](http://www.footballdevscotborders.co.uk)

- *If teams continue to miss fixtures they will have to appear before executive committee and may be expelled from the League.*

## TOUCHLINE BEHAVIOUR

**TOUCHLINE BEHAVIOUR (i.e. team coaches, parents and supporters)**

- Never address opposing teams players or management in a negative or aggressive manner.
- Never criticise match supervisor / referees or speak to him / her in a negative or aggressive manner.
- Never berate your own players.
- If a coach or associated adult from any club breaches either of the above this could lead to disciplinary action taken by association.

## PLAYERS BEHAVIOUR

Criteria for disciplinary action against players during competition games will be as follows:

- Responsibility is, in the first instance, on the team coaches to automatically substitute players displaying unacceptable behaviour.
- If any player repeatedly commits what would be classed as a bookable offence, the match supervisor will ask for the player to be replaced.
- Any player who commits an offence serious enough to warrant a sending off should be immediately removed from the field of play and not replaced.

At the end of the game the match supervisor / referee should complete in full the revised monitoring form and details of any points deducted should be provided in the available space. Match supervisors / referees should not be challenged under any circumstances over deducted points. Any queries should be addressed to the match secretary [sbjfa@btinternet.co.uk](mailto:sbjfa@btinternet.co.uk) .

## **DEALING WITH PROBLEMS**

Most Scottish Borders Junior Football Association events will pass without any incidents. However, it is inevitable that there can be problems. The Scottish Borders Junior Football Association offers the following guidelines to deal with situations that may arise:

### **PROBLEMS WITH COUNCIL FACILITIES AND STAFF**

- Keep calm, stick to the facts and do not become involved in heated arguments with council staff.
- Advise the relevant Fixture Secretary or Youth Representative if it is urgent and they will contact the council by letter and / or telephone.

### **PROBLEMS WITH OPPOSING COACHES**

- Remember that your first duty is to the children.
- Keep calm and make a polite request for moderation of behaviour. If this is not successful, calmly end the game and take the children away from the pitch. The match supervisor / referee will inform the Youth Representative.
- Do not become involved in any form of abusive behaviour.

### **PROBLEMS WITH PARENTS FROM YOUR OWN CLUB**

- Remember your first duty is to the children.
- Keep calm and make a polite request for moderation of behaviour.
- If this is not successful ask the parent to leave the playing fields.
- If this is not successful, calmly end the game and take the children away from the pitch. Take action from within your own club. The match supervisor / referee will report the matter back to the Association Representative.
- Do not become involved in any form of abusive behaviour.

### **PROBLEMS WITH PARENTS FROM YOUR OPPONENTS CLUB**

- Remember that your first duty is to the children.
- Keep calm and make a polite request for moderation of behaviour.
- If this is not successful, calmly end the game and take the children away from the pitch. The match supervisor / referee will report the matter to the Youth Representative.
- Do not become involved in any form of abusive behaviour.

### **PROBLEMS WITH YOUR PLAYERS**

- Remember that your first duty is to the children.
- Issue a firm but controlled warning to the offending player.
- If the player persists then he / she should be immediately substituted and take no further part in the match / session depending on the severity of the offence. Take action from within your own club.
- Do not become involved in any form of abusive behaviour.

### **PROBLEMS WITH PLAYERS FROM OPPOSING TEAMS**

- Remember that your first duty is to the children.
- Issue a firm but controlled warning to the offending player. Advise the opposing coach / match supervisor of the problem.
- If this is not successful, calmly end the game and take the children away from the pitch. The match supervisor / referee will report the matter to the match secretary [sbjfa@btinternet.co.uk](mailto:sbjfa@btinternet.co.uk)
- Do not become involved in any form of abusive behaviour. The Scottish Football Junior Football Association acknowledges its responsibility towards all youngsters attracted to the game of football.

**THE POLICE SHOULD BE CALLED IF ANY PERSON PERSISTS WITH ABUSIVE OR THREATENING BEHAVIOUR IN SPITE OF APPEALS FROM OTHERS PRESENT**

## SFA POLICY IN DEALING WITH CHILDREN

THE SCOTTISH FOOTBALL ASSOCIATION ACKNOWLEDGES ITS RESPONSIBILITY TOWARDS THE YOUNGSTERS ATTRACTED TO THE GAME OF FOOTBALL

If you are a coach, the following should be adhered to when dealing with young players:

- Promote fun and enjoyment.
- Set examples of good behaviour by not smoking, drinking or using foul and abusive language.
- Have realistic ambitions for the children.
- Be aware of issues such as overuse, types of injury, maturation rate.
- Help to provide appropriate dress and equipment.
- Praise the efforts of your team and opponents.
- Make children aware of healthy lifestyles e.g. eating habits, sleep and activity.
- Take the stress out of the game, encourage fair play and skill development.
- Positively encourage: never ridicule or shout at children.

Coaches should avoid any situation that may lead to accusations of abuse. These include;

- Being left alone with a child or children, particularly within changing rooms.
- Encourage an open environment and enlist the help of parents or others.
- With mixed teams there should always be a male or female in attendance.
- Avoid unnecessary physical contact when demonstrating.
- It is unwise to spend time alone with children anywhere: e.g. the car, the changing room, walking home.

If these circumstances are unavoidable, they should only occur with parental or carers consent. It would be expected of caring coaches that circumstances involving horseplay, sexual remarks or suggestions, inappropriate language, touching, or any other activity which society regards as unacceptable when dealing with children, should be avoided.

## IN CASE OF EMERGENCY

- Every club at each venue is expected to carry a first aid kit with them at all times. Know also where the first aid kit and telephone are located at each venue.
- Know and observe the SFA Child Protection Guidelines.
- Carry emergency contact numbers for the children at all matches.

## SOME FINAL THOUGHTS

The success of this venture depends on everyone involved, adult or child, and it is our responsibility to ensure everyone associated with our teams know this and supports us in our aim to develop these young footballers.

We are not adversaries; we are colleagues who all have the same goal. It is vital that we see the 'big picture' in that our aim is to develop the skills of all players in the Scottish Borders Junior Football Association, not just those in our own team.

Collectively we, as coaches, have the will to make this initiative work, for it to be the blueprint for other joint associations. We should be proud of the step we have all taken and we should have the determination to make it work.

## USEFUL TELEPHONE NUMBERS

NAME	POSITION	TEL NO	E-MAIL
Garry Hay	Secretary	07932160605	<a href="mailto:karen@murray-hogarth.com">karen@murray-hogarth.com</a>
Mark Forsyth	Match Secretary	01896 757324	<a href="mailto:sbifa@btinternet.co.uk">sbifa@btinternet.co.uk</a>



## EMERGENCY CONTACT NAMES

NAME	ADDRESS	NAME & TEL NO OF CONTACT 1	NAME & TEL NO OF CONTACT 2
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			





## **MATCH SUPERVISOR / REFEREE-MATCH DAY ROUTINE**

1. Arrive at the venue for the match about 30 minutes prior to the kick-off time.
2. Introduce yourself to team coaches, have some 'chat' and collect both sets of team lines.
3. Get the players, coaches and parents (if possible) together out on the field and formally welcome them. At this point also remind the players, parents and/or coaches about 1 or 2 of the rules and guidelines contained in the SBJFA Youth Handbook (e.g. parents and coaches should encourage both sets of players, or the correct method of taking a throw in). Remember, you are an educator as well as a supervisor.
4. Supervise the match and carry out the duties as outlined in the SBFDA Youth Handbook, enforcing the ethos and philosophy of the Association.
5. Ensure both teams line up at the end of the game and shake hands.
6. Finally, complete the monitoring forms provided (outlining any disciplinary action that is necessary and the match result) and return them to SFA Youth Development Officer, 3 St John Street, Galashiels, TD1 3JX.

## **MATCH SUPERVISOR / REFEREE-OFFICIATING THE MATCH**

- Try to use a 'common sense' approach at all times e.g. have a quiet word with someone who is not taking a throw in properly rather than giving a foul throw. The players are still learning the game so try not to be too harsh on them.
- If a player commits an offence that would be deemed as a sending off offence, the player may be replaced as a substitute. However, the player that is sent off cannot play any further part in the game and **MUST** be reported (i.e. note his name, club and the nature of the offence) on the monitoring forms.

If you require further clarification of any of these procedures, do not hesitate to contact Dougie Anderson 01896 756274.

**GOOD LUCK!**



## GOLDEN RULES FOR PLAYERS DEALING WITH SUPERVISORS

- First and last, there would be no organised football without the supervisor; and if he or she has an enjoyable time, so will you.
- Like you, the supervisor might make the odd mistake. If you accept the decisions without fuss, you can be sure the supervisor will make fewer mistakes.
- If you commit a foul, say “Sorry!” to your opponent and or the supervisor. Remember that a football match should be competitive and sporting.
- When an opponent commits a foul, let the supervisor decide on any yellow or Red Card – without your advice.
- Scottish Football is admired, rightly, for its honesty. So, if you are fouled, avoid any unnecessary dramatics and aerobatics. “Simulation” is just jargon for cheating.
- Let one recent football “custom” influence your entire attitude to the great game. That is, when someone has been injured, the player in possession of the ball – whether team-mate or opponent – knocks the ball “dead” so that the injured player can receive attention.
- No matter the result, thank the supervisor at the end of the game.
- If you follow this advice, maybe we could manage without supervisors....well, on second thoughts!

Yellow Card Offences	Red Card Offences
▪ Unsporting Behaviour	▪ Serious foul play
▪ Dissent by word or action	▪ Violent conduct
▪ Persistent infringement of the laws	▪ Spitting at an opponent or any other person
▪ Delaying the start of play	▪ Denying the opposing team a goal or an obvious scoring opportunity by deliberately handling the ball (goalkeepers may do so within the penalty box)
▪ Failing to move back at a free-kick or corner	▪ Denying an obvious goal scoring opportunity to an opponent moving towards your goal by an offence punishable by a free-kick or penalty.
▪ Entering or re-entering the pitch	▪ Using offensive, insulting or abusive language and/or gestures
▪ Deliberately leaving the pitch without the referees permission	▪ Receiving a second yellow card

## THE YOUNG PLAYERS GUIDE TO DIET AND NUTRITION

Eat More	Eat Less
▪ Fresh and frozen vegetables	▪ Sweets and cakes
▪ Potatoes	▪ Butter, cheese, cream
▪ Fresh and dried fruit	▪ Fried Food
▪ Wholemeal pasta	▪ Takeaways
▪ Brown rice	▪ Crisps
▪ Muesli	▪ Pies and pastries
▪ Beans and peas	
▪ Chicken	
▪ Fish	

Drink More	Drink Less
▪ Water	▪ Fizzy juice
▪ Diluted Juice	▪ Sweet drinks
▪ Fresh Fruit Juice	
▪ Milk	

### TOP TIPS FOR EATING

- Always eat a good breakfast, choose from:
  - Wholegrain cereals
  - Fresh fruit juice
  - Toast with jam, marmalade etc
  - Skimmed milk
  - Muesli bars
  
- Don't eat meals late at night – unless after training or games
- If training at night, eat a larger meal at lunchtime
- Replace crisps and sweets with fruit, low fat yoghurts, cereal bars
- Always carry a water bottle to training and games
- Drink small amounts regularly
- Have a light meal or snack 2-3 hours before playing games or training

### RECOVERY SNACKS FOR AFTER TRAINING OR PLAYING

Straight after games or training it can be hard to acquire foods like pasta, baked potatoes, rice etc to supply your body with energy. It can be handy to carry foods with you to help your body restore low energy levels. Food to choose from to help restore energy quickly can be:

- Rolls / bread with tuna, lean meat etc
- Cakes – fruit loaf, fruit cakes, scones
- Fruit confectionery – wine gums, jelly babies, sports mixtures (Be careful about the fat content)
- Fruit
- Cereal bars

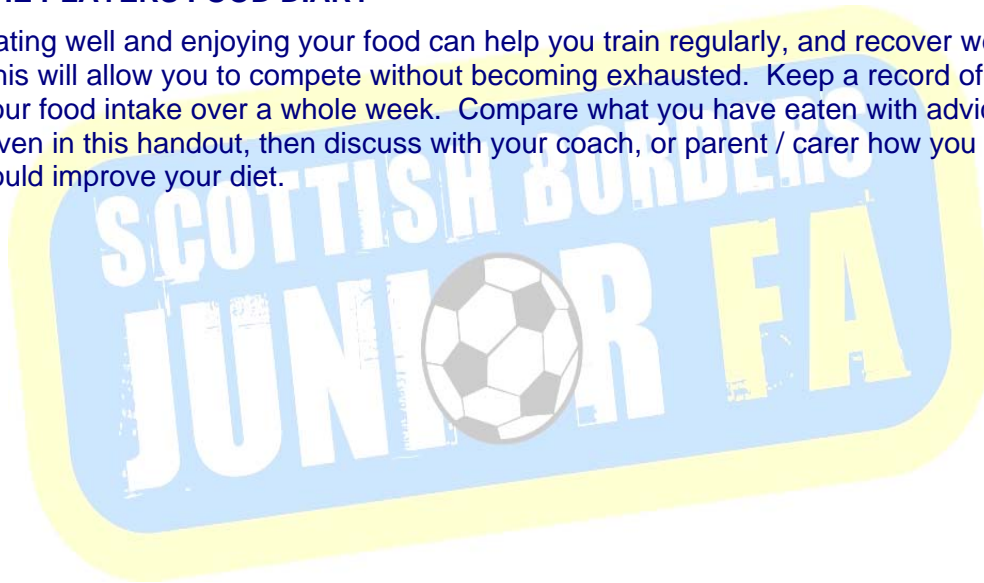
## FLUIDS

Don't forget to drink plenty fluids. Fluid balance is very important in a player's training and match routine. Losing fluid through sweat loss can cause fatigue and poor performance. Small amounts of liquids should be drunk regularly. Overloading with fluid should be avoided.

- Avoid drinks which are fizzy and that are very sweet
- Cool, dilute squashes and juices are ideal for fluid replacement
- Alcohol makes an athletes performance poorer, and should be avoided

## THE PLAYERS FOOD DIARY

Eating well and enjoying your food can help you train regularly, and recover well. This will allow you to compete without becoming exhausted. Keep a record of your food intake over a whole week. Compare what you have eaten with advice given in this handout, then discuss with your coach, or parent / carer how you could improve your diet.



## FITNESS FOR FOOTBALL

Football is a sport that requires a whole lot of athletic abilities. Aim each session to make improvements in the following to improve your game.

- Explosive acceleration and fast sprinting speed
- Muscular endurance and strength in the lower body
- Muscular balance and high levels of co-ordination
- Agility: the ability to know where your body is and the ability to move it
- Discipline to take instructions and decisions as well as putting the team first
- Good flexibility to avoid injury: football players are prone to poor hamstring flexibility

### STRETCHING

As with most sports, people forget to stretch before the start of a game. With football having sudden bursts at any point in the game it is vital to stretch the whole body in order to prevent injury. After a gradual warm-up, spend time stretching, both statically then **dynamically**.

Dynamic stretching involves slow controlled rhythmic movements progressively through the range of movement associated with your game.

A key point to remember is that at the half time stage of a match, keep warm, take in fluid and energy bars **that you are used to**, to help your energy and concentration levels.

Whilst listening to any team tactics keep stretching your muscles and if possible, learn how to massage your own legs to prevent injury and prepare yourself for the start of the game.

At the end of your game, spend time again stretching after you have showered, paying particular attention to your hamstrings.

Due to nature of the game you will always pick up injuries. Avoid these as much as possible by wearing correct protection and footwear. Have any injuries looked at as soon as possible, as minor muscle tears can become major ones, resulting on fewer matches for you.

**Take the time to train well and you will get more out of your game!**

## HOW THE FOLLOWING TYPES OF FITNESS IMPROVE YOUR GAME

### STAMINA

Ability to run around the field for the full match

### MUSCULAR ENDURANCE

Ability to twist and turn – jump and head the ball – control, pass and shoot throughout the game

### STRENGTH

More powerful shooting – higher jumping – harder tackling – longer throwing – injury avoidance – stronger on the ball

### SPRINTING

Extra speed and acceleration to reach the ball faster – beat opponents – stay with your opponent or avoid your marker

### STRETCHING

Stretching is vital before football matches or training for injury prevention. Improves agility that can benefit skills

### REACTIONS

Improved response times benefit all parts of your football game.

### DIET AND NUTRITION

Improved overall fitness and performance – reduced recovery time after exercise – better health and resistance to disease.

## **INSTRUCTIONS FOR THE PLAYERS AT DEVELOPMENTAL 4's & SOCCER 7's**

### **Arrive in plenty of time**

The matches have been organised by the Scottish Borders Football Development Association

Read the information and rules very carefully, so that you know what you are doing, and that you get maximum enjoyment from these exciting occasions.

### **Details**

1. Arrive each week at least 30 minutes before your kick-off time, so that your opponents are not kept waiting
2. For the matches, full playing kit should be worn, including boots and shin guards. If you wear jewellery or spectacles, these should be taken off before you start playing.
3. There will be an SFA match supervisor or referee in all the development matches, so read the rules carefully, so that you know what you are doing.
4. Encourage your parents and friends to come and watch.

## Scottish Borders Junior FA Match Day Details

This document has been produced as a guide for coaches to support good practice within all games from recommended player pathway as documented in Scottish FA Youth National Plan.

8's Age Group		Notes
Age Group	8's	All home teams must notify the opposition and agree how many teams will take part i.e. if both teams have squad of 20 teams may agree to have four teams with 4 pitches set up.
Born on or after 1 <sup>st</sup> January	2002	
Type of Football	4 v 4	All home teams must notify the opposition and agree how many teams will play with goalkeepers. Teams must reach agreement before attending the venue on match day. If no agreement will play without goalkeepers
Size of playing area	30 x 20 metres	
Size of goalposts	8 x 4 feet	If teams do not have enough goalposts poles may be used. 4 v 4 +GK minimum size 8 x 4 feet recommended size 12 x 6 feet
Size of Football	Size 3	
Duration of game <ul style="list-style-type: none"> <li>3<sup>rd</sup> period to be 5 mins each way if wind/slope advantage</li> </ul>	3 x 10mins	Please note that 4 v 4 is very physically demanding – playing time can be extended if there is an organised rotation of players. No one player should play any more than 30minutes.
Substitutions	Roll on - roll off	Players must be off the field of play before substitute enters
Throw Ins/Kick Ins	Kick Ins	
Offside	No	
Corners	Yes	
Pass back Rule	No	When no goalkeeper not applicable
Referee/Match Supervisor	No	Coaches can supervise from side of field
Recommendations of Good Practice		<ul style="list-style-type: none"> <li>Coaching should be kept to a bare minimum</li> <li>Allow players to play and enjoy the experience</li> <li>No results should be recorded</li> <li>Coaches should recognise and encourage good play from both sets of players</li> </ul>
Report Mechanism for Poor Practice		<ul style="list-style-type: none"> <li>Teams can contact SFA Senior Football Development Officer, Dougie Anderson, <a href="mailto:danderson2@scotborders.gov.uk">danderson2@scotborders.gov.uk</a> in strict confidence of any poor behaviour from coaches, spectators, parents</li> <li>All matters will be dealt with by the Scottish Borders Junior FA or in extreme circumstances the Scottish FA.</li> </ul>

## Scottish Borders Junior FA Match Day Details

This document has been produced as a guide for coaches to support good practice within all games from recommended player pathway as documented in Scottish FA Youth National Plan.

9's Age Group		Notes
Age Group	9's	.
Born on or before 1 <sup>st</sup> January	2001	
Type of Football	4 v 4 (1st period ) 7 v 7 (2 <sup>nd</sup> period)	All home teams must notify the opposition 7 days in advance with details of venue and kick off time.
Size of playing area		4 v 4 (As per 8's age group) 7 v 7 ( As per 10's age group)
Size of goalposts	12 x 6 feet	If teams do not have this size of goalposts 16 x 6 feet sevens goalposts may be used – please notify opposition prior to game what size club will be using.
Size of Football	Size 3	
Duration of game	3 x 15mins	<ul style="list-style-type: none"> <li>3<sup>rd</sup> period to be 7.5 mins each way if wind/slope advantage</li> </ul>
Retreat Line	Yes	<ul style="list-style-type: none"> <li>Please see end of this document for explanation of retreat line rules</li> </ul>
Substitutions	Roll on - roll off	Players must be off the field of play before substitute enters
Throw Ins/Kick Ins	Kick Ins	
Corners	Yes	
Offside	No	
Pass Back Rule	No	
Referee/Match Supervisor	Yes	Match supervisor should be provided from home team <ul style="list-style-type: none"> <li>Please note that supervisor should not coach/provide instruction to either team during duration of match</li> </ul>
Recommendations of Good Practice		<ul style="list-style-type: none"> <li>Coaching should be kept to a bare minimum</li> <li>Allow players to play and enjoy the experience</li> <li>No results should be recorded</li> <li>Coaches should recognise and encourage good play from both sets of players</li> </ul>
Report Mechanism for Poor Practice		<ul style="list-style-type: none"> <li>Teams can contact SFA Senior Football Development Officer, Dougie Anderson, <a href="mailto:danderson2@scotborders.gov.uk">danderson2@scotborders.gov.uk</a> in strict confidence of any poor behaviour from coaches, spectators, parents</li> <li>All matters will be dealt with by the Scottish Borders Junior FA or in extreme circumstances the Scottish FA.</li> </ul>

## Scottish Borders Junior FA Match Day Details

This document has been produced as a guide for coaches to support good practice within all games from recommended player pathway as documented in Scottish FA Youth National Plan.

10's Age Group		Notes
Age Group	10's	.
Born on or after 1 <sup>st</sup> January	2000	
Type of Football	7 v 7	All home teams must notify the opposition 7 days in advance with details of venue and kick off time.
Size of playing area	45 x 25 metres	
Size of goalposts	16 x 6 feet	
Size of Football	Size 4	
Duration of game	3 x 20mins	<ul style="list-style-type: none"> <li>• 3<sup>rd</sup> period to be 10 mins each way if wind/slope advantage</li> </ul>
Retreat Line	Yes	<ul style="list-style-type: none"> <li>• Please see end of this document for explanation of retreat line rules</li> </ul>
Substitutions	Roll on - roll off	Players must be off the field of play before substitute enters
Throw Ins/Kick Ins	Kick Ins	
Corners	Yes	
Offside	No	
Pass Back Rule	No	
Referee/Match Supervisor	Yes	Match supervisor should be provided from home team <ul style="list-style-type: none"> <li>• Please note that supervisor should not coach/provide instruction to either team during duration of match</li> </ul>
Recommendations of Good Practice		<ul style="list-style-type: none"> <li>• Coaching should be kept to a bare minimum</li> <li>• Allow players to play and enjoy the experience</li> <li>• No results should be recorded</li> <li>• Coaches should recognise and encourage good play from both sets of players</li> </ul>
Report Mechanism for Poor Practice		<ul style="list-style-type: none"> <li>• Teams can contact SFA Senior Football Development Officer, Dougie Anderson, <a href="mailto:danderson2@scotborders.gov.uk">danderson2@scotborders.gov.uk</a> in strict confidence of any poor behaviour from coaches, spectators, parents</li> <li>• All matters will be dealt with by the Scottish Borders Junior FA or in extreme circumstances the Scottish FA.</li> </ul>

## Scottish Borders Junior FA Match Day Details

This document has been produced as a guide for coaches to support good practice within all games from recommended player pathway as documented in Scottish FA Youth National Plan.

11's Age Group		Notes
Age Group	11's	.
Born on or after 1 <sup>st</sup> January	1999	
Type of Football	7 v 7	All home teams must notify the opposition 7 days in advance with details of venue and kick off time.
Size of playing area	50 x 30 metres	
Size of goalposts	16 x 6 feet	
Size of Football	Size 4	
Duration of game	3 x 20mins	<ul style="list-style-type: none"> <li>• 3<sup>rd</sup> period to be 10 mins each way if wind/slope advantage</li> </ul>
Retreat Line	Yes	<ul style="list-style-type: none"> <li>• Please see end of this document for explanation of retreat line rules</li> </ul>
Substitutions	Roll on - roll off	Players must be off the field of play before substitute enters
Throw Ins/Kick Ins	Throw Ins	
Offside	No	
Pass Back Rule	No	
Referee/Match Supervisor	Yes	Match supervisor should be provided from home team <ul style="list-style-type: none"> <li>• Please note that supervisor should not coach/provide instruction to either team during duration of match</li> </ul>
Recommendations of Good Practice		<ul style="list-style-type: none"> <li>• Coaching should be kept to a bare minimum</li> <li>• Allow players to play and enjoy the experience</li> <li>• No results should be recorded</li> <li>• Coaches should recognise and encourage good play from both sets of players</li> </ul>
Report Mechanism for Poor Practice		<ul style="list-style-type: none"> <li>• Teams can contact SFA Senior Football Development Officer, Dougie Anderson, <a href="mailto:danderson2@scotborders.gov.uk">danderson2@scotborders.gov.uk</a> in strict confidence of any poor behaviour from coaches, spectators, parents</li> <li>• All matters will be dealt with by the Scottish Borders Junior FA or in extreme circumstances the Scottish FA.</li> </ul>

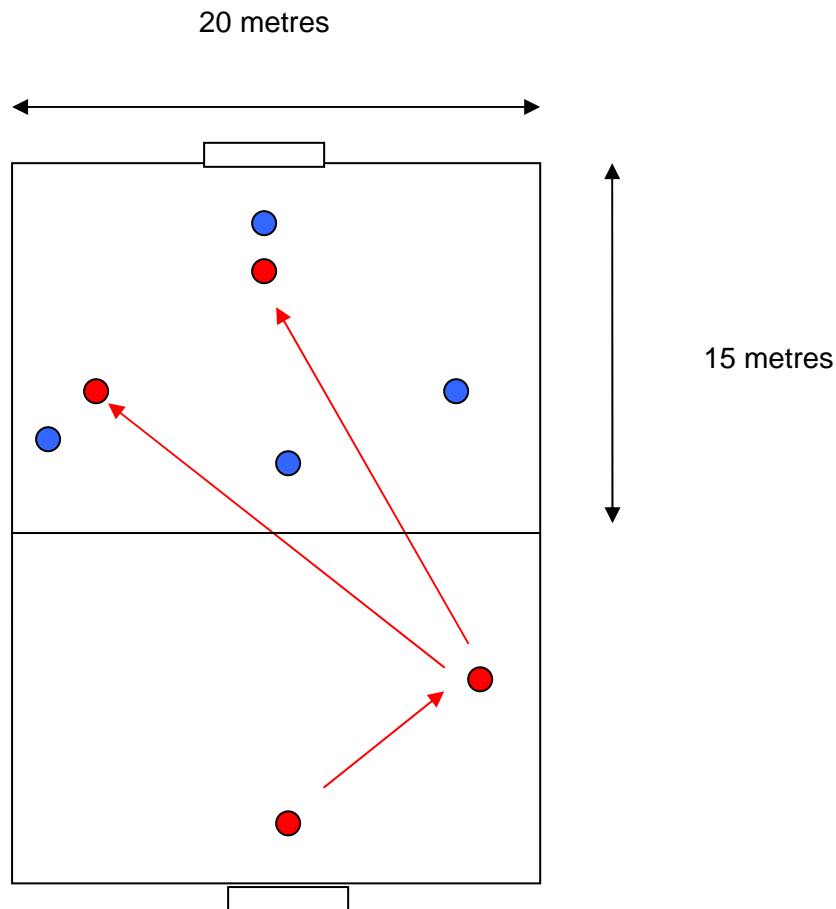
## Scottish Borders Junior FA Match Day Details

This document has been produced as a guide for coaches to support good practice within all games from recommended player pathway as documented in Scottish FA Youth National Plan.

12's Age Group		Notes
Age Group	12's	.
Born on or after 1 <sup>st</sup> January	1998	
Type of Football	7 v 7	All home teams must notify the opposition 7 days in advance with details of venue and kick off time.
Size of playing area	60 x 40 metres	
Size of goalposts	16 x 6 feet	
Size of Football	Size 4	
Duration of game	3 x 20 mins	<ul style="list-style-type: none"> <li>• 3<sup>rd</sup> period to be 10 mins each way if wind/slope advantage</li> </ul>
Retreat Line	Yes	<ul style="list-style-type: none"> <li>• Please see end of this document for explanation of retreat line rules</li> </ul>
Substitutions	Roll on - roll off	Players must be off the field of play before substitute enters
Throw Ins/Kick Ins	Throw Ins	
Corners	Yes	
Offside	Yes	<ul style="list-style-type: none"> <li>• Please see end of this document for explanation of offside rules</li> </ul>
Pass Back Rule	Yes	
Referee/Match Supervisor	Yes	Match supervisor should be provided from home team <ul style="list-style-type: none"> <li>• Please note that supervisor should not coach/provide instruction to either team during duration of match</li> </ul>
Recommendations of Good Practice		<ul style="list-style-type: none"> <li>• Coaching should be kept to a bare minimum</li> <li>• Allow players to play and enjoy the experience</li> <li>• No results should be recorded</li> <li>• Coaches should recognise and encourage good play from both sets of players</li> </ul>
Report Mechanism for Poor Practice		<ul style="list-style-type: none"> <li>• Teams can contact SFA Senior Football Development Officer, Dougie Anderson, <a href="mailto:danderson2@scotborders.gov.uk">danderson2@scotborders.gov.uk</a> in strict confidence of any poor behaviour from coaches, spectators, parents</li> <li>• All matters will be dealt with by the Scottish Borders Junior FA or in extreme circumstances the Scottish FA.</li> </ul>

## Scottish Borders Junior FA Match Day Details

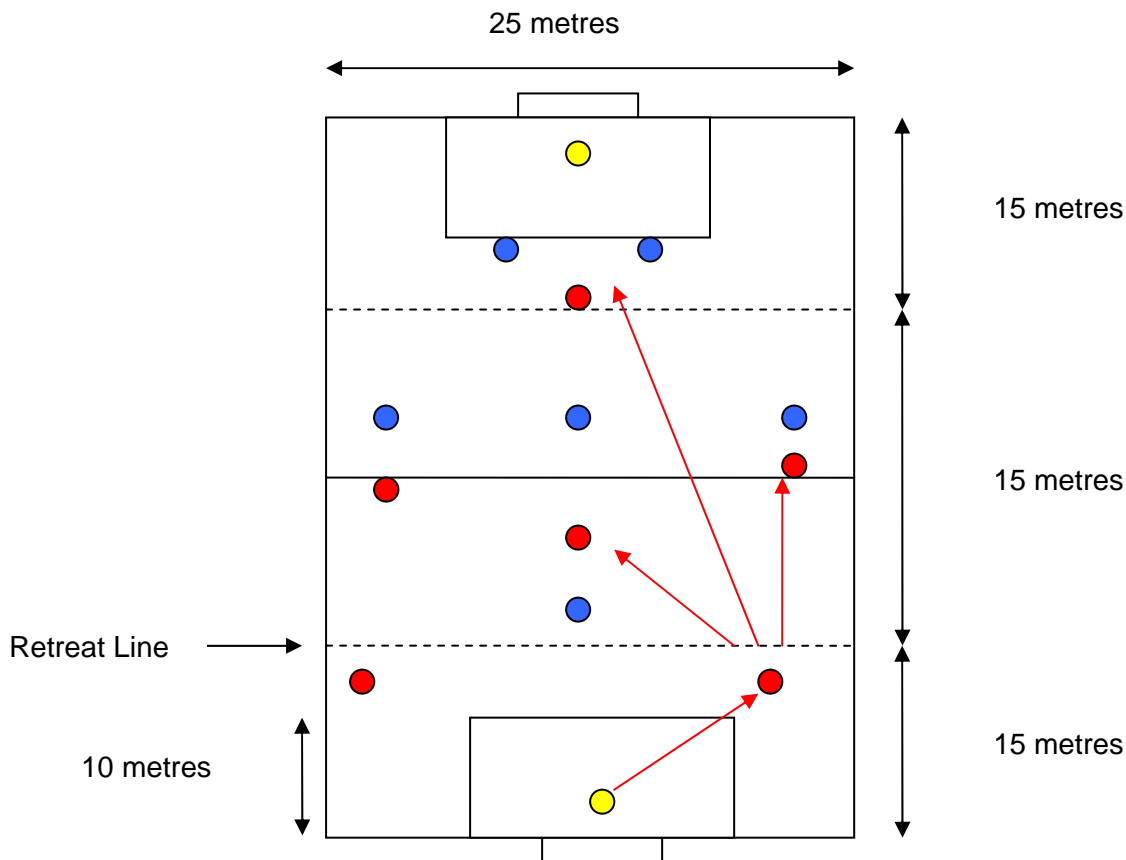
### Retreat Line Guidelines – 8's and 9's



- 1/ From goal kick defender/goalkeeper must kick ball out to defender as in diagram above. If 4 v 4 without GK ball passed back to defender game is live. If 4 v 4 with GK defender who receives ball from GK cannot pass back to GK, must play pass to alternative player.
  - 2/ Defenders (red) encouraged to go high and wide to receive ball from Goalkeeper/defender.
  - 3/ Defender/Goalkeeper throws ball to defender - only after **defenders first touch** can opposition enter in advance of retreat line. Coaches are encouraged to allow opposition to play ball out.
  - 4/ From goal kick defender/goalkeeper must kick ball out to defender as in diagram above.
- **Opposition must retreat behind retreat line (half way line)**

## Scottish Borders Junior FA Match Day Details

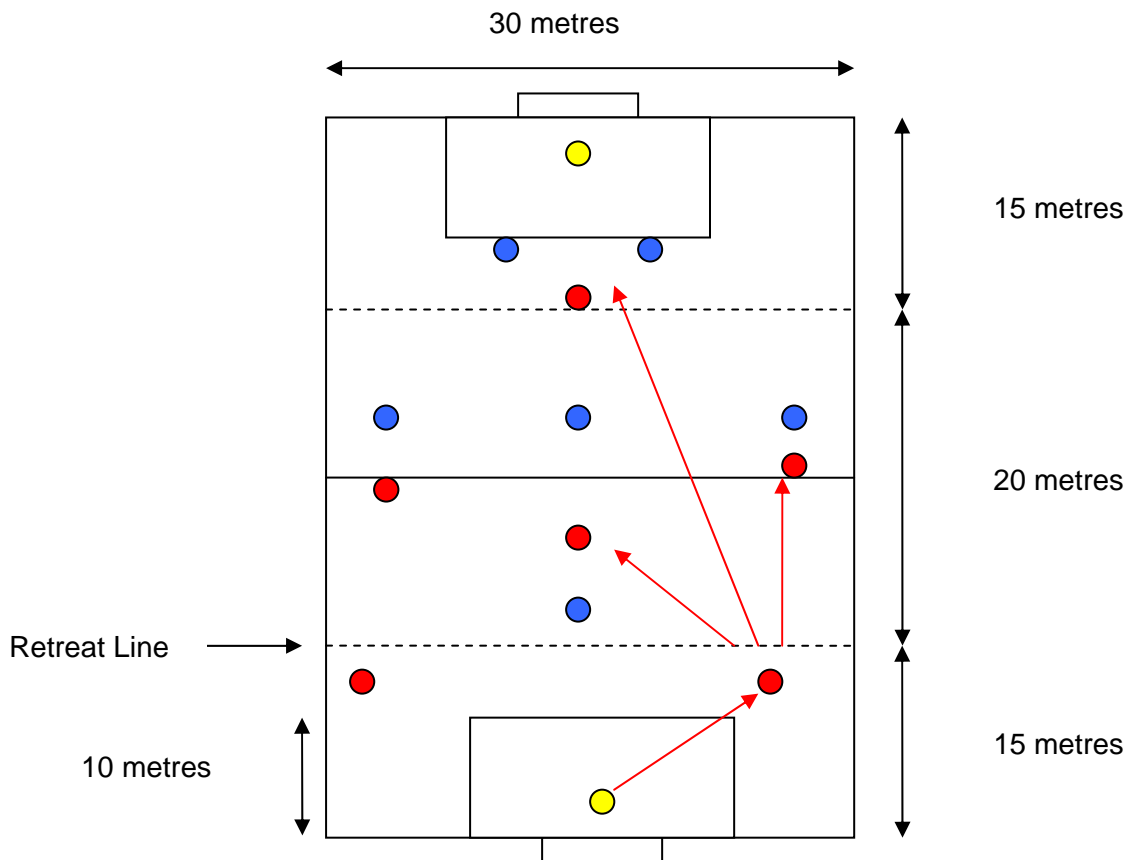
### Retreat Line Guidelines – 9's & 10's



- 1/ When goalkeeper has ball under control **opposition team (blues) must retreat** behind retreat line as in diagram above.
- 2/ Defenders (red) encouraged to go high and wide to receive ball from Goalkeeper.
- 3/ Goalkeeper throws ball to any one of the defenders - only after **defenders first touch** can opposition enter in advance of retreat line. Coaches are encouraged to allow opposition to play ball out.
- 4/ When goalkeeper has ball under control from open play he may throw out quickly to players who are beyond retreat line (counter attack). **Opposition must retreat behind retreat line.** Under no circumstances are goalkeepers allowed to kick ball out retreat line area. Goalkeeper can pass ball as an alternative to throw within retreat line area.
- 5/ From goal kick goalkeeper must kick ball out to defender as in diagram above.
  - **Opposition striker must retreat behind retreat line – all other players drop off behind half way line.**

## Scottish Borders Junior FA Match Day Details

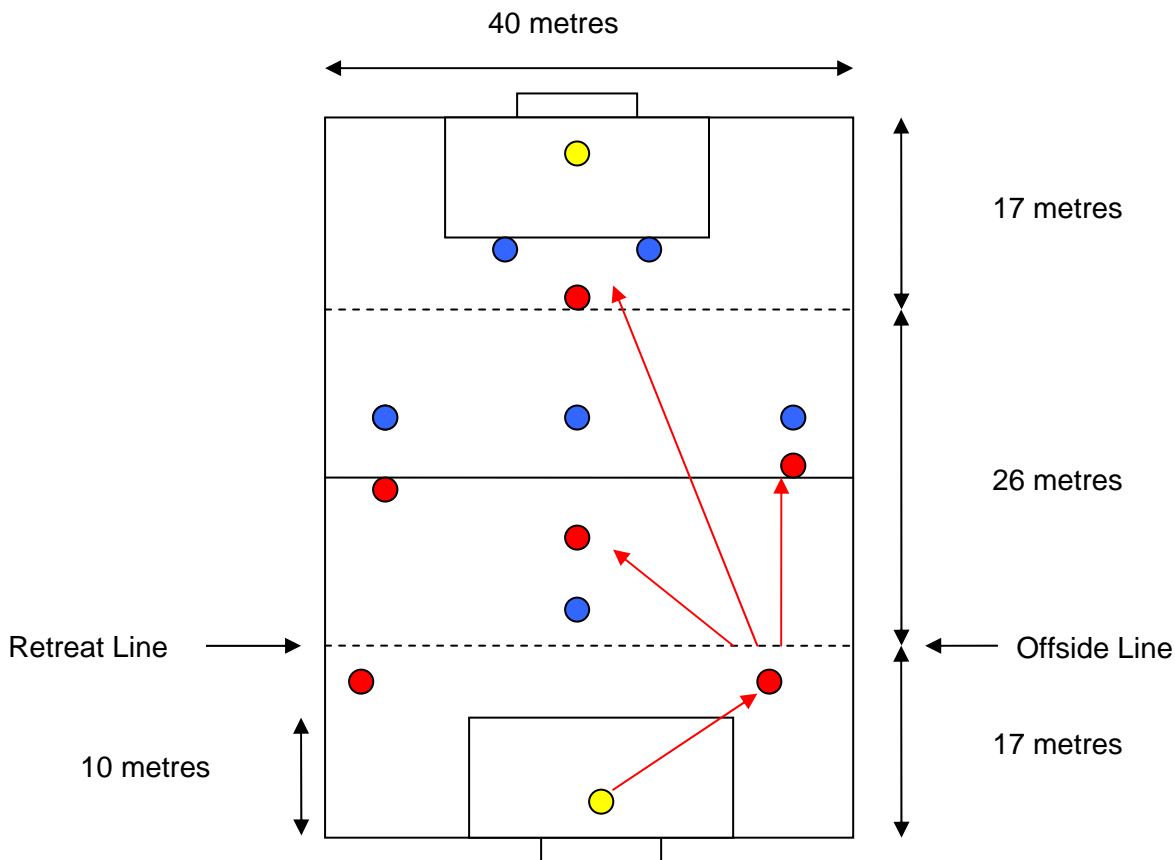
### Retreat Line Guidelines – 11's



- 1/ When goalkeeper has ball under control **opposition team (blues) must retreat** behind retreat line as in diagram above.
- 2/ Defenders (red) encouraged to go high and wide to receive ball from Goalkeeper.
- 3/ Goalkeeper throws ball to any one of the defenders - only after **defenders first touch** can opposition enter in advance of retreat line. Coaches are encouraged to allow opposition to play ball out.
- 4/ When goalkeeper has ball under control from open play he may throw out quickly to players who are beyond retreat line (counter attack). **Opposition must retreat behind retreat line.** Under no circumstances are goalkeepers allowed to kick ball out retreat line area. Goalkeeper can pass ball as an alternative to throw within retreat line area.
- 5/ From goal kick goalkeeper must kick ball out to defender as in diagram above.
  - **Opposition striker must retreat behind retreat line – all other players drop off behind half way line.**

## Scottish Borders Junior FA Match Day Details

### Retreat Line Guidelines – 12's



- 1/ When goalkeeper has ball under control **opposition team (blues) must retreat** behind retreat line as in diagram above.
- 2/ Defenders (red) encouraged to go high and wide to receive ball from Goalkeeper.
- 3/ Goalkeeper throws ball to any one of the defenders - only after **defenders first touch** can opposition enter in advance of retreat line. Coaches are encouraged to allow opposition to play ball out.
- 4/ When goalkeeper has ball under control from open play he may throw out quickly to players who are beyond retreat line (counter attack). **Opposition must retreat behind retreat line.** Under no circumstances are goalkeepers allowed to kick ball out retreat line area. Goalkeeper can pass ball as an alternative to throw within retreat line area.
- 5/ From goal kick goalkeeper must kick ball out to defender as in diagram above.
- 6/ Offside Rule applies beyond retreat/offside line.
  - **Opposition must retreat behind retreat line**