



Edmonton Minor Soccer Association

Modified for the EMSA Southwest zone

(TRSA and several other communities follow the TRSA modified rules)

U7 PROGRAM

5 v 5 Soccer Rules

Revised April 2023

LAW I – THE FIELD

A. Dimensions

- The field of play shall be rectangular.
- The playing area should be 30 meters by 36 meters (or if there are mini fields, use what you have, the dimensions will be close. Also, many games will be played within or across standard fields)

B. Markings

1. Distinctive lines are necessary, sidelines and end-lines.
2. A halfway line can be marked out across the field or otherwise indicated.
3. Marks that should appear on the field of play:
 - a. A center circle – The center line should have a circle 15 ft in diameter.
 - b. A goal half circle or rectangle for the goal crease.
 - c. A half way marker.

C. Goals

1. Goal size should be 4 feet tall by 8 feet wide – or use cones, flags or posts.
2. Goal mouth should be 15 feet from the center of the goal, and made into a half circle surrounding the net (or actual field dimensions wherever possible). A rectangle may be used – 15 feet out and 10 feet from each goal post.
3. The net can be made of cones, flags or portable nets. As long as they are the same for both sides.

LAW II – THE BALL

- The ball should be **Size 3**.

LAW III – NUMBER OF PLAYERS

1. Number of players on the field at any time will be 10 – Each team with 4 players and 1 goal keeper.
2. Max roster size is 12 players.
3. Substitutions: Occur during any stoppage of play, and as many players as the coaches want.
4. Playing time: Each player shall play an equal amount of the total playing time (whenever possible).
5. Teams and games may be co-ed (girls can play on a boys team)
6. Goalkeepers must wear colours which are distinguishable from those of other players. The goal keeper may wear gloves and tracksuit type pants if desired.
7. A player must not wear anything that is dangerous including any kind of jewellery.

LAW IV – PLAYERS EQUIPMENT

1. Footwear: running shoes or soft-cleated soccer shoes (use common sense).
2. Shin-guards are mandatory.
3. Jerseys are supplied by the organization. Try to have everyone in the same uniform including socks, and shorts whenever possible.
4. In the case where both teams have the same jerseys, the home team will need to change or wear pinnies.
5. Religious apparel is allowed as long as it does not pose a danger to the player or others around them. Please use common sense and contact the office if you have concerns.
6. In the case of poor weather, players may wear attire to keep them from the elements as long as it does not pose a harm to them or to other players (for example: sweatpants, long sweatshirt under the jersey).

LAW V – REFEREE

- One coach from each team will referee/coach the team for the duration of the game.

LAW VI – LINESMEN

- No linesmen at this age level.

LAW VII – DURATION OF GAME

1. The first 30 minutes of the scheduled time will consist of activities, following Canada Soccer's [FUNdamentals](#) approach:
 - Both teams can be on the same field for the activities portion. Coaches can each take half a field, combine the teams and do the activities together, or set up 3 or 4 stations to which the players can rotate every 7-10 minutes.
 - Suggested activities for this portion are set out in the Appendix.
 - The key points to remember are:
 - This program, endorsed by Canada Soccer and Alberta Soccer, encourages long term player development.
 - A longer game is not the best option – usually one or two players dominate while the rest just stand around. This is boring for the players not touching the ball, and they usually don't come back the next season.
 - With this program, the players are constantly with a ball – **more touches equal more development**.
2. The small-sided game (5 v 5) portion will consist of two halves, 12-15 minutes each.
3. There shall be a five-minute break between halves.

LAW VIII – START OF PLAY/SIDE OF FIELD

1. Players and parents will be on the same side of the field. The home team will pick their side. The other team's parents and players will be on the opposite side of the field.
2. The start of play will begin with the away team to first kick off.
3. The second half will begin with the home team kicking off.
4. The defending team shall be 15 feet away; outside the center circle on their half.
5. The ball can be played forward or back and can only be touched once by the player putting it into play. Once another player touches the ball then it is fair game. If the same player touches it twice from the kickoff, the kickoff is retaken.

LAW IX – BALL IN AND OUT OF PLAY

- Any ball played out of bounds, shall be awarded to the opposite team that touched the ball last. A throw in will be awarded.

LAW X – METHOD OF SCORING:

1. Goals will be awarded when the whole of the ball has crossed the goal line between the goal posts (pylons, flags, no higher than 6 feet if no full nets are used).
2. Goals can be scored within the goal crease.
3. Goals may not be scored directly off of restarts or free kicks.

LAW XI – OFF-SIDE

- There will be no off-side.

LAW XII – FOULS AND MISCONDUCT

- Kicks or attempts to kick an opponent
 - Trips or attempts to trip an opponent
 - Charges an opponent
 - Strikes or attempts to strike an opponent
 - Holds an opponent
 - Pushes an opponent
 - Handles the ball deliberately
 - Tackles an opponent by making contact with the opponent
1. All fouls will result in an indirect free kick with the opponents 18 feet away.
 2. When the infraction is committed by the defending team inside their penalty area – free kicks or fouls within the penalty area shall be an indirect free kick taken from a spot on the outside of the penalty area directly from the middle of the net, by the non-offending team.
 3. The coaches shall explain all infractions.
 4. Players continually being aggressive will be substituted for another player in order for the coach to explain the foul, and to give the player time to calm down or think. The player may return after the conversation, but it is recommended they have a 5 minute “time out”.

LAW XIII – FREE KICK

1. Shall be classified as indirect
2. Indirect means that the ball must touch a second person prior to it entering the net and counting as a goal. In other words, if a free kick is awarded and the player kicks the ball directly into the net and it does not touch a second person on either team, then the goal does not count and will result in a goal kick.
3. If a free kick is awarded in the defending zone to the defending team the retreat line rule comes into effect and all players must retreat to their half.

LAW XIV – PENALTY KICKS

1. No penalty kicks awarded when an infraction is committed by the defending team inside their penalty area.
2. Free kicks or fouls within the penalty area shall be an indirect free kick taken from a spot on the outside of the penalty area directly from the middle of the net, by the non-offending team.

LAW XV – THROW-IN

1. Throw-ins will occur when the ball is fully put outside of the playing area (side-lines).
2. The ball will be put into play by the player, with both hands on the ball. The ball will be put behind the head then propelled into the field of play. For some players this will be their first time throwing the ball in this manner, coaches/referees are asked to be lenient, and help out the players so that they may develop proper techniques.
3. The same player cannot touch the ball twice in a row if he/she is putting it into play. If this occurs then an indirect kick will be awarded to the non-offending team where the infraction occurred.
4. No goal can be scored on a throw-in.

LAW XVI – GOAL KICKS

1. Goal kicks occur when the attacking team puts the ball fully across the defending team's (end) line. This will result in the goalkeeper or any other player kicking the ball from anywhere in the goal area.
2. On the goal kick, the opposing team is required to move beyond the retreat line. The player taking the kick can then pass the ball to one of his/her team-mates without the pressure of an opposing player nearby. When the ball is touched by a 2nd player, the play will resume as normal and the "opposing" team can move inside the retreat line. If the ball crosses the retreat line, the ball is in play and can be challenged.
3. The player taking the goal kick must not play or touch the ball a second time before it has been played or touched by another player.
4. If the ball is touched a second time by the kicker, or another player touches the ball before it has left the goal area, then the team will re-take the goal kick. If the attacking players challenge the goal kick within the defending team's half, then the goal kick is re-taken.

LAW XVII – CORNER KICK

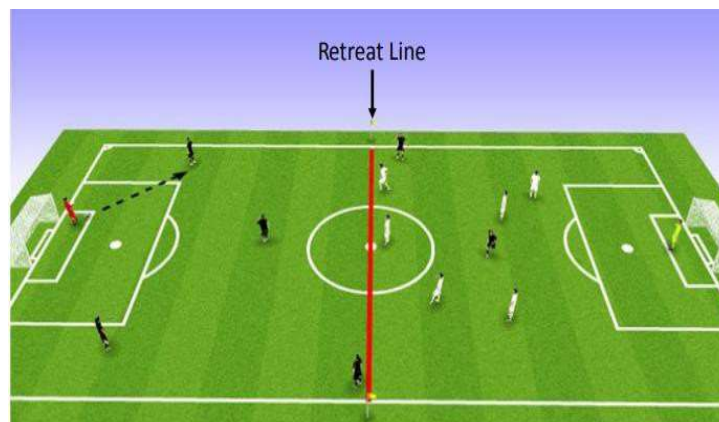
1. A corner kick will be awarded when the defending team puts the ball fully across their end line. This will result in a kick being taken at the corner closest to where the ball exited the playing area.
2. The player taking the corner kick must not play or touch the ball a second time before it has been touched by another player. If this occurs, then an indirect kick to the non-offending team will be awarded at the location of the infraction.
3. No goals can be scored directly from a corner kick. It must touch another player before it enters the net.

LAW XVIII – THE GOALKEEPER

1. The goalkeeper is able to use his/her hand within the goal area.
2. The goalkeeper cannot pick up a ball that is deliberately passed to them by a teammate with their foot. A Goalkeeper can pick up the ball if it is passed to them by a teammate by heading, shin, thigh, or chest.
3. The goalkeeper will have 5 seconds to release the ball, and will not be able to pick the ball up again unless it is touched by an opponent.
4. If the goalkeeper infringes on the above rules, then an indirect kick will be taken from a spot on the outside of the penalty area directly from the middle of the net. Defending players must be 18 feet away or until the goal line (this is if the infraction occurs 5 feet from the net. That way they can all stand on the goal line).

RETREAT LINE – HALFWAY LINE

- The retreat line will come into effect in two situations during the game:
 - Goal kick
 - Free kick to the defending team within its own goal area
- At these two restarts, the opposing team is required to move beyond the retreat line. The player taking the kick can then pass the ball to one of his/her team-mates without the pressure of an opposing player nearby. When the ball has left the goal area, the play will resume as normal and the “opposing” team can move inside the retreat line.
- The retreat line will be the halfway line.



RECOMMENDATIONS

- Both teams should line up and clap for their opponents after the game.

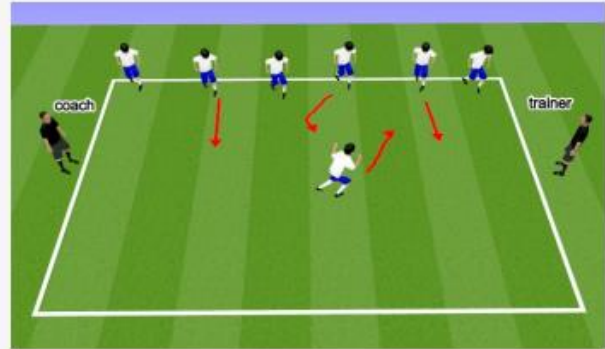
STATION - A "Bulldog" (10 mins)

Set-Up: All the players are lined up at one end of the area, with one defender to start.

Organization: Players attempt to run to the opposite side of the grid without being tagged. If they get tagged, they join the tagger in the middle.

Coaching Points: Head up, look for space, quick changes of direction/speed

Progressions: Have to run backward over the end line, add a ball (if you have the ball, you can't be tagged, only have it 3 seconds then pass it on). You can also do this exercise with each player having a ball and the defender has to kick the ball out.



STATION - B "Ball Familiarisation" (10 mins)

Set up: Each player with a ball in their own space

Organization:

Part 1: Each player holds the ball in their hands and throws the ball up in the air to try and catch it.

Part 2: When the ball is in the air, can the player clap their hands before they catch it?

Part 3: When the ball is in the air, instead of catching the ball, can they control the ball with their feet.

Coaching Points: Eyes on the ball, watch it into hands/onto the foot, body inline with the ball, move the foot away on contact with the ball



STATION - C "Dribble Tag" (10 mins)

Set Up: Players on the outside of square with a ball, 1 or two defenders in the middle without.

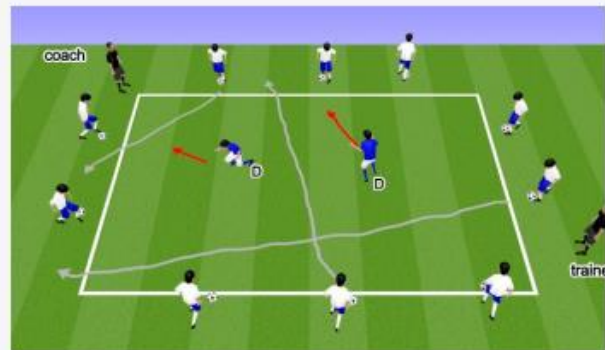
Organisation: Players on the outside of square look to dribble across the square without being tagged by defender.

If they get tagged, switch roles.

Progress: defender has to win ball instead of tagging

Coaching points:

head up - look for space, quick changes of direction/speed, keep the ball close



STATION - D :Small-Sided-Game" (10 mins)

RETREAT LINE U7

As the game leader (coaches), it is your job to implement the retreat line. Here are details on how to implement it. Options for Goalkeepers – 5v5.

When the goalkeeper has the ball at a goal kick or after making a save the opposing team members would retreat to the predetermined area of the field.

The predetermined areas are as follows:

□ 5v5 - Halfway line. It is recommended the goalkeeper does not drop kick the ball

With the opposition retreating to the correct part of the field the goalkeeper can now successfully throw or pass the ball to a teammate. Once the player receiving the ball from the goalkeeper receives the ball, the ball is in play and the opposition players can pressure and attempt to win the ball. If the goalkeeper chooses not to wait for the opposing players to retreat and throws or passes the ball down the field, the ball is instantly in play and does not require a player from the goalkeeper's team to touch the ball first.

All opponents must be behind the retreat line and cannot cross the retreat line until the ball:

- Is touched by a player of the team taking the goal kick OR,
- Leaves the field of play OR
- Goes over the retreat line. (If the goalkeeper chooses to play the ball across the retreat line before the opposition crossing the retreat line)
- Remember the game can be played in 3v3, 4v4, 5v5



Coaching Practice Review and Reflection

Games can be played in 3v3, 4v4, 5v5

U7 FUNDAMENTALS GRASSROOTS – WEEK 2

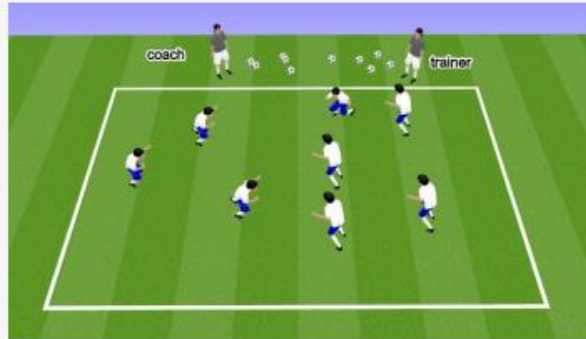
STATION - A - Everyone's it Tag (10 mins)

Set-Up: Each player finds their own space in the area (your half of the pitch)

Organization: Every player is a tagger and they look to tag as many players as possible in 45 seconds (the tag must be on the back to count).

Coaching Points: Head up, change of direction, speed

Progressions: Play multiple times, can they beat their score? Play a new game add soccer ball players without the ball they look to tag as many players as possible in one minute after a one-minute switch the team



STATION - B - Indy 500 (10 mins)

Set up: Set up a small racetrack as shown with a ball each in the cockpit.

Organisation: Players start their engines in the pit and must drive around the track. If they crash (leave area), players must fall to ground and complete 5 toe taps to fix themselves.

Add in pot holes. Turns etc to make the game fun.

Progression: Split into two teams, one team drives one direction, the other drives the opposite.



STATION - C - Topple me coconuts (10 mins)

Set up: Each player with a partner, a ball each and two discs. Place cones 5-10 yards apart.

Organisation: One player at a time looks to pass the ball and hit their partners ball off the cone to "topple the coconut"

Coaching Points: Side of foot, NO TOES, use both feet, keep eyes on the ball when kicking



STATION - D :Small-Sided-Game" (10 mins)

RETREAT LINE U7

As the game leader (coaches), it is your job to implement the retreat line. Here are details on how to implement it. Options for Goalkeepers – 5v5.

When the goalkeeper has the ball at a goal kick or after making a save the opposing team members would retreat to the predetermined area of the field.

The predetermined areas are as follows:

□ 5v5 - Halfway line. It is recommended the goalkeeper does not drop kick the ball

With the opposition retreating to the correct part of the field the goalkeeper can now successfully throw or pass the ball to a teammate. Once the player receiving the ball from the goalkeeper receives the ball, the ball is in play and the opposition players can pressure and attempt to win the ball. If the goalkeeper chooses not to wait for the opposing players to retreat and throws or passes the ball down the field, the ball is instantly in play and does not require a player from the goalkeeper's team to touch the ball first.

All opponents must be behind the retreat line and cannot cross the retreat line until the ball:

- Is touched by a player of the team taking the goal kick OR,
- Leaves the field of play OR
- Goes over the retreat line. (If the goalkeeper chooses to play the ball across the retreat line before the opposition crossing the retreat line)
- Remember the game can be played in 3v3, 4v4, 5v5



Coaching Practice Review and Reflection

Games can be played in 3v3, 4v4, 5v5

U7 FUNDAMENTALS GRASSROOTS – WEEK 3

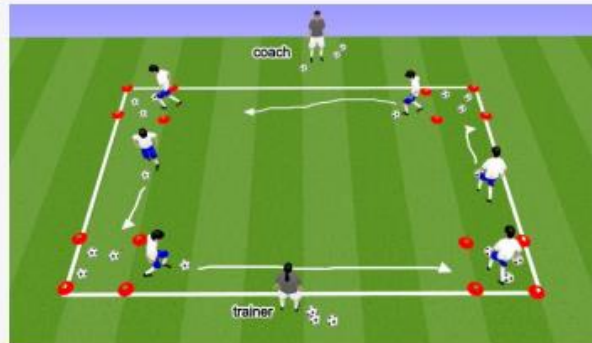
STATION - A - "Special Delivery" (10 mins)

All players are delivery drivers and they have to ensure safe delivery of their package (the ball) to the next square.

Have at least 2 or 3 spare balls in each square.

Players must dribble their ball to the next square, drop it off and pick up a new package to deliver to the next square. Players try to make as many deliveries as possible in allotted time. Stay away from the dogs who are trying to steal the package.

Turn-players turn and go the other way. Add in pot holes etc that the driver has avoid



STATION - B - "Truck and Trailer" (10 mins)

One player is the truck, the other is the trailer. Where ever the truck goes, the trailer must follow!

Head-up, keep the ball close. Use different parts to move the ball in different directions

Speed Up - trucks start moving faster

Turn - Trucks change direction

Park - Use the bottom of your foot to stop the ball

Switch - truck and trailer swap roles



STATION - C - "Making friends with the ball" (10 mins)

Set up: Each player with a ball in their own space

Organisation: Part 1: Each player places one foot on top of the ball. On the coaches shout of switch, players then switch which foot is on top of the ball. This is called a toe tap. Players can either step down or jump from foot to foot.

Part 2: Players have the ball between their feet and pass it from one foot to the other using the inside of their foot.

Coaching Points: Hands out for balance, try to keep the head up, occasionally looking down, light touches



STATION - D :Small-Sided-Game" (10 mins)

RETREAT LINE U7

As the game leader (coaches), it is your job to implement the retreat line. Here are details on how to implement it. Options for Goalkeepers – 5v5.

When the goalkeeper has the ball at a goal kick or after making a save the opposing team members would retreat to the predetermined area of the field.

The predetermined areas are as follows:

□ 5v5 - Halfway line. It is recommended the goalkeeper does not drop kick the ball

With the opposition retreating to the correct part of the field the goalkeeper can now successfully throw or pass the ball to a teammate. Once the player receiving the ball from the goalkeeper receives the ball, the ball is in play and the opposition players can pressure and attempt to win the ball. If the goalkeeper chooses not to wait for the opposing players to retreat and throws or passes the ball down the field, the ball is instantly in play and does not require a player from the goalkeeper's team to touch the ball first.

All opponents must be behind the retreat line and cannot cross the retreat line until the ball:

- Is touched by a player of the team taking the goal kick OR,
- Leaves the field of play OR
- Goes over the retreat line. (If the goalkeeper chooses to play the ball across the retreat line before the opposition crossing the retreat line)
- Remember the game can be played in 3v3, 4v4, 5v5



Coaching Practice Review and Reflection

Games can be played in 3v3, 4v4, 5v5

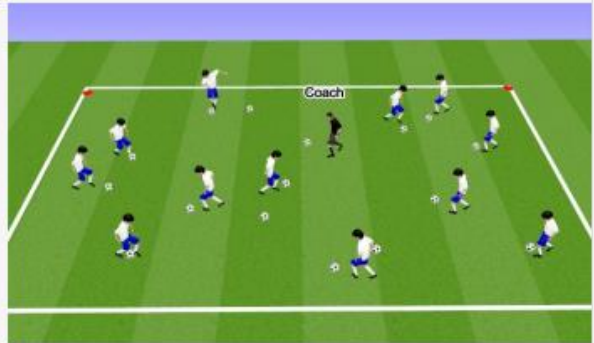
U7 FUNDAMENTALS GRASSROOTS – WEEK 4

STATION - A "Copy the Coach" (10 mins)

Set Up -Each player has a soccer ball in 60x40 area. Coach call out instructions and players copy the coach, but only when instructions include the phrase coach says. Example coach says dribble with your right foot, dribble with out side of your left foot..

Instructions

Coaching Points:Keep ball close and nose in front of the ball to see what is front of you.Helps improve both co-ordination and listening skills in young player



STATION - B "Sharks and Minnows" (10 mins)

Set-Up

Instructions: Players line up in a line with the ball. A player or coach stands in the middle as the 'Shark'. At the coach's command, players attempt to dribble across the area to the opposite line. If the player's soccer balls are touched, they become a shark.

Coaching Points: Keep the ball close in between touches of the ball, and look up to see where the sharks are. When getting by, look to change speed and direction.



STATION - C "Red light, Green light" (10 mins)

Set up: Each player with a ball, lined up on one side of the field

Organization: The coach has a red and green cone, on the coach's shout of green light hold up a green cone, players dribble out onto the road looking to make it to the other end. When the coach says red light, players stop and put their foot on top of the ball. Once all the players have made it to the other side, they turn around and come back.

Coaching Points: Head up, keep the ball close, small, quick touches with the pinky toe.

Progressions: The coach does not say anything, players have to keep their heads up.



STATION - D :Small-Sided-Game" (10 mins)

RETREAT LINE U7

As the game leader (coaches), it is your job to implement the retreat line. Here are details on how to implement it. Options for Goalkeepers – 5v5.

When the goalkeeper has the ball at a goal kick or after making a save the opposing team members would retreat to the predetermined area of the field.

The predetermined areas are as follows:

□ 5v5 - Halfway line. It is recommended the goalkeeper does not drop kick the ball

With the opposition retreating to the correct part of the field the goalkeeper can now successfully throw or pass the ball to a teammate. Once the player receiving the ball from the goalkeeper receives the ball, the ball is in play and the opposition players can pressure and attempt to win the ball. If the goalkeeper chooses not to wait for the opposing players to retreat and throws or passes the ball down the field, the ball is instantly in play and does not require a player from the goalkeeper's team to touch the ball first.

All opponents must be behind the retreat line and cannot cross the retreat line until the ball:

- Is touched by a player of the team taking the goal kick OR,
- Leaves the field of play OR
- Goes over the retreat line. (If the goalkeeper chooses to play the ball across the retreat line before the opposition crossing the retreat line)
- Remember the game can be played in 3v3, 4v4, 5v5



Coaching Practice Review and Reflection

Games can be played in 3v3, 4v4, 5v5

U7 FUNDAMENTALS GRASSROOTS – WEEK 5

Description

Coaches in this stage have to create a learning environment that is stimulating and engaging where players learn in a fun-filled small-sized game environment.

STATION - A "Body Parts Game" (10 mins)

Set up: Each player with a ball in the area.

Organization: The ball can start with hands or on the floor. On go players run around holding/dribbling the ball, when a coach shouts a body part, players stop putting the ball on the ground, and place that body part on the ball.

Coaching Points: Pinky toe to dribble, keep the ball close, head up



STATION - B "Relay Race" (10 mins)

Set-Up: Set up two relay courses as shown above and split the players into two groups with a ball each.

Organization: On the coach's shout of go, the first player in line completes the course and returns to the start.

Coaching Points: All parts of the foot to dribble, small touches, keep the ball close.



STATION C - "Numbers Game" (10 mins)

Organization

Create two mini fields of 15 m x 20 m. 4 teams of 2. Balls are placed in the outside center of both playing fields for the Coach to distribute.

Procedure

Each team player will number themselves 1 or 2. The coach will say number 1, and the players that are number 1 will play each other 1v1.

Emphasis

Creating a safe environment with positive reinforcement allows players to be creative allow players to make decision

Progression

2v2. When a player scores, that player must run around the goal and return to play. This will allow the opposing team to quickly play 2v1

Objective

Players will be able to beat a player in a 1v1 situation

Outcome

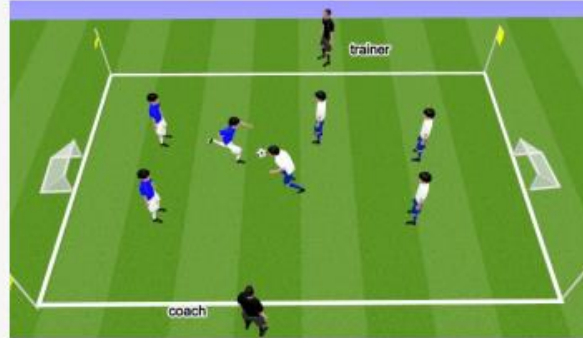
All players: can beat a player by changing their speed most players: can beat a player by changing their speed and direction

Some players: Can beat a player left and right by changing their speed and direction



STATION - D - "Game 3v3" (10 mins)

The game can be played with or without a goalie 3v3,4v4,5v5,



U7 FUNDAMENTALS GRASSROOTS – WEEK 6

STATION - A - Simon Says (10 mins)

Dribbling

Organization:

Players spread out inside a 22 X 16 yard area.

Procedure:

Players follow the coach with his/her movements when they say Coach says so for example the coach may say, Coach says throw your ball up and catch it Players have to follow the coaches' command. If the coach says, Throw your ball up and catch it and any players do this they do 2 jumping jacks. Coaches can take this game in many different directions - Be creative.

Emphasis: FUN and listening

Additional Notes: Encourage the volunteer coaches to participate with the players. This will be helpful to players so they can see what to do. Another possibility would be to have the coach be Simon.



STATION - B - Robin Hood (10 mins)

Organization:

- Large grid 30x30 yard
- Small boxes in each corner 5x5 yards
- 2-3 players per square
- All the balls in the middle

Instructions:

- On go one player from each corner will leave their square to get a ball from the middle, turn and carry back to their corner. Have a few goes have the dribble.
- When player gets back to the corner, the next teammate may leave and get another ball.
- Once balls are gone from the middle, the players may steal balls from other team's corner.
- Players may only take one ball at a time
- Players cannot block another team from getting a ball.
- First team to 6-7 balls in their corner wins.

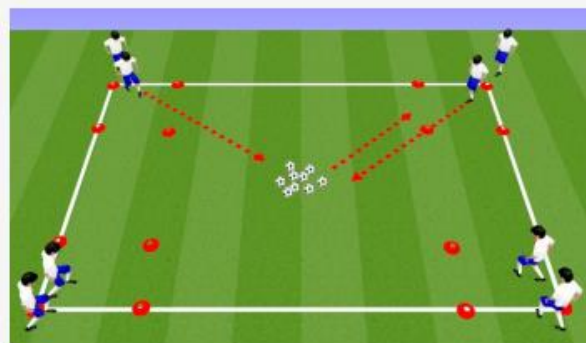
Progression

Allow stealing balls from others.

Leave odd number of balls like 13 balls each team could get 3, the one that gets the 4th wins

Coaching Points:

- Proper technique on turn
- Protect the ball when turning
- Accelerate away after turning



STATION - C - Lights (10 mins)

Physical Literacy

Organization:

Set up a 20 x 16 yard area.

Procedure:

Players move from one end of the field to the other. When coach calls a colour, players respond. If a player does a movement that the coach has not called they must take 5 steps back. First player to the opposite line gets a point.

Red: Stop

Green: Go (Dribble)

Yellow: Slow

Purple: Toe Taps

Blue: Bells

Crash: Fall down

Emphasis: Listening, following instruction, physical literacy, having fun, and being positive!



STATION - D - "Game 3v3" (10 mins)

The game can be played with or without a goalie 3v3,4v4,5v5,



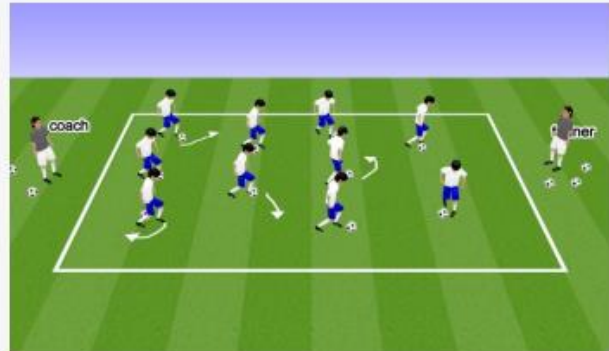
U7 FUNDAMENTALS GRASSROOTS – WEEK 7

Station A - "Fundamental movements" (10 mins)

Set-Up: Each player with a ball in the area

Organization: Players are dribbling around the area asked to be creative with the ball. On coaches command, players can perform different tasks. Toe taps, scissors, stepovers, drag backs, etc.

Coaching Points: Be creative, let's see the moves!



Station B - "1v1 Dual" (10 mins)

Set-Up: One ball between two, players stand 2 steps away from the ball facing each other.

Organization: On the command of a ball from the coach, both players attempt to get the ball and keep it away from their partner. At the end of the set period (30 seconds), the player with the ball gains one point. Best of 3 and then switch partners.

Coaching points: Quick reactions, keep body between ball and player, Creativity to keep the ball away

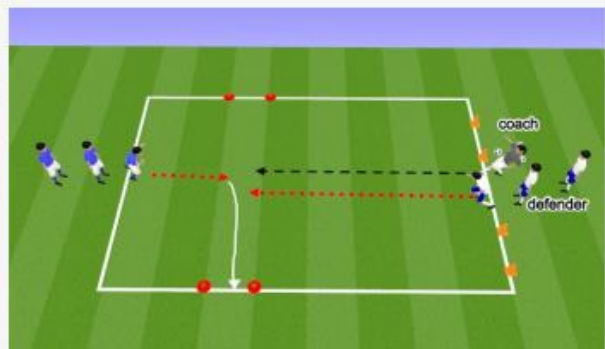


Station C - "1v1 to goal" (10 mins)

Set up: 20x20 area, players split into two groups on opposite sides of the grid. One group started as defenders, one as attackers. The coach (server) has the balls on the defender's side. Two small gates (red cones) are positioned on the sidelines closer to the attackers, two small gates (yellow cones) are positioned on the end line closest to the defenders (these are used as a progression)

Organization: The server passes the ball to the attacker who attempts to dribble the ball through either red gate. As the ball is passed the first defender moves in to try and stop the attacker from scoring, if they win the ball, they can try to score in either of the goals. Players then switch positions.

Coaching points: Quality of touch (where to take it, a variance of touch), Quick decision of where to go, Change of speed, Which foot to dribble on



STATION -D "Small-Sided Game" (10 mins)

Organization

- 9-10 players
- see diagram for set-up and equipment
- an area of approx. 15x20m (adapt for age/ability/numbers)

Activity

-Small-sided game (adapt for numbers). Play with a retreat line - after a goal, if the ball goes out on the end, the opposition must back-up behind the line. Cannot cross the line until the first touch is taken. If the ball goes out of play, the ball can be passed or dribbled in.

*If you have an odd number of players, either outbalance the teams (could be a good challenge?) or use a magic player that can help both teams (maybe a player whose confidence seems up to this).

Progression/Variation

- have to pass to everybody on the team
 - extra points if they use a change of direction move
- The game can be played as 3v3, 4v4, 5v5 with or without a keeper

