

# U11 Long Term Player Development (LTPD) Soccer Rules and Guidelines

## Stage 3: Learn to Train

Goal: Focus on technique and skill development and introduce tactics.

Technical: Continue to develop:

1. Dribbling with all parts of the foot
2. Techniques for changing direction (turns, drags and pull backs)
3. Inside and outside of the foot
4. Step overs and scissors
5. Develop short passes
6. Receiving with inside and outside of foot
7. Crossing and shooting
8. Begin to encourage player decision making
9. Introduce receiving with all parts of the body
10. Introduce attack and defense principles
11. Introduce positional awareness

## Rule 1: Players

- The maximum number of players on the field at any one time is 8 per team including a goalkeeper
- Recommended roster size is 14 players per team
- Male and female separate teams
- Each player should participate on an equal time basis
- If a team is short-handed, coaches are encouraged to share players to ensure game play
- **ALL PLAYERS ARE REQUIRED TO WEAR SHINGUARDS**

## Rule 2: The Ball

- A ball must be an official outdoor soccer ball.
- Ball size is 4

## Rule 3: Field - *does NOT apply to U11 teams.*

- Games are to be played ~~on~~<sup>in</sup> the new LTPD format fields that include regulation nets. If a game is played on a  $\frac{3}{4}$  field games are to be played running the length of the field; cones or flags should be used to determine the goal area
- Goal area is to be moved inwards approximately 8 ft. and should be no more than 5 ft. in length

#### **Rule 4: Game and Season Duration**

- 2 X 30 minute game play (with a referee)
- There are no lines people for Learn to Train
- **Teams will play twice a week in May and June with a season-end Jamboree in July**
- **Jamboree details will be confirmed by June 01**
- 1 - 2 other practice sessions are recommended

#### **Rule 5: Playing**

- Kick-off is taken at the center of the playing field to start each half and after each goal has been scored
- Opponents must be on their half of the field
- Commencement of the second half is to be initiated by the team who did not start the first half
- After a save by the goalkeeper, the goalkeeper may kick the ball from any point within the goal area
- Offside rules are to apply and are enforced
- A corner kick is to take place when the whole ball, having been touched by a defending player last, passes over the goal line, but not through the posts
- A throw-in is to take place when the whole ball passes over the touchline.
- The throw-in is to be taken by the opposing team of who touched the ball last
- The throw is to be taken from the point where the ball went out
  - A throw in includes
    - The player facing the field
    - Has two feet on the ground
    - Uses both hands
    - Delivers the ball from behind and over his/her head
    - The thrower may not touch the ball again until it has touched another player
  - If any of the above is not correct then:
    - The team is allowed one re-throw and then the ball goes to the other team
    - At the refs discretion, additional throw-ins can be made in order to get the child performing throw-ins correctly
- **Teams can make up to 3 substitutions at one time**

#### **Rule 6: Goal Keeper**

- The goal keeper cannot handle the ball with his/her hands outside the goalies crease
- The infraction results in an indirect free kick from the quarter line, directly in front of the midpoint of the goal
- Goal kicks --- only the goal keeper will restart the play from a goal kick within the goalies crease
- A goal cannot be scored on either team directly from a goal kick



- On taking the goal kick, the opposing players must be outside the quarter line until the ball has passed outside the goalies crease
- Defensive players may remain inside the goal crease, but shall not touch the ball until it has passed outside the goal crease
- The goal keeper may kick the ball progressively until the ball passes outside the goalies crease
- Goalkeepers are subbed just like all players

#### **Rule 7: Penalty shots/infractions**

- Infractions within the goal area by the defensive team would result in an indirect free kick from the quarter line
- On any indirect free kick, opposing players may not encroach closer than the goalies crease
- All infractions, including deliberate handball, tripping, pushing, will result in the opponent getting an indirect free kick from the point of the infraction
- The referee will explain infractions to the offending player

#### **Rule 8: Conduct**

- No slide tackling will be allowed
- Violent conduct or serious foul play will not be tolerated  
(Violent conduct is punching, hitting, pushing from behind, spitting, intentional tripping, etc.)
- Coaches are responsible for the conduct of their players

#### **Rule 9: Home Team**

- The home team is responsible for ensuring:
  - The field is marked
  - They must supply a game ball
  - Must change jersey's or provide pinnies when there is a conflict

#### **Rule 10: Sportsmanship**

- Teams shake hands with their opposition preceding each and every game and following game play
- There is no score keeping
- There are no standings or playoffs
- Coaches must monitor players comments or behaviour at all times

#### **Rule 11: Game Cancellation**

- Games are only cancelled for severe weather; please visit FCNW website [www.fcnorthwest.com](http://www.fcnorthwest.com) or WYSA website [www.winnipegyouthsoccer.com](http://www.winnipegyouthsoccer.com) to confirm cancellations.