

# Road to the Indoor National Championship



## Tournament Rules that seem note worthy to mention.




- 7 V 7 games.
- 45 Minute Games – No half time?
- Kick off can be played in any direction.
- Goal can be scored directly from kick off.
- 5 second play requirement.
- The whole of the ball must pass over the goal line for a goal.
- No three line (red line) pass restriction.
- No over and back restriction.
- No ten second advance from defensive zone.
- Slide tackling is not permitted.
- All free kicks are direct.
- No pass back to goal keeper.
- Goal keeper must put ball in play within 5 seconds.
- Goal keeper can not bounce and re-catch the ball inside the box.
- Points, 5 – win, 3- tie, 0 – loss.

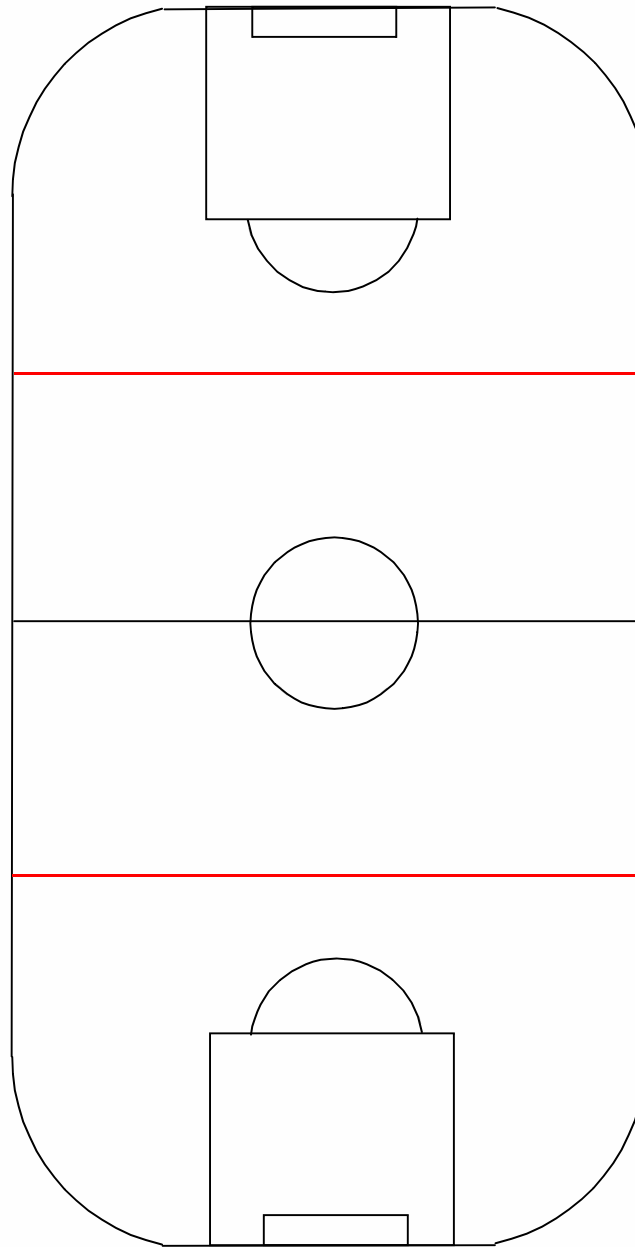
## Tips and tricks

1. First one to the ball has best chance to win the ball.
2. If a high or bouncing ball is being received by a player on the opposing team, the best chance to win the ball is when the player first attempts to trap the ball. Let the opposing player “do the work” and trap the ball. If he traps it well, the ball should be easily obtainable. If the player “miss-traps” the ball, again, you should be in a good position to take the ball. If the player attempts to “clear” the ball, don’t turn your back...instead, cleats up and without swinging, attempt to deflect his kick into the bottom of your shoe. The rebound should go your way and should be easily obtainable. Just stick your foot up and out.
3. When tackling, don’t kick the ball into the opponent’s legs. When this is done, his legs act like a “wall” and the ball bounces off his legs and the rebound goes in his favor. He then can continue forward and regain control of the ball. Instead of kicking the ball into his legs, attempt to simply touch or sweep the ball to either side of his forward progress. A genital touch to the side allows you to move to the side with the ball and has him running past you and the ball.
4. When receiving a pass, you must come to the ball. Waiting for the ball to come to you allows the opposing team to intercept the pass. Run to every ball and protect the ball by putting your body between the ball and the opposing player.
5. When receiving a fast moving ball that allows you to turn and run with the ball, again, you must touch the ball slightly to avoid an opposing player from intercepting the ball. If you touch the ball to the side wall slightly, it should give you enough time to avoid an interception.
6. When chasing down a ball that is heading for the goalie and there is a race between you and the goalie for the ball, again, slightly touch the ball to either corner of the goal. The goalie is expecting either a hard shot or is expecting to reach the ball before you. Instead of trying to gain control of the ball, let the momentum of the ball work for you and simply redirect the ball slightly, altering its course enough to get it pass the goalie and into the goal. A toe ball works well in this situation. Remember, results count, not the “beauty” of the shot!
7. When you are playing defense, never let a ball sail over your head. If possible, head the ball forward. If you feel that the ball is too high, don’t wait for the ball to sail over your head, instead assume that the ball is going deep and turn and run and attempt to intercept the ball after one or two bounces. Make sure the ball is cleared to the outside.
8. When clearing balls out of the defensive end, never clear a ball into the center of the box. Also, be careful not to kick the ball too hard against the walls. In many cases the rebound ends up going into the center of the box. Instead, clear the ball up the line.
9. When on offense and our goalie clears the ball over your head, again, make a determination on whether or not the ball will go over your head. If you think it will, start making your run and let the ball catch up with you. Similar to a football wide receiver in the NFL, run forward while looking over your shoulder. You should be able to meet the ball when it hits the ground and attempt to gain control or take a shot. Play high bouncing balls in the same manner. If you know the ball is going to bounce over your head, anticipate that and start your run forward to meet the bouncing ball.
10. If you are going after a ball that is going to bounce off of the wall/boards, attempt to meet the ball as it first hits the wall. It will be easiest to predict its rebounding angle. If you let the ball bounce while you are too far away, it could rebound in a direction too far for you to make a play.
11. Use the wall to pass to yourself (wall passes). The wall pass to yourself is very effective if you master it.
12. When one of your players gets trapped in the offensive corner of the boards, someone should mark the goalie in case there is a kick along the boards that causes the ball to travel directly to the goalie. By marking the goalie, you can intercept the ball and force it back into the center of the box.
13. One of our players should always be pressuring the ball. Someone has to go to the ball no matter what position you play, always pressure the ball when the opposing team has the ball.
14. And finally, taking a quote from the “Great One”, you miss 100% of the shots you don’t take. Light up the boards and look for the rebounds and don’t stop until the ball is in the back of the net.

# Field

## Legend

-  Ball
-  Our team player
-  Opposing player
-  Our team player in motion
-  Ball in motion
-  Player in motion
-  Goalie



## Field

Note the "red" lines. These lines have two rules associated with them. The normal rules follow. Some modification to the rules can occur during some of our games, but playing by these strict rules, we will never have a problem with a referee making a bad call.

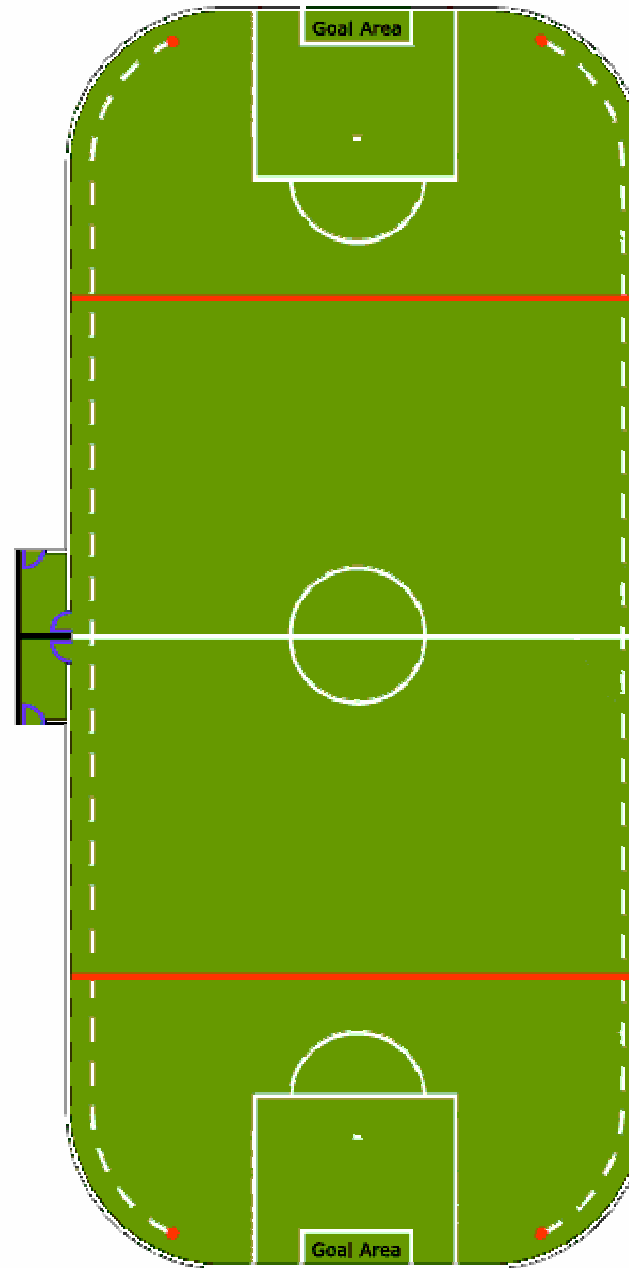
(1) When a player is passed his/her defensive red line and the player passes the ball back to his/her goalie, the goalie may not use his/her hands.

(2) A defensive player can not kick the ball from behind his/her red line and have it cross the offensive (other) red line in the air. This is the 3 line rule. For our age group this is highly unlikely.

The dotted white line is used for "kick ins". There are no throw ins. When the ball touches the outside perimeter net above the boards it is out of bounds. The ball is awarded to the opposing team and has to be placed on the dotted line where the out of bounds occurred. The team kicking the ball into play has 5 seconds to kick the ball. If the ball isn't put into play in 5 seconds, it is awarded to the opposing team. The kick in is a direct kick.

A ball touching the net above the field is also out of bounds. The ball is placed directly under the place where the out of bounds occurred. Again, the 5 second rule applies and the kick is a direct kick.

When the ball is kicked into the net above the goal, it is either a goal kick or corner kick. The goal kick is kicked inside the small box in front of the goal while the corner kick is kicked from one of the red dots. Again, the kick is a direct kick. A goal kick may be played to a player outside the goalie box and that player may kick it back to the goalie and the goalie may use his/her hands.



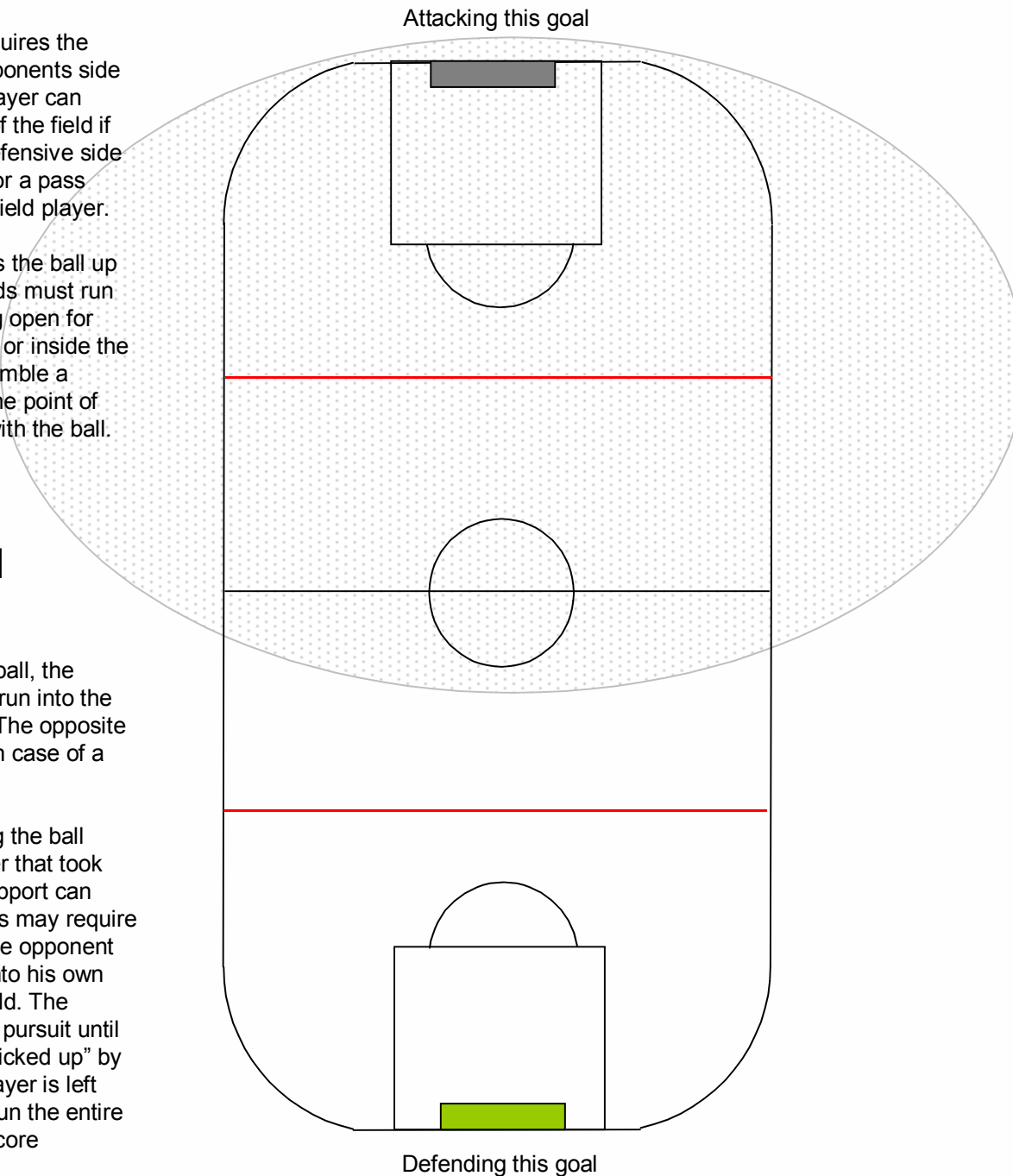
The forward position requires the player to stay on the opponents side of the field. A forward player can come back into middle of the field if the ball is deep in the defensive side of the field to get open for a pass from a defensive or midfield player.

When the midfield brings the ball up for an attack, the forwards must run ahead of the ball, getting open for passing along the wings or inside the box. The attack will resemble a triangle of sorts where the point of the triangle is the man with the ball.

## Forward

When a “wing” has the ball, the midfield players should run into the box looking for a pass. The opposite wing should play wide in case of a deflection or over pass.

A forward player loosing the ball should peruse the player that took the ball until midfield support can “pick up” the player. This may require the forward to pursue the opponent pass the half way line into his own defensive side of the field. The forward should not stop pursuit until the player is properly “picked up” by another player. If the player is left unchallenged, he may run the entire length of the field and score unchallenged.

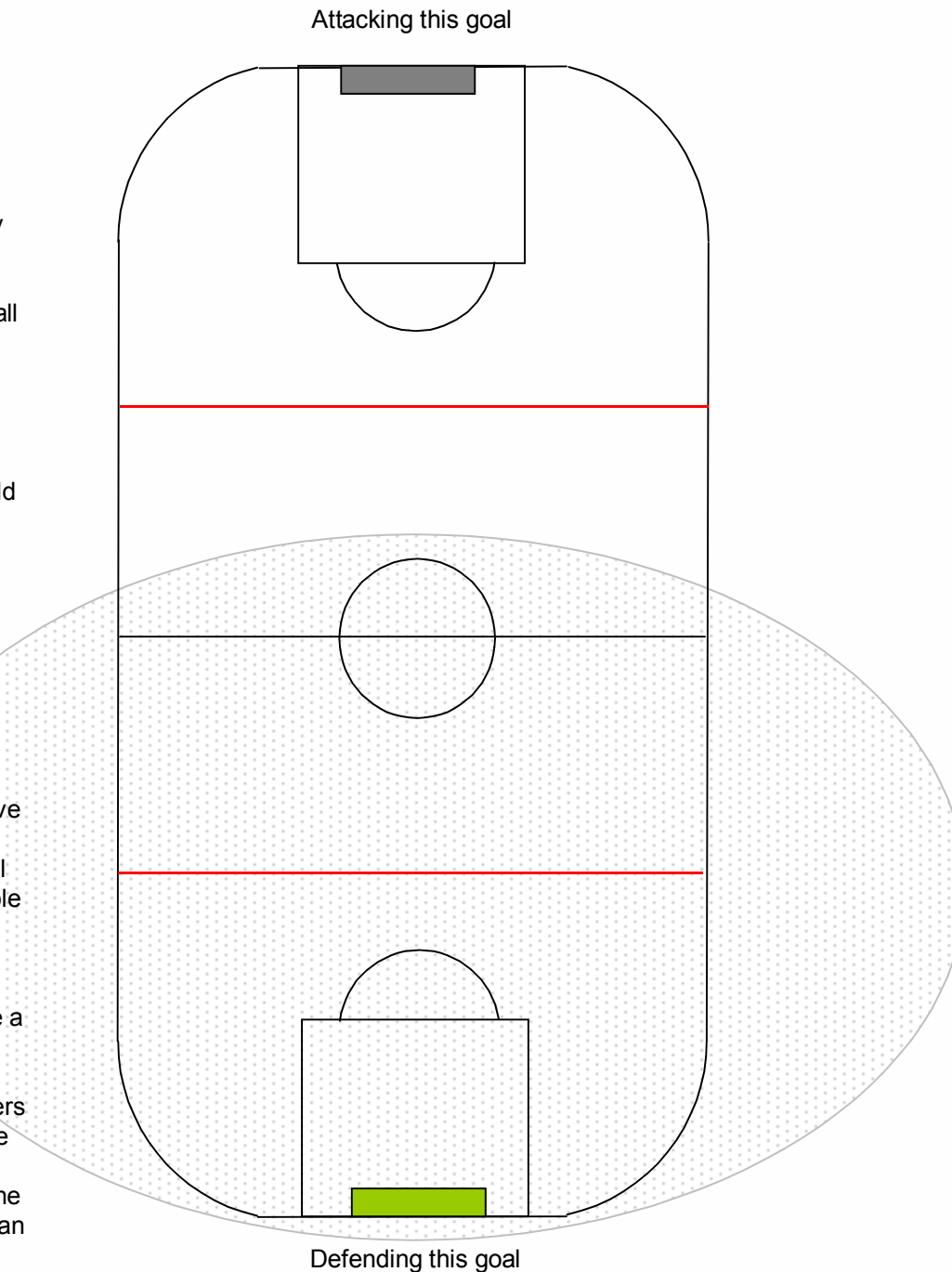


The defense position requires that the player protect the goal and stop opposing offensive attacks. Protecting requires a defensive player to anticipate the offensive "moves" of the opponent and intercept or break up plays that they bring forth.

When we have possession of the ball and our offensive players have control of the ball on the opponents side of the field, the defensive players must "push up" to the half way line of the field and offensive players for the opposing team should be marked.

## Defense

Defensive players must "read" the field and not double team offensive players from the opposing team unless it be necessary. The offensive player will be looking for a double team and will "dump" (pass) the ball off to an open player once the double team has been exposed. At least 1 defensive player should always "attack" the player with the ball and put pressure on that player to make a mistake. Other defensive players should position themselves where they can mark other offensive players or "cut off" passes to other offensive players. A defensive player should never let an offensive player from the other team get closer to our goal than himself.

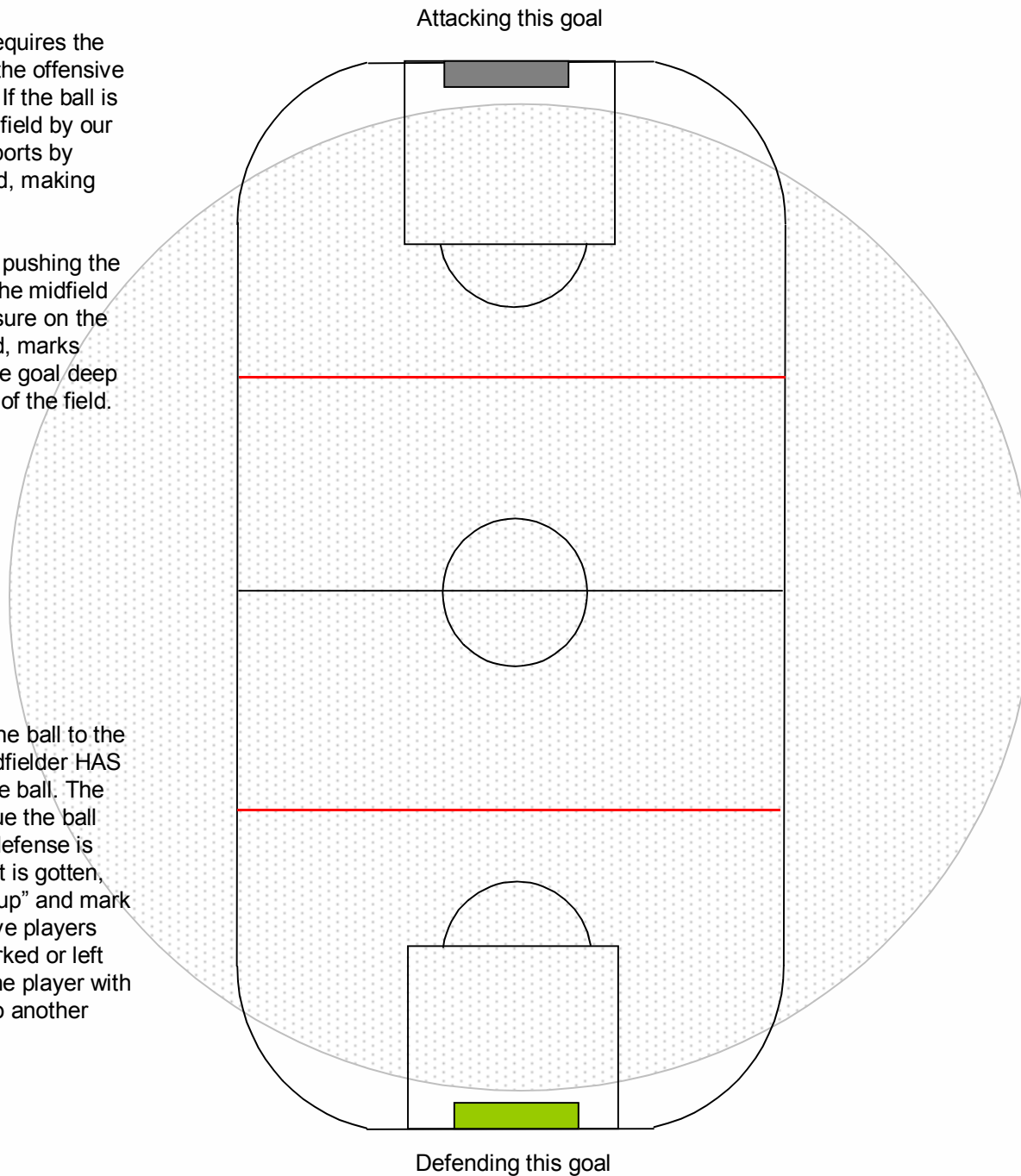


The midfield position requires the player to support both the offensive and defensive players. If the ball is pushed forward up the field by our team, the midfield supports by passing the ball forward, making runs, and getting open.

If the attacking team is pushing the ball towards our goal, the midfield pursues and puts pressure on the attackers and if needed, marks players and protects the goal deep into the defensive side of the field.

## Midfield

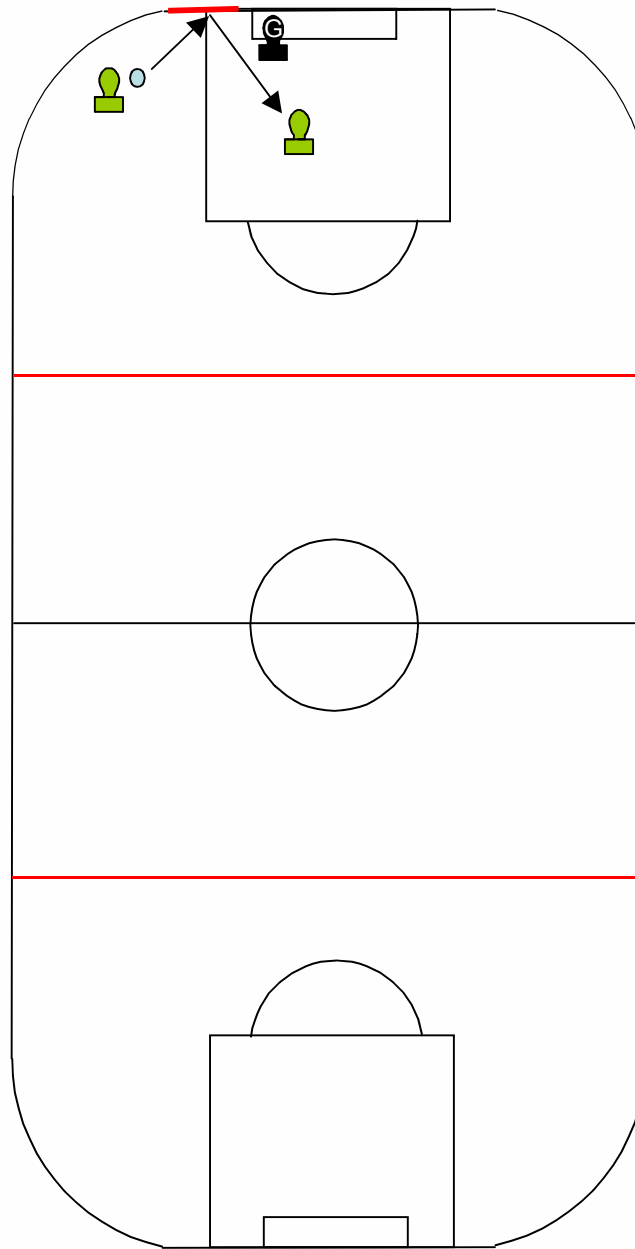
If is midfielder looses the ball to the opposing team, the midfielder HAS to attempt to re-gain the ball. The midfielder should pursue the ball until support from the defense is obtained. Once support is gotten, the midfield must “pickup” and mark other opposing offensive players that have not been marked or left unmarked to prevent the player with the ball from passing to another player.



### Attacking this goal

Wall passed off the flat portions of the wall are easier to predict. Using the proper angle and distance from the wall, a pass off the back wall will send the ball to the center of the box.

Note the distance the player inside the box is from the goal mouth. If a player positions himself too close to the goal mouth, there is no opportunity for him to receive the pass.



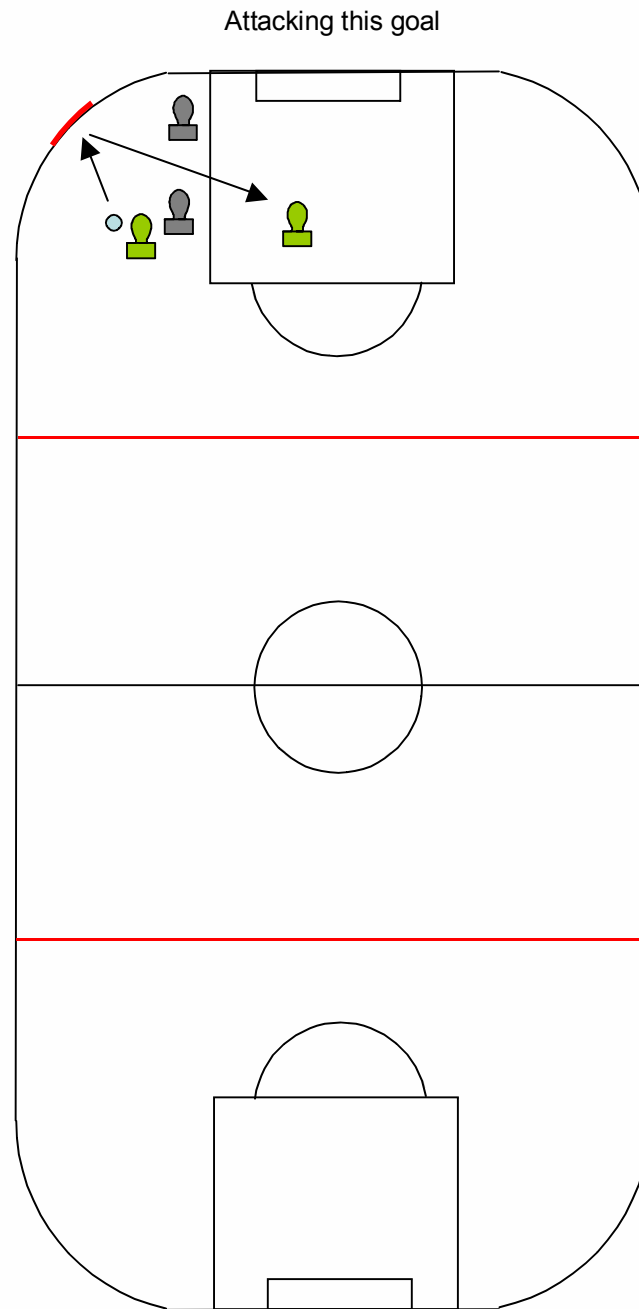
### Wall pass (1)



Wall passes off the curved walls are difficult to predict. Using the proper angle and distance from the wall, some passes work well...assuming there is a player to receive the ball inside the box.

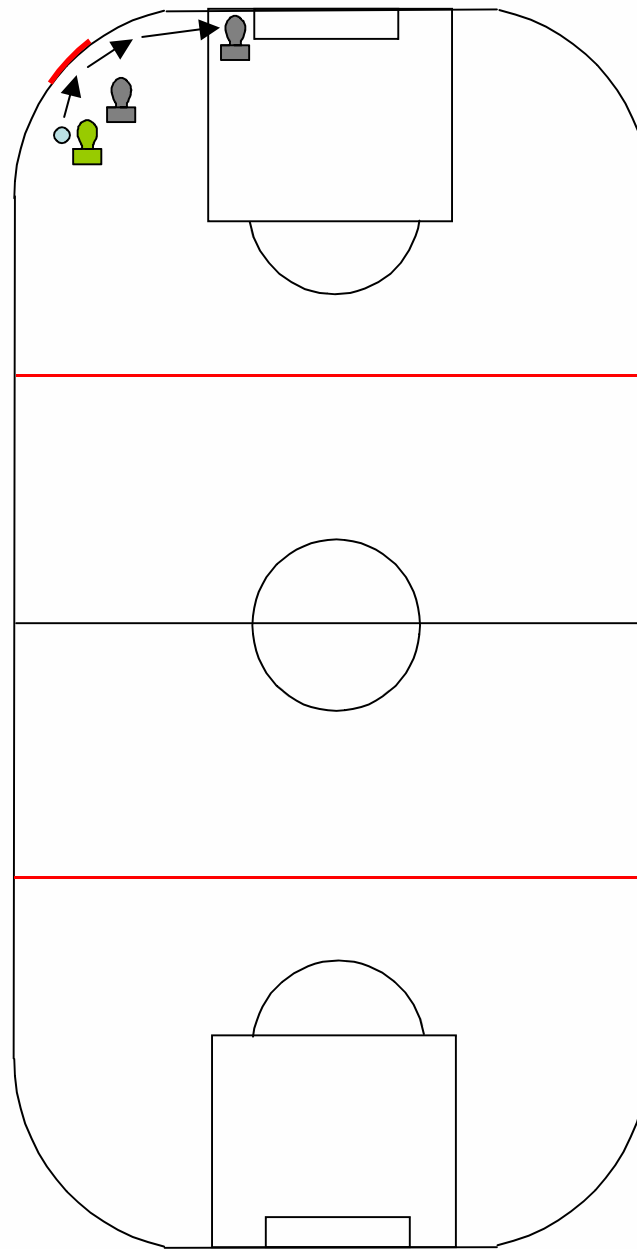
Note the distance the player inside the box is from the goal mouth. If a player positions himself too close to the goal mouth, there is no opportunity for him to receive the pass.

## Wall Pass (2)



A player stuck in the corner has little options. If the player is too close to the wall, any attempt to kick the ball against the wall results in the ball traveling along the wall straight into the goalie's hands.

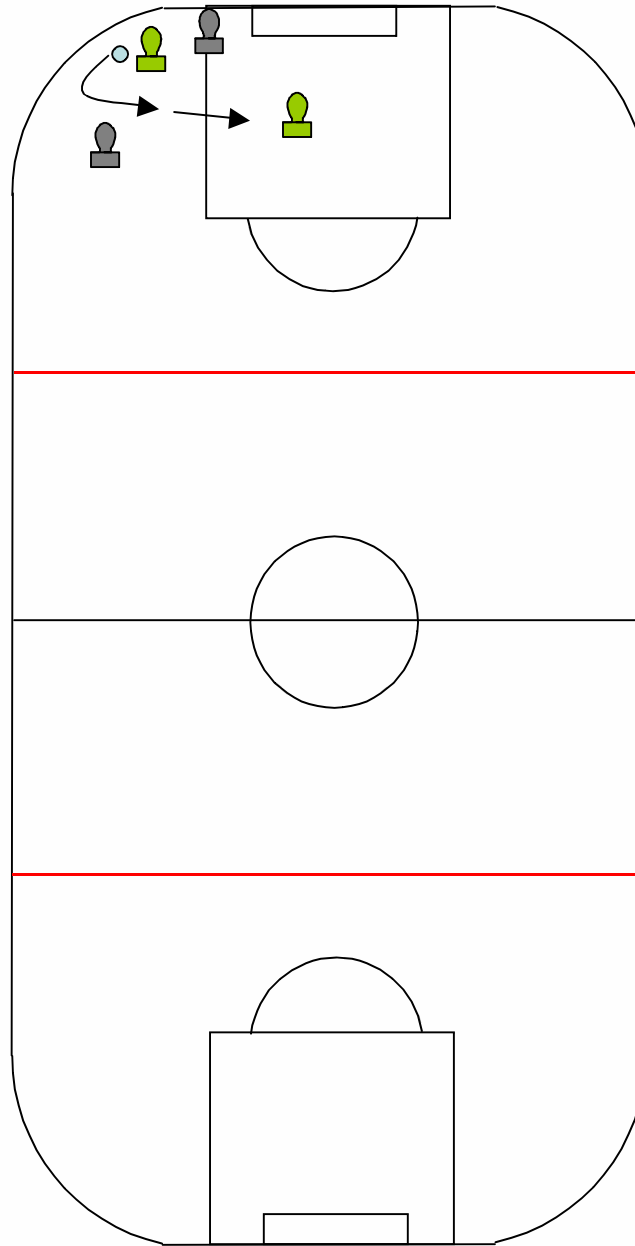
Attacking this goal



Wall Pass (3)

A player stuck deep into the corner has a better chance of making an assist by turning the ball out and sending it into the middle of the box.

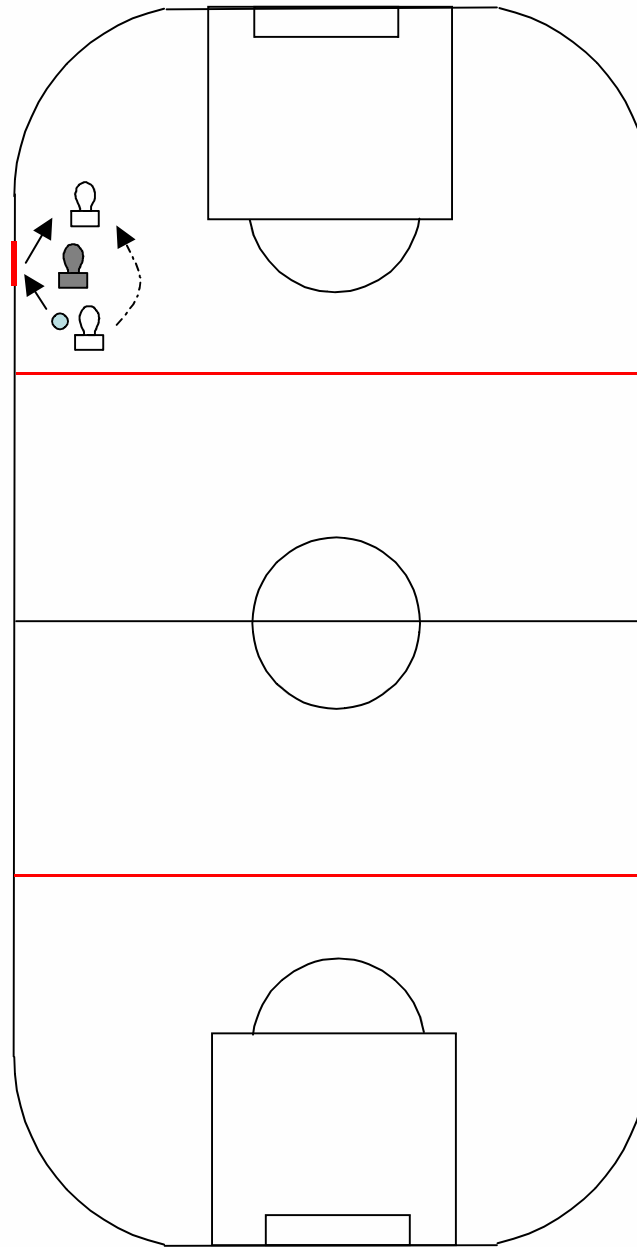
Attacking this goal



Corner Turn

Attacking this goal

With practice, a player can make a wall pass to himself by kicking the ball at angle against the wall and running around the defender to receive the ball. This is a very useful move if done properly.

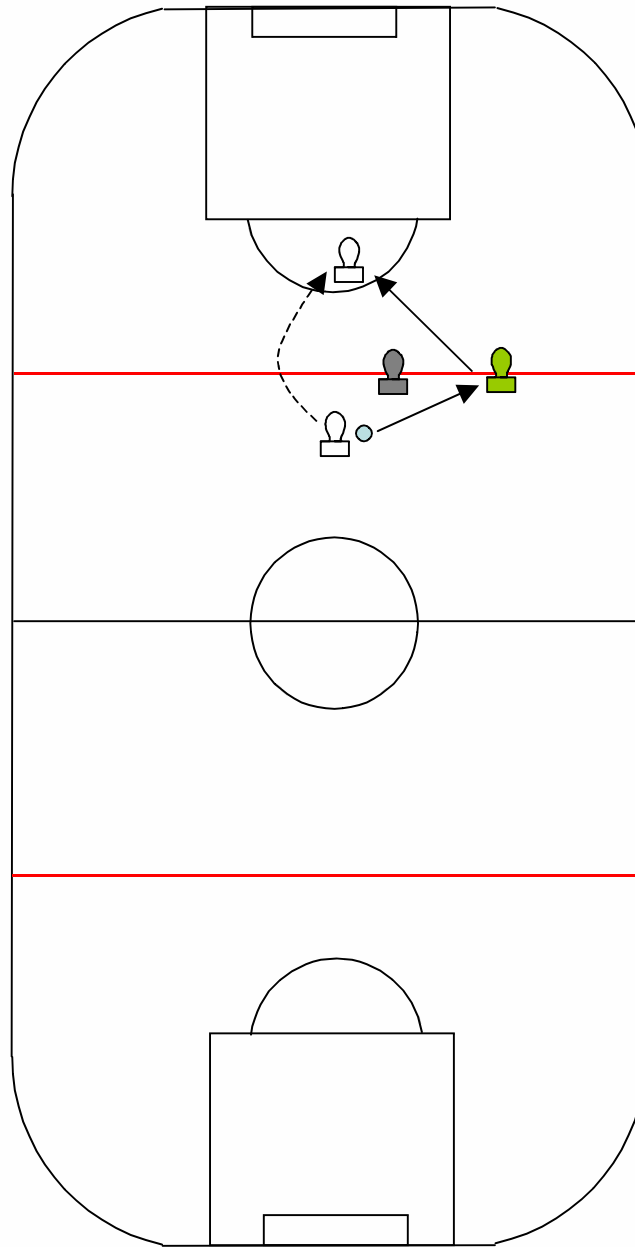


Wall Pass (4)

### Attacking this goal

A player can make a wall pass to himself by kicking the ball to another player using that player like a wall. The player receiving the pass kicks the ball forward into space just as if it came off a real wall. The player initiating the play must move around the defender and get open to receive the pass. This pass is also called the "give and go" pass. The player gives the ball to the other player and makes a run (goes) into open space and looks to receive the ball back from that player once he is open.

### Give and Go

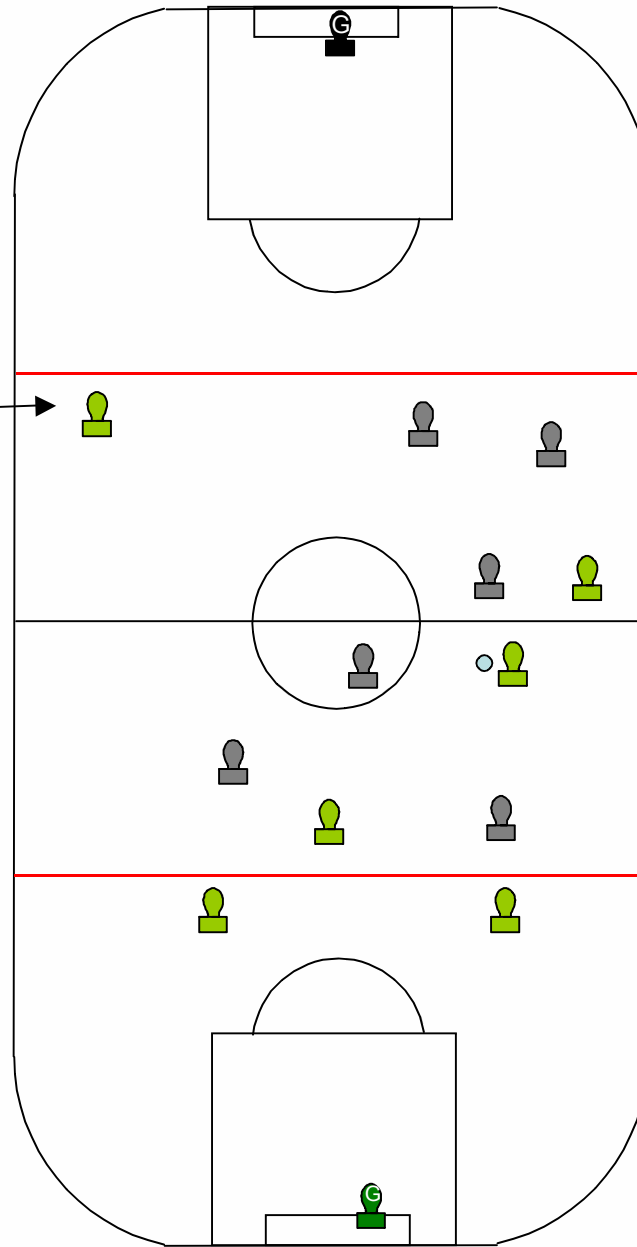


# Offense

The weak side is usually the side of the goal that the ball is not on and usually has an offensive attacker that has not been marked by the defense. The player is open for a pass that the defense is not prepared to defend.

Switch fields/sides.  
Offensive player is open

Switch Fields



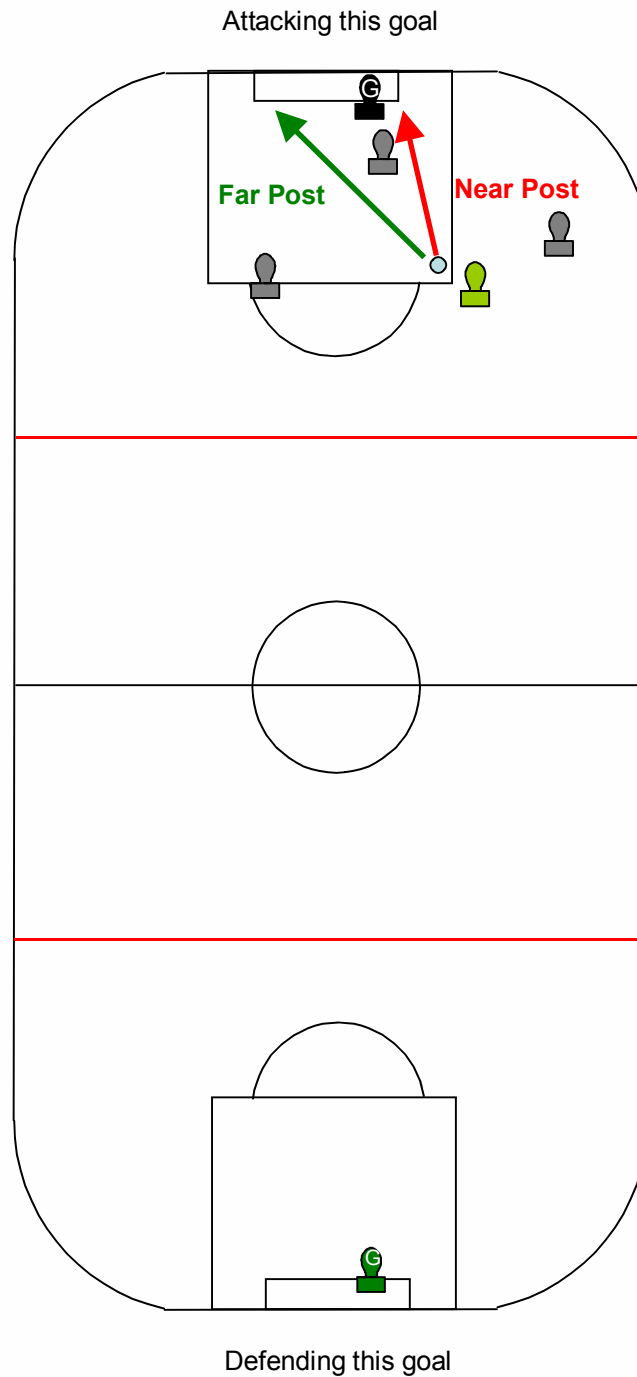
Defending this goal

# Offense

The near post is the goal post closest to the player with the ball.

The far post is the goal post furthest from the player with the ball.

## Near and Far Posts



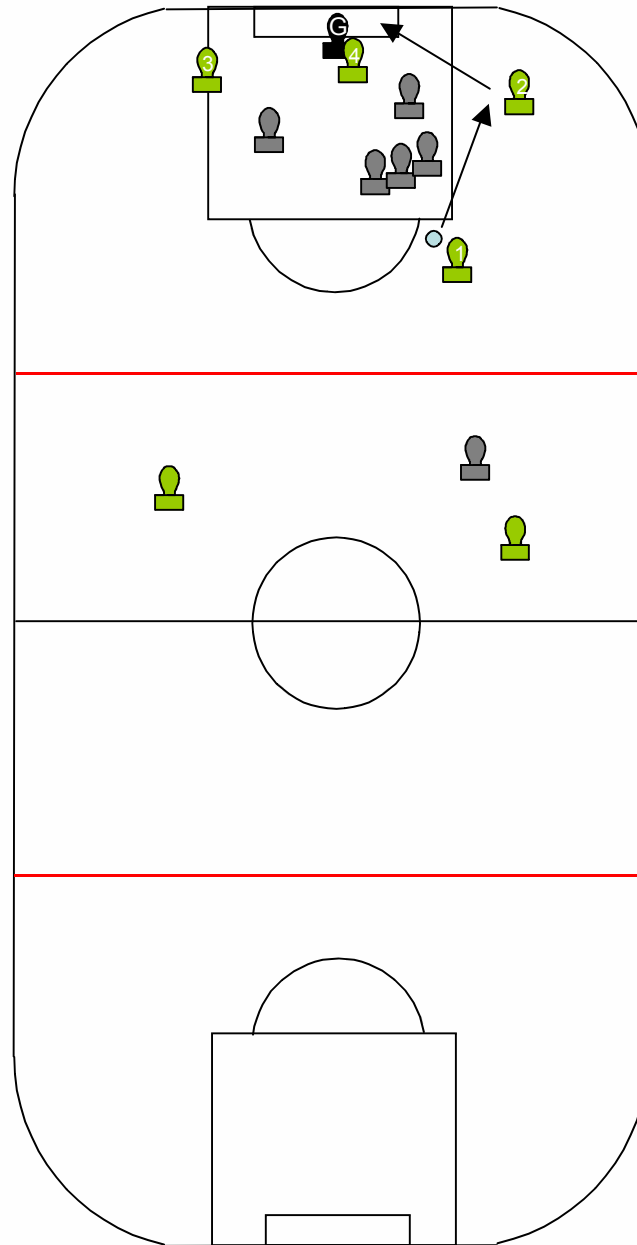
## Offense

Attacking this goal

### Direct kick top of the box.

- (1) One player to kick the ball within 5 seconds.
- (2) One to get open on the strong side.
- (3) One player to get open on the weak side.
- (4) One player to block the view of the goalie.
- (5) Player kicking the ball makes a shot on goal, or passes to either open man on either side and shot taken from side. Player kicking the ball looks for rebound.

### Direct Kick (1)



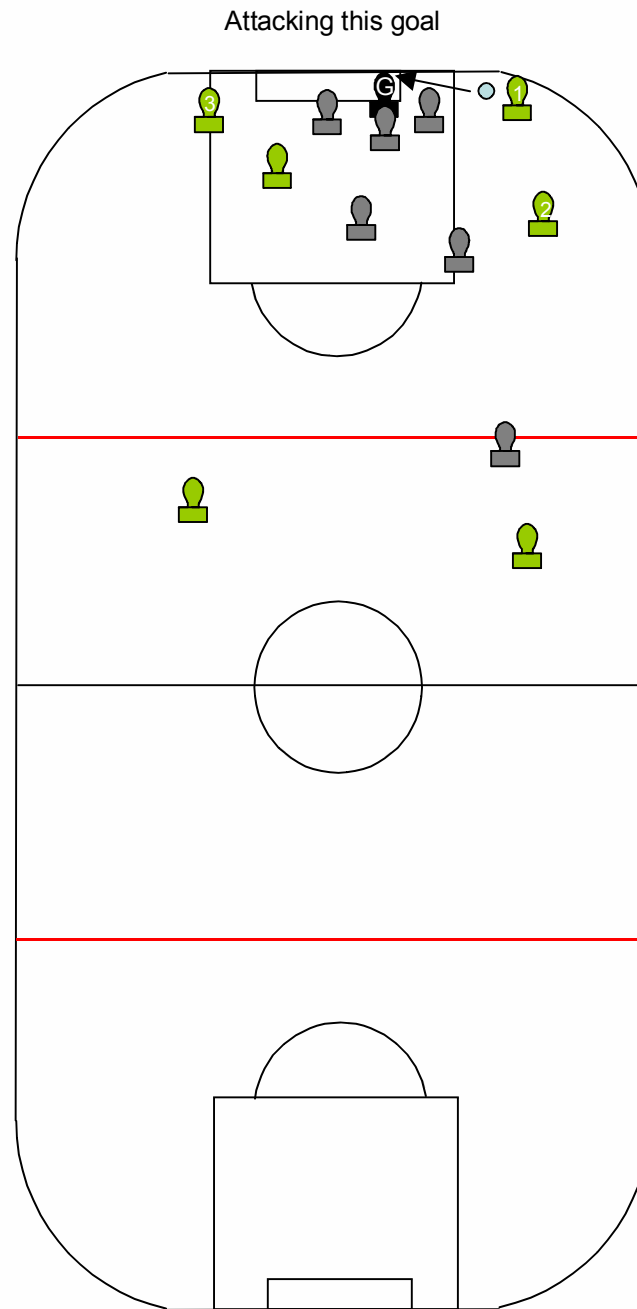


## Offense

### Direct kick side of box (corner kick).

- (1) One player to kick the ball within 5 seconds.
- (2) One to get open on the strong side back for a drop.
- (3) One player to get open on the weak side.
- (4) Player kicking the ball makes a shot on goal trying to kick the ball behind the defenders against the wall. The object is to kick the ball between the wall and the defender so that the ball bounces off the edge of the wall into the back of the defender or goalie so that the rebound off of the defender will score a goal.

### Direct Kick (2)



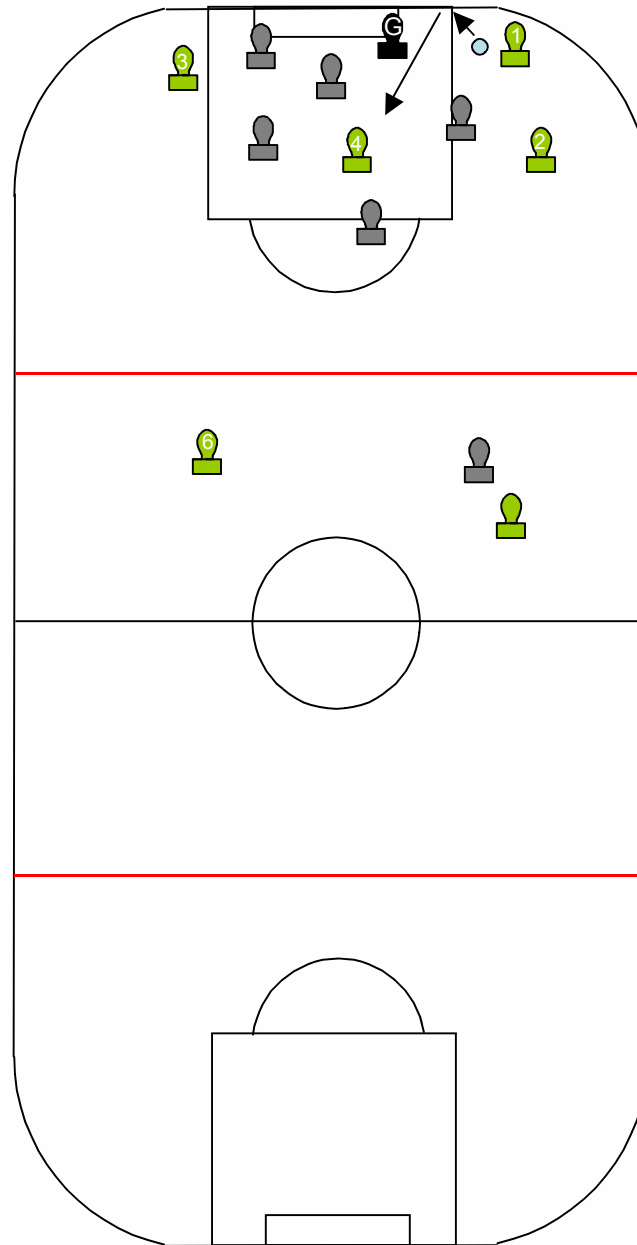
## Offense

Attacking this goal

### Direct kick side of box.

- (1) One player to kick the ball within 5 seconds.
- (2) One to get open on the strong side back for a drop.
- (3) One player to get open on the weak side.
- (4) One or more players inside center of the box.
- (5) Player kicking the ball kicks it into the wall at a angle attempting to pass the ball to the center of the box.
- (6) Note how our defense is pushed all the way up, even past the half field line.

### Direct Kick (3)



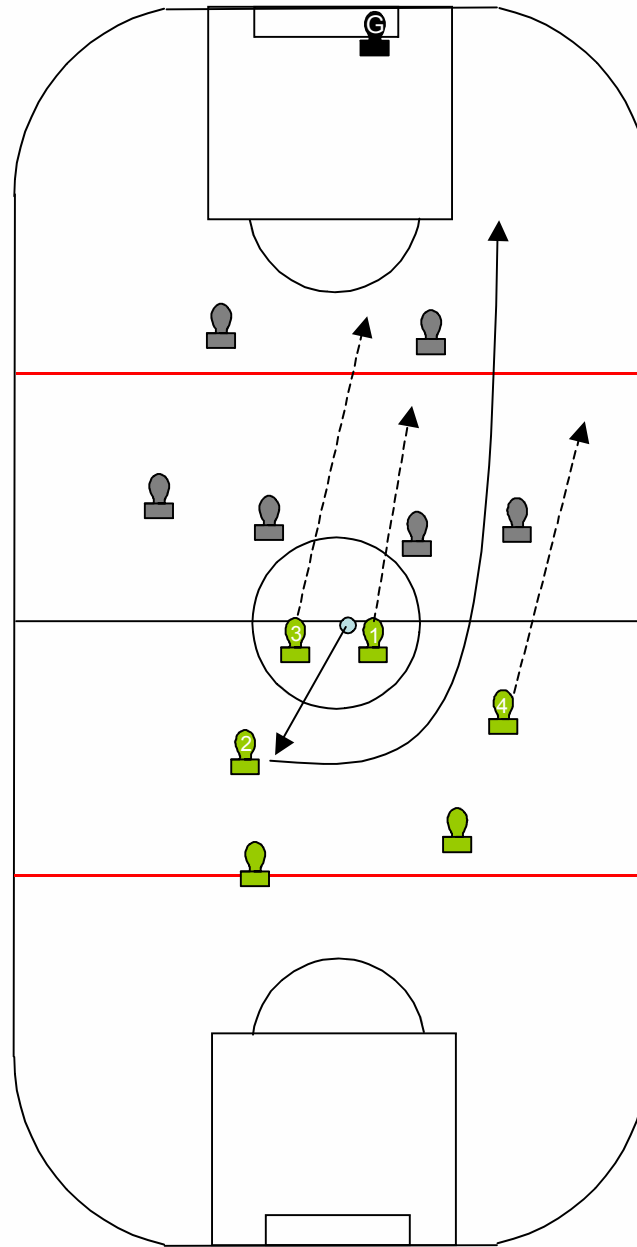
Attacking this goal

## Offense

### Kick Off

1. Player "kicking off" kicks ball back to midfielder.
2. Midfielder kicks ball as far as possible up into the right side of the field.
3. Offensive forwards run up towards the box. One attempts to mark the goalie in case a defender attempts to pass back the ball to the goalie.
4. Right midfielder runs up the side in an attempt to chase down the ball and cross it into the center.

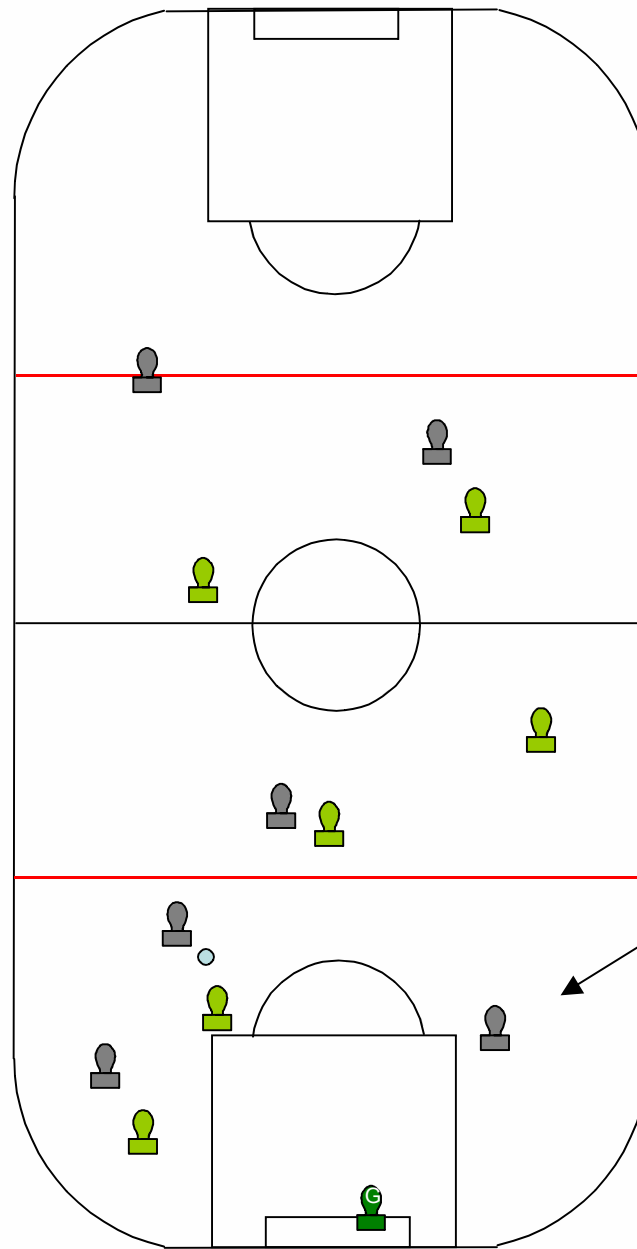
### Kick Off (A)



# Defense

The weak side is usually the side of the goal that the ball is not on and usually has an offensive attacker that has not been marked by the defense. The player is open for a pass that the defense is not prepared to defend.

Weak Side



Weak Side. Offensive player is open

Defending this goal

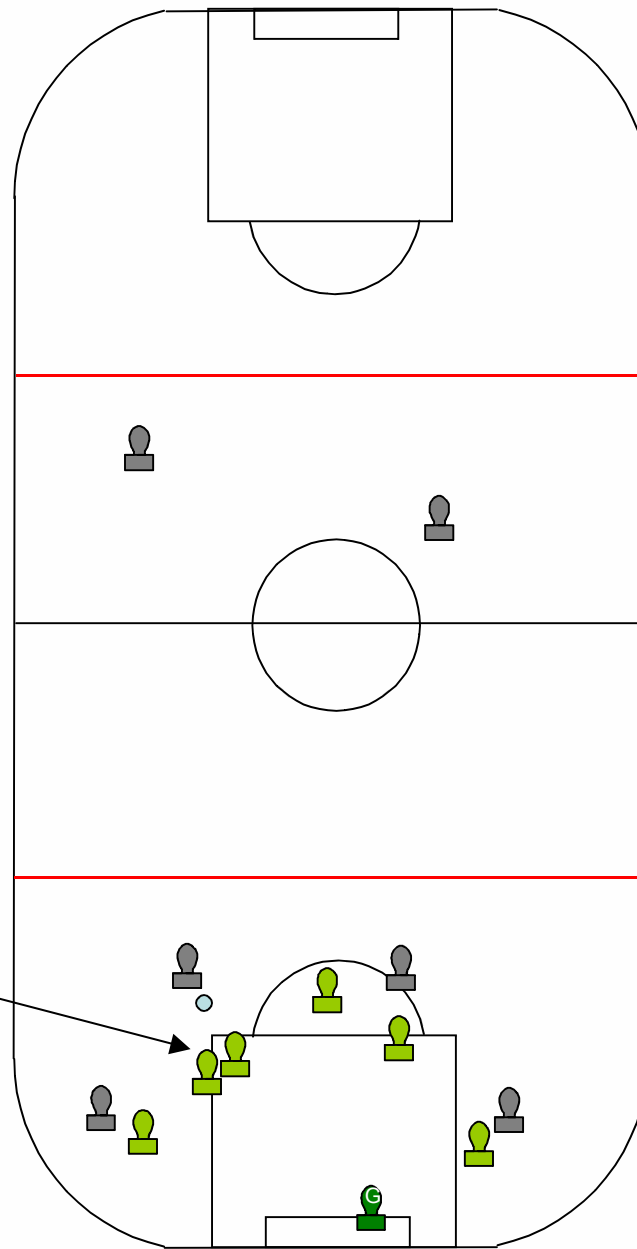
## Defense

### Direct kick top of the box.

- (1) Make two man wall guarding weak side of goal.
- (2) Goalie has clear view (non obstructed view) of ball.
- (3) Players mark all offensive players. Everyone is guarded.
- (4) Entire team enters the play and marks a man.

Direct Kick (d1)

Two man wall

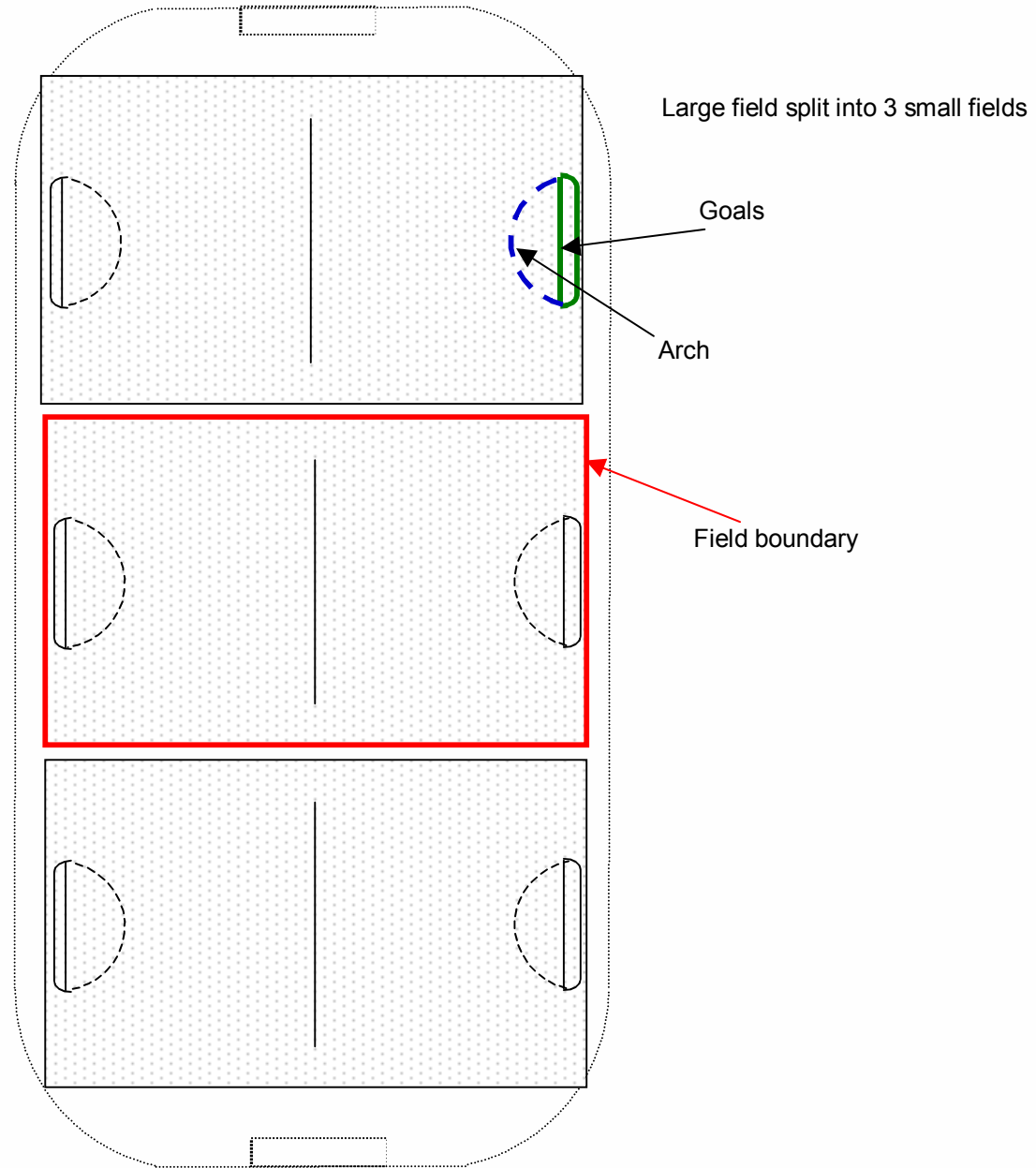


Defending this goal

# 3v3

## Rules:

- (1) Defensive players are not allowed to touch the ball inside their goal arch. If defensive player touches ball inside arch, offensive team automatically gets a goal.
- (2) Offensive players are not allowed to touch the ball inside their opponents goal arch. If offensive player touches ball inside arch and scores, goal is not counted.
- (3) Players may enter and leave the arch without touching the ball without penalty. This is a good strategy to take a "short-cut" to opposite side of goal.
- (4) Walls are not used. Perimeter of field is out of bounds. There are no throw-ins. Ball is played via kick-in. All kick-ins are direct kicks.
- (5) All goal kicks are taken behind the goal. Think of goal kicks simply as out-of-bounds kick-ins.

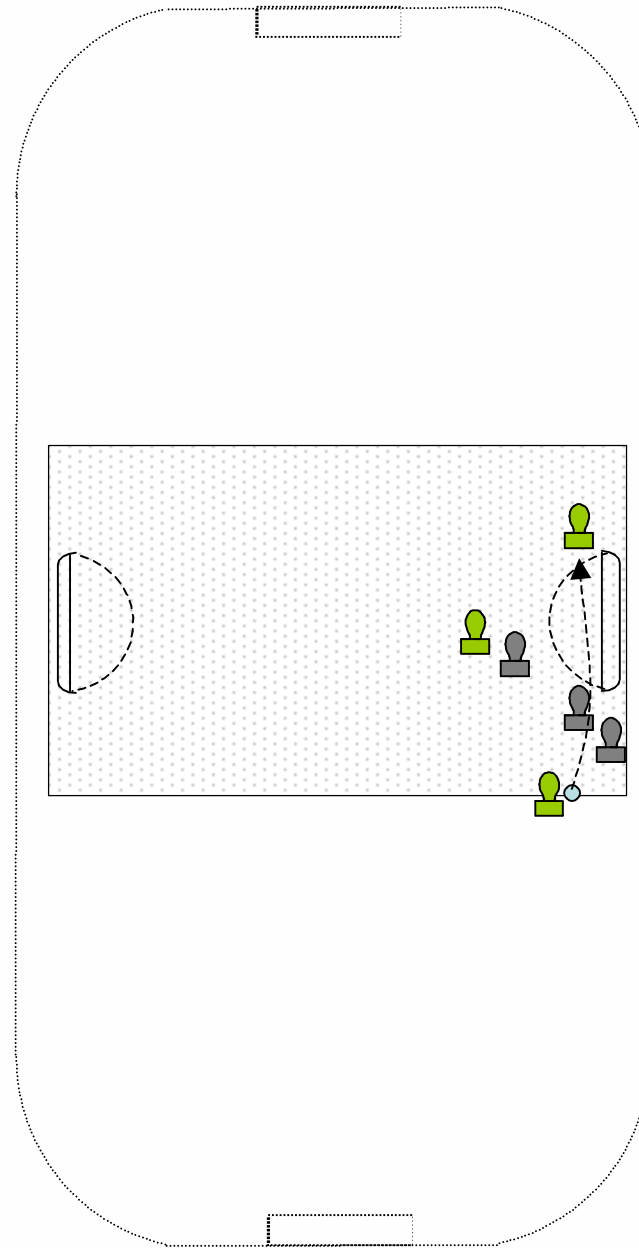


## 3v3 Offense

### Kick-in

- (1) Player kicking ball attempts to “lift” the ball over the heads of the opposing team to the player positioned on far post.

Kick-In (o1)



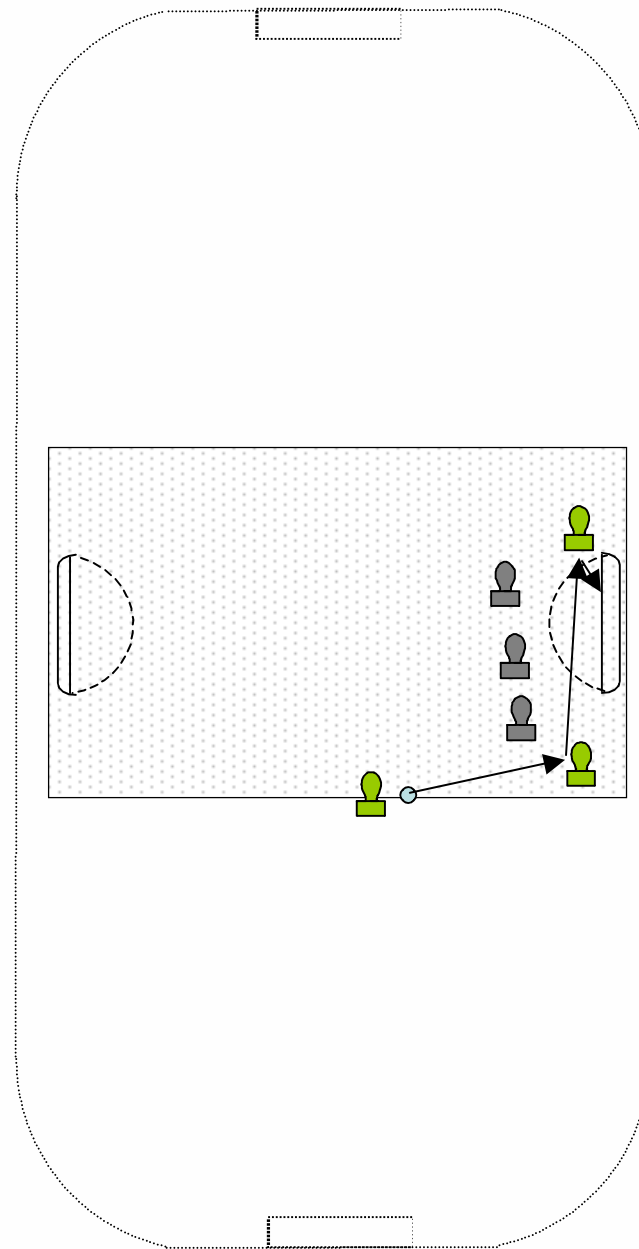
Attacking  
this goal

## 3v3 Offense

### Kick-in

- (1) Defensive player kicks the ball to the player running down the line on the near post. Once the ball is passed in, player gets back on defense.
- (2) Player receiving the ball doesn't have a good angle to shoot so he passes the ball "through" the arch area to the player sitting on the far post.
- (3) Player on far post kicks the pass into the goal.

### Kick-In (o2)



Attacking  
this goal

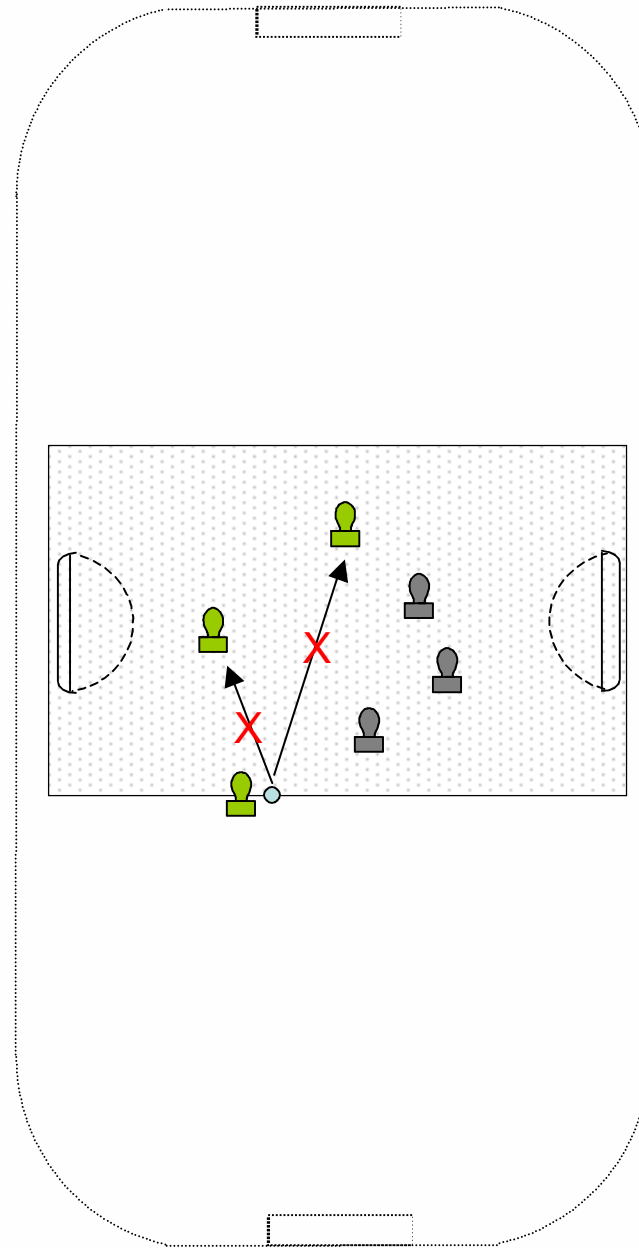


## 3v3 Offense

### Kick-in

- (1) Avoid kicking the ball “cross field” or dropping to the ball. Both players shown are not open enough to make a good pass to. In this situation, simply take a shot on goal.

Kick-In (o3)



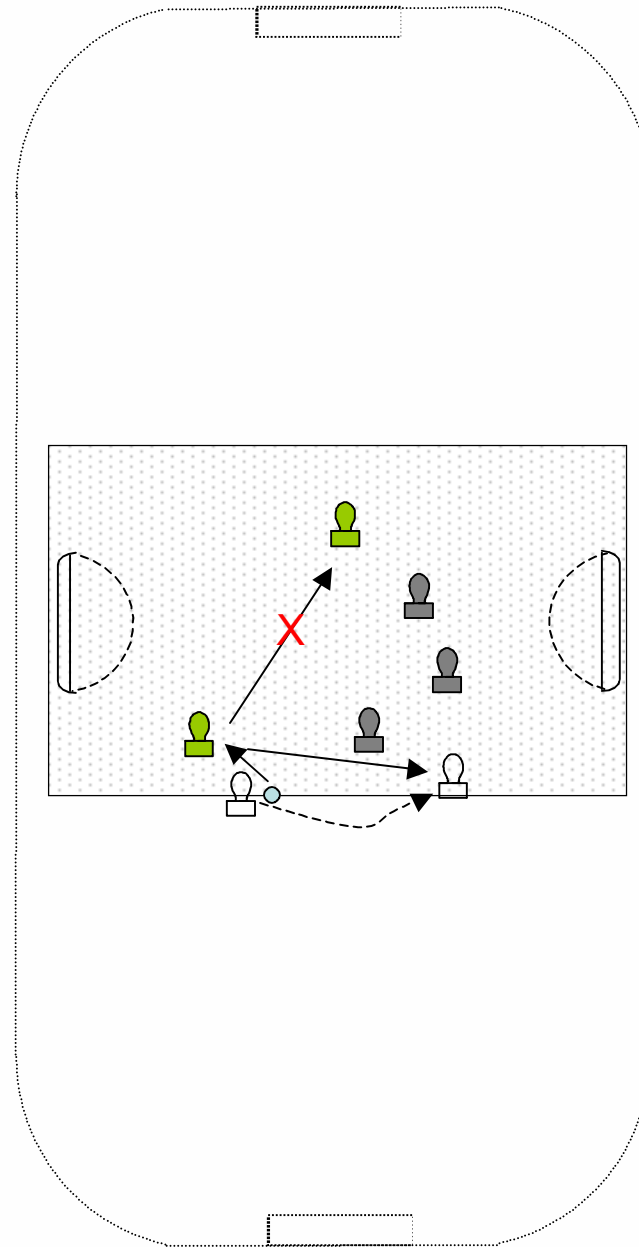
Attacking  
this goal

## 3v3 Offense

### Kick-in

- (1) A defensive player can provide limited “drop” options on kick-ins. If a defensive player receives a drop ball, it is very important that a pass is made before pressure is received. The next pass should be made up the line. Avoid kicking the ball into the opposing team or across the middle of the field. A bad pass that results in the opposing team getting possession can lead to an easy goal by the opposing team.

### Kick-In (o4)



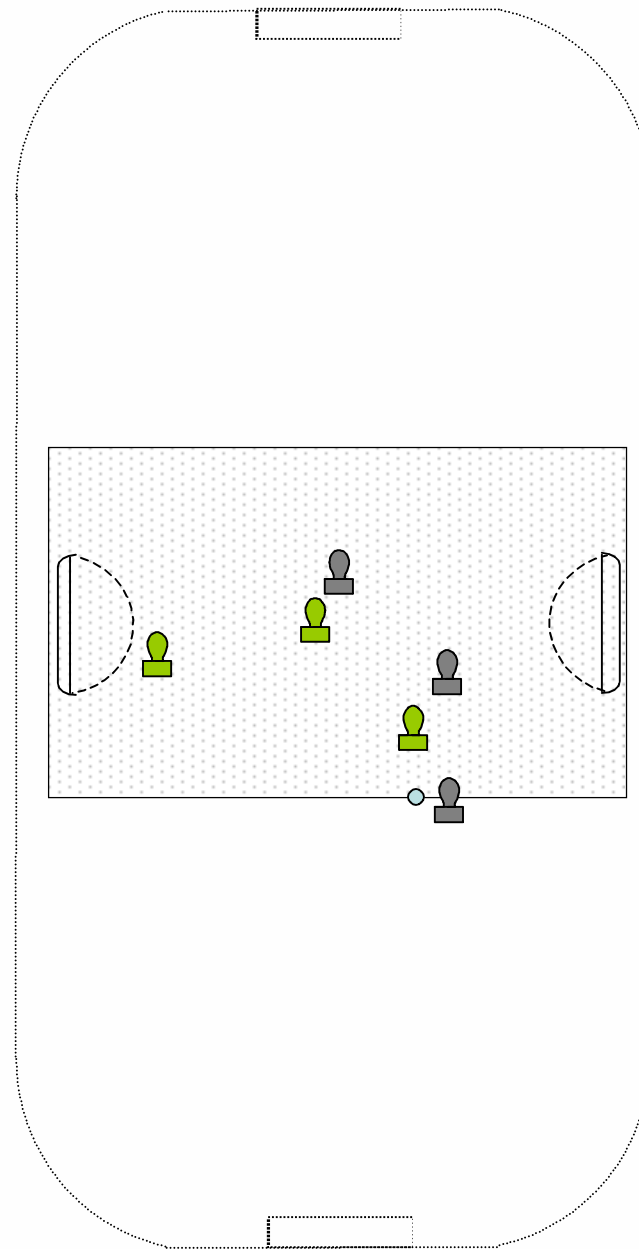
Attacking  
this goal

## 3v3 Defense

### Kick-in

- (1) When defending a kick-in and the kick-in is on our offensive side of the field, both offensive players should mark opposing players. The player kicking the ball is back far enough were a direct shot on goal should not be a threat.
- (2) Our defensive player should hang back by the goal to protect the goal in case a shot is attempted.
- (3) Note that the players marking their men are in front of their man to prevent a pass and also between their man and our goal to prevent a fast break.

### Kick-In (d1)



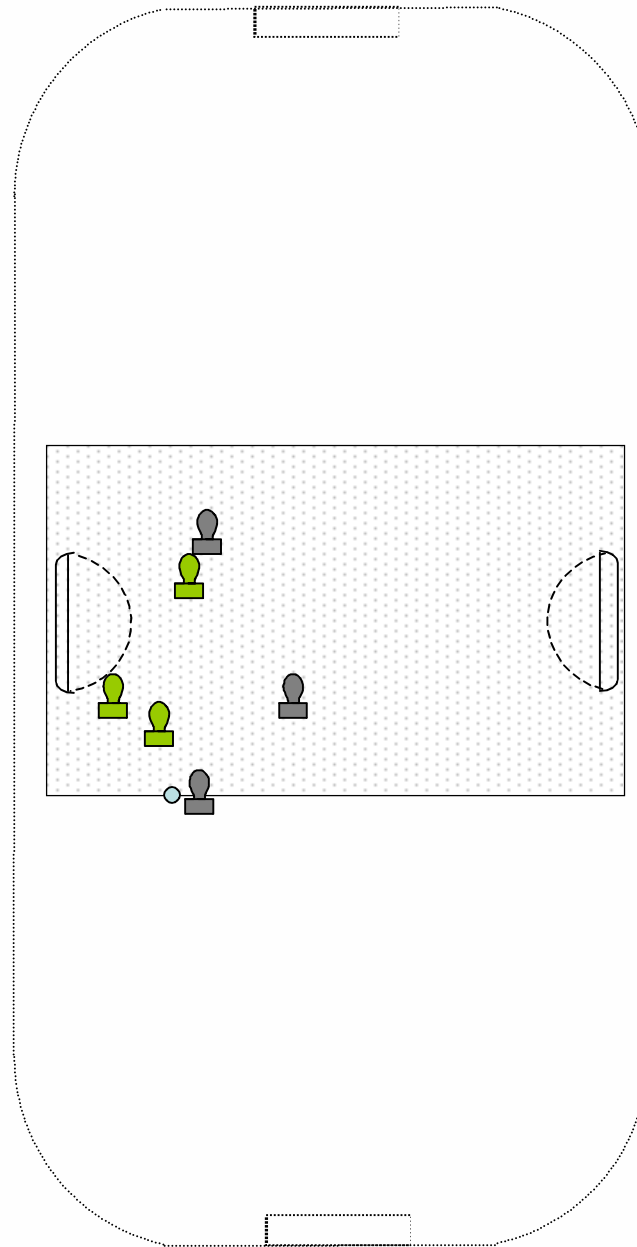
Attacking  
this goal

## 3v3 Defense

### Kick-in

- (1) When the opposing team has a kick-in closer to our goal and there is a real threat that a shot on goal is possible, one player needs to “obstruct” the shot by standing 10 feet from the player kicking, standing between him and our goal.
- (2) Another player should fill any gap to protect the goal from a different angle.
- (3) The third player should mark any player setting up on the far post.
- (4) Any opposing player dropped back for a pass isn’t as big of a threat as a “runner” crashing goal.
- (5) If a drop pass is made, the player “obstructing” the kick-in should go to the ball. The player filling in the gap should then mark the player that kicked the ball into play.

### Kick-In (d2)



Attacking  
this goal