

U7 TOUCH TIPS

- 5 players on the field at one time for each team.
- Players can sub at any time. Ideally when your team has the ball.
- Team that appears first in the draw collects and returns the ball to the clubhouse.
- No scoring required
- Try to ensure players rotate through so everyone in the team gets a run.
- One parent/adult is required to be on the field at all times for both teams to act as a coach/referee.
- Coach/referee must count the touches. Once their 6 touches change over so the other team have the ball.
- With drop balls use your discretion and allow players to pick up the ball and play on.

Ways to encourage players

- Run forward
- Pass backwards
- Try to have a player at 'acting half' as quick as possible
- Players should be 7m back in defence
- Spread out the defence to cover across the field
- Encourage players to move forward in defence once the acting half passes the ball.
- When a player is touched, they need to roll the ball and have the acting half pass to another player on their team.

Most important thing is that kids have fun