



# BLAST U13 HANDBOOK

A guide to the rules, procedures and responsibilities of clubs, coaches and managers for U13 teams. This guide will help to grow participation & improve the quality & experience of grassroots soccer in BLAST through the development of the U13 League.

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Keeping it fun  
Positive  
Encouraging  
Exciting  
Engaging

Balanced teams  
Dynamic game days  
Power play rule  
Accessible and Inclusive



## Balancing teams

Ensuring the best balance of competition is not easy but is fundamental to building joy and retention in youth sport. It also helps kids understand that they're more than just athletes. With more balance and less pressure, kids are more likely to perform at their peak. Ensuring we can provide a FUN and exciting environment for as many as possible is our primary concern.



## Balancing teams - club and coach responsibilities



The first games of the year, along with club practices, are used to ensure teams within the club are competitively balanced with no one team being significantly stronger than another.



Coaches are to ensure balanced time for all players. Rotating players to all positions for experience. Players will begin to show preference for positions they feel comfortable playing.



Clubs are required to ensure coaches are aware of the requirement for balanced competition. Provide resources and time to assist in education for coaches to balance teams. Ensure communication to parents on the U13 standards.



# Rules for BLAST U13

1. Club teams must be balanced as much as possible to allow consistent competition levels across league play- Clubs will ensure the time is allotted to allow balanced rosters with the first league games internal to the club if they have more than 1 team
2. Player Development – our goal is to teach the players how to play soccer to the best of their ability. To accomplish this all players are to be given equal playing time during games and attention during practice.
3. Games are 60 minutes long (2 x 30 minute halves)
4. 9v9 (one of these will be a goalkeeper for each team)
5. Size 4 ball (Argyle uses size 5)
6. Net size 6.5ft x 18ft
7. Field size - Width -42/55m, Length - 60/75m
8. Out of bounds on the sidelines will be awarded a throw in, on the end lines will be awarded either a goal kick or corner kick.
9. Retreat line will be optional at 1/3 for all goal kicks and ball in hand with the keeper - Once the ball is played by the keeper, the defending players may advance past the retreat line. (to be decided prior to start with ref or at half if game is very uneven)
10. All games can be reported with proper rosters - Reported games will be reviewed for rosters and scores - it is important to note which players were on the rosters for lopsided games to ensure actions are taken to allow the players to have the most appropriate competitions level.
11. A trained referee is expected for games.
12. Practice to match ratio will be at least 2 practices to 1 game. Ideal but not mandatory.
13. Offside is introduced.

# Coaches info and tools

Game reporting, game sheet or RAMP app to include rosters

Monitoring games for proper competition level, tools that can be used

- Move player positions
- Set a team goal of a number of passes

Ensure the retreat line is used - return to half when the keeper has the ball in hand or a goal kick. Proceed when the ball is played.

Positive comments at all times. Advice is fine but guide them to solve the problems on the field. If we make game decisions for them, they are not really playing or learning the game.

Humble - if your team is well ahead, we do not encourage more goals loudly. Celebrating another goal can simply be a "Well done." Then focus on process actions.

Encourage process actions and efforts over results.

Dribbling Skills

Passing Skills

Teamwork

Taking shots

Taking Chances

Making mistakes and trying again

A focus on process over results allows young players to develop at the rate that suits them. Remember, they are kids, it's a game and every child will progress at their own pace. There are no "Elite" U13 players, only current performers and learners.

If a player is showing to be significantly more advanced than their peers, ensure your club is aware and request assistance on how the player can be challenged to develop. There are always options to help challenge players who are currently performing above their peers.

Strategies designed with technical input for the player



## Parents & Spectator Info and tools

Spectators are to Stay at least 5m from the sidelines at all times. This is to allow players safe space while playing in from the sidelines.

Spectators are encouraged to cheer, however any sort of coaching or feedback during the game is unacceptable. Our coaches are trained and appropriately qualified and they should be the only voice coaching during the game. Multiple or conflicting voices during the game is distracting and confusing for our young players.

Failure to abide by these rules will result in a warning from the club. A second warning will result in being removed from the sidelines.



**60-75m**

**42-55m**

**30m**

**16m**

