

LGFA Go Games Activity Day



Croke Park

Friday 10th April

Every year the LGFA are assigned one activity day in Croke Park and we are excited to announce that this year we will hold an **Under 10 Go Games Blitz** following on from our hugely successful day in 2019.

What will the blitz entail?

- 64 club Under 10 teams will be selected to participate in the blitz
- There will be a maximum of 15 players on each team with 2 mentors per team

How can a club take part?

- Clubs will only qualify if they take part in a county organised Under 10 Go Games Blitz in their county between the dates of 1st February and 15th March 2020
- Counties must show evidence of the blitz taking place and also of the clubs taking part
- Every county can select two of the participating clubs to take part in the activity day in Croke Park. There will be a maximum of 2 clubs per county.

What are the next steps?

1. The county executive must organise an Under 10 Club Blitz using the guidelines provided below during dates provided
2. The blitz should be open to all clubs wishing to participate and all players must be registered through LGFA
3. A draw should be made on the day of the blitz with participating teams to select which two teams will go on to participate in Croke Park
4. Counties cannot make a draw if they do not organise a blitz and clubs from that county will be ineligible
5. The county executive must forward evidence of the blitz taking place plus complete the attached application form for the two nominated teams by Monday 16th March to vincent.whelan@lgfa.ie

Under 10 Go Games

Aim:

To continue to develop the basic technical skills in an environment where players are encouraged to develop tactical awareness i.e decision making, time & space

The Official rules of LGFA will apply to all games however the following modified rules are applicable at under 10 level:

- 2 Zones: line across halfway. Backs/forwards remain in zone assigned, midfielders can enter any zone
- Play to commence with throw in at centre
- Goalkeeper may advance 10m for kick out
- 2 touch rule (2 solos or 1 hop & 1 solo)
- Ball can be picked off the ground with the hands provided the player is on her feet
- No 45's (ball is deemed wide if goes over end line)
- No penalties
- 3 Points for over the bar, 1 point for under the cross bar
- Nearest player: (a) Player who is fouled will take the free from her hands (b) Opponents player who is nearest side-line to take from her hands
- **Referees decision is final**

Organising

Equipment:

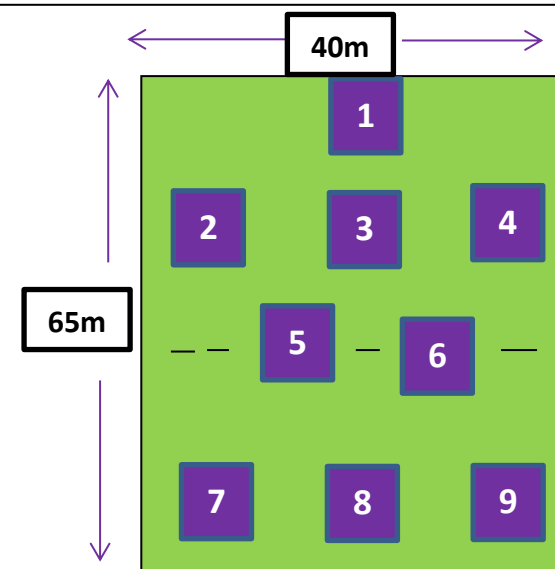
- Goal posts (8ft x 6ft). Training poles optional
- Jerseys or numbered bibs
- Size 3 smart touch ball
- Cones for halfway line and side lines

Time:

- 30 min games (15 per half)
- At least 2 games per occasion

Playing the Game

- **9 v 9** inc goal keeper
- **Max 11a** side
- Pitch 65m x 40m
- 2 Zones: line across halfway. Backs/forwards remain in zone, midfielders can enter any zone
- Players should rotate positions
- Unlimited subs if applicable
- **Players should get equal playing time**



LGFA Go Games Activity Day



Application Form

County	
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We organised an Under 10 Go Games Blitz as per guidelines provided on

Insert Date

Signed	
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	Club 1	Club 2
Club Name		
Contact Name		
Contact Email		
Contact Mobile		

Please note this information will only be stored by LGFA for the purpose of this activity day.

Our privacy notice is available at <http://ladiesgaelic.ie/data-protection-and-gdpr/>

Please complete the application form for the two nominated teams by Monday 16th March and forward to vincent.whelan@lgfa.ie. LGFA will forward further information directly to the clubs.