

ORGANISING A GRASSROOTS TOURNAMENT

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GRASSROOTS TOURNAMENT

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GENERAL PRINCIPLES

- Adaptation to each particular situation
 - number of children
 - number of teams, schools, clubs
 - different age groups
 - playing fields available
 - format of the tournament
- Everyone plays the same number of matches
- Results are not the crucial issues
- Emphasis is placed on the concept of play & enjoyment

COMPETITION FORMAT

AGE FORMAT	6-8 years	9-10 years	11-12 years
4 v 4	X	X	X
5 v 5	X	X	X
6 v 6	X	X	X
7 v 7		X	X
8 v 8 & 9 v 9			X

ORGANISATION OF TOURNAMENTS

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2 MAIN FORMULAS

(I) SINGLE LEAGUE SYSTEM

- Each team plays only once against each other team

(II) DOUBLE LEAGUE SYSTEM

- Each team plays twice against each other team (home & away matches)

TOTAL EXERTION PER AGE CATEGORY

AGE GROUP	Total Exertion
6-8 years	45-60 minutes
9-10 years	60-75 minutes
11-12 years	75-90 minutes

BASIC RULES

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- Adaptation
 - to the level and needs of the children
- Refereeing
 - 6-8: no referees
 - 9-10: with or without referees
 - 11-12: with referees
- Enjoy football practice, have fun



BASIC RULES

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Medical care

- First-aid kit and emergency number
- Secure goals
- Warm up and cool down
- Drink breaks

Spectators

- No spectators/parents in the coaching zone
- Safe distance
- Positive attitude

Fair Play

- Handshake before and after every match



TOURNAMENT WITH 3 TEAMS, 1 PITCH

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- DOUBLE LEAGUE SYSTEM
- 4 MATCHES PER TEAM
- FORMAT: 4 V 4, 5 V 5, 6 V 6, 7 V 7
- NO. OF PLAYERS: 4-7 per team
12-21 players
- DURATION OF EACH MATCH

→ 6-8 years: 10-15 minutes per game
2x5 - 2x7 minutes (half-time)

→ 9-10 years: 15-20 minutes per game
2x7 - 2x10 minutes (half-time)

→ 11-12 years: 15-24 minutes per game
2x7-2x12 minutes (half-time)

ROUND	MATCH
	A – B
1	C – A
	B – C
	B – A
2	A – C
	C – B

TOURNAMENT WITH 4 TEAMS, 1 PITCH

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- SINGLE LEAGUE SYSTEM
- 3 MATCHES PER TEAM
- FORMAT: 4 V 4, 5 V 5, 6 V 6, 7 V 7, 8 V 8, 9 V 9
- NO. OF PLAYERS: 4-7 per team
16-28 players
- DURATION OF EACH MATCH
 - 6-8 years: 15-20 minutes per game
2x7 - 2x10 minutes (half-time)
 - 9-10 years: 20-25 minutes per game
2x10 - 2x12 minutes (half-time)
 - 11-12 years: 25-30 minutes per game
2x12 - 2x15 minutes (half-time)

ROUND	MATCH	FIXTURES
1	1	A – B
	2	C – D
2	3	B – C
	4	D – A
3	5	B – D
	6	A – C

TOURNAMENT WITH 5 TEAMS, 1 PITCH

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- SINGLE LEAGUE SYSTEM
- 4 MATCHES PER TEAM
- FORMAT: 4 V 4, 5 V 5, 6 V 6, 7 V 7, 8 V 8, 9 V 9
- NO. OF PLAYERS: 4-7 per team
20-35 players

Each team will play one game against the four others. One team will rest during each round.

- DURATION OF EACH MATCH

→ 6-8 years: 10-15 minutes per game
2x5 - 2x7 minutes (half-time)

→ 9-10 years: 15-20 minutes per game
2x7 - 2x10 minutes (half-time)

→ 11-12 years: 25-30 minutes per game
2x10 - 2x12 minutes (half-time)

ROUND	MATCH	FIXTURES
	1	A – B
1	2	C – D
	STAND BY	E
	3	B – E
2	4	C – A
	STAND BY	D
	5	E – A
3	6	D – B
	STAND BY	C
	7	C – E
4	8	A – D
	STAND BY	B
	9	D – E
5	10	B – C
	STAND BY	A

TOURNAMENT WITH 6 TEAMS, 1 PITCH

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- SINGLE LEAGUE SYSTEM

1. First round with 2 pools of 3 teams

- Pool P1: A, B, C
- Pool P2: D, E, F
- 2 matches per team

2. Second round

- Group W: 2 winners of pool P1 & P2
+ the best second-placed team
- Group L: the three other teams
- 2 matches per team

Final round	W	Final round	L
A	1 st P1	D	2 nd P1/2
B	1 st P2	E	3 rd P1
C	Best 2 nd P1/2	F	3 rd P2

POOL	1 st ROUND	FIXTURES
P1	1	A – B
P2	2	D – E
P1	3	C – A
P2	4	F – D
P1	5	B – C
P2	6	E – F

POOL	FINAL ROUND	FIXTURES
W	1	B – C
L	2	D – E
W	3	C – A
L	4	F – D
W	5	A – B
L	6	E – F

TOURNAMENT WITH 6 TEAMS, 2 PITCHES

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- DOUBLE LEAGUE SYSTEM
- 4 MATCHES PER TEAM
- FORMAT: 4 V 4, 5 V 5, 6 V 6, 7 V 7, 8 V 8, 9 V 9
- NO. OF PLAYERS: 4-7 per team
24-42 players
- DURATION OF EACH MATCH

→ 6-8 years: 10-12 minutes per game
2x5 - 2x6 minutes (half-time)

→ 9-10 years: 12-15 minutes per game
2x6 - 2x7 minutes (half-time)

→ 11-12 years: 15-20 minutes per game
2x7 - 2x10 minutes (half-time)

POOL	MATCH	FIXTURES
P1	1	A – B
P2	2	D – E
P1	3	C – A
P2	4	F – D
P1	5	B – C
P2	6	E – F
P1	7	B – A
P2	8	E – D
P1	9	A – C
P2	10	D – F
P1	11	C – B
P2	12	F – E

TOURNAMENT WITH 8 TEAMS 2 PITCHES

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1. First round with 2 pools of 4 teams

- Pool P1: A, B, C, D
- Pool P2: E, F, G, H
- 3 matches per team

2. Second round

- Group W: top 2 teams of pool P1 & P2
- Group L: the bottom 2 teams of pool P1 & P2
- 3 matches per team

- Total no. of matches: 6

- Duration:

→ 6-8 years: 6-10 minutes per game
 6 minutes/2x5 minutes (half-time)

→ 9-10 years: 10-15 minutes per game
 2x5 - 2x7 minutes (half-time)

→11-12 years: 15-20 minutes per game
 2x7 - 2x10 minutes (half-time)

ROUND	POOL 1	FIXTURES
1	1	A – B
	2	C – D
2	3	B – C
	4	D – A
3	5	B – D
	6	A – C

ROUND	POOL 2	FIXTURES
1	1	E – F
	2	G – H
2	3	F – G
	4	H – E
3	5	F – H
	6	E – G

TOURNAMENT WITH 8 TEAMS 2 PITCHES

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IF ONLY 1 PITCH IS AVAILABLE, THE MATCHES OF P1 & P2 AS WELL AS THE MATCHES OF POOL W AND POOL L WILL BE ORGANISED ALTERNATELY

Final round	W	Final round	L
A	1 st P1	E	3 rd P1
B	1 st P2	F	3 rd P2
C	2 nd P1	G	4 th P1
D	2 nd P2	H	4 th P2

ROUND	POOL W	FIXTURES
1	1	A - D
	2	B - C
2	3	A - C
	4	D - B
3	5	C - D
	6	A - B

ROUND	POOL L	FIXTURES
1	1	E - H
	2	F - G
2	3	E - G
	4	H - F
3	5	G - H
	6	E - F

TOURNAMENT WITH 16 TEAMS, 1 TO 4 PITCHES

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1. First round with 4 pools of 4 teams

- Pool P1: A, B, C, D
- Pool P2: E, F, G, H
- Pool P3: I, J, K, L
- Pool P4: M, N, O, P
- 3 matches per team

2. Second round

- 2 groups W: 2 winners of each pool
- 2 groups L: the bottom 2 teams of each pool
- 3 matches per team

- Total no. of matches = 6

2 nd Rd	W 1	2 nd Rd	W 2
A	1 st P1	I	1 st P3
E	1 st P2	M	1 st P4
J	2 nd P3	B	2 nd P1
N	2 nd P4	F	2 nd P2

2 nd Rd	L 1	2 nd Rd	L 2
C	3 rd P1	K	3 rd P3
G	3 rd P2	N	3 rd P4
B	4 th P3	D	4 th P1
F	4 th P4	H	4 th P2

ROUND	POOL 1	FIXTURES
1	1	A – B
	2	C – D
2	3	B – C
	4	D – A
3	5	B – D
	6	A – C

ROUND	POOL 2	FIXTURES
1	1	E – F
	2	G – H
2	3	F – G
	4	H – E
3	5	F – H
	6	E – G

ROUND	POOL 3	FIXTURES
1	1	I – J
	2	K – L
2	3	J – K
	4	I – L
3	5	J – L
	6	I – K

ROUND	POOL 4	FIXTURES
1	1	M – N
	2	O – P
2	3	N – O
	4	M – P
3	5	N – P
	6	M – O

TOURNAMENT WITH 16 TEAMS, 1 TO 4 PITCHES

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THIRD ROUND:

- **SEMI-FINALS:**

- 1st match: winner W1 v/s 2nd W2
- 2nd match: winner W2 v/s 2nd W1

- **FINALS**

- 3rd / 4th place match: losing semi-finalists
- 1st/ 2nd place match: winning semi-finalists

NOTE: 5th-16th place matches can also be organised in the same way.

- **Duration:**

- 6-8 years: 7-10 minutes per game
 7 minutes/2x5 minutes (half-time)
- 9-10 years: 10-12 minutes per game
 2x5 - 2x6 minutes (half-time)
- 11-12 years: 12-15 minutes per game
 2x6 - 2x15 minutes (half-time)



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The competition formulas, the number of matches, the level of the players and other factors such as climatic conditions will help the coach-educator to assess the appropriate time factor in organising tournaments.

