



## County Limerick

### Coaching and Games Development Committee

#### Under 8 & 10 Blitzes - Rules

- For Under 8/10 leagues and blitzes the home Club is responsible for erecting portable goalposts and marking out the pitch and zones with cones.
- Goalposts must be secured properly in accordance with insurance regulations. Training poles may also be used instead of goalposts.
- The emphasis should be on FUN and SKILL DEVELOPMENT and not on winning at all costs.
- All players should get at least 15 minutes of a game. No shouting or abuse from the sideline will be tolerated.
- All teams to play 3 games at each Blitz. Even though some blitzes will have more than 4 teams at a venue 3 games will be sufficient per team at any given blitz.
- All players, mentors and supporters are expected to show respect for the referee.
- Failure to do this will result in the referee reporting the persons involved and these people along with Club Officers will be called before the disciplinary committee of Coaching & Games.

#### CATHAOIRLEACH:

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#### RUNAI:

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### BLITZ PREPARATION CHECKLIST

- Lead coaches to communicate with each other in the days running up to the blitz.
- Particular emphasis should be initiated by the Host Club Lead Coach to contact the visiting lead coaches and verify/agree on the following;
  - How many children/teams will attend the blitz
  - How many pitches will we set up?
  - Will we have enough manpower i.e. referees for each pitch?
  - If there is a clash of colours, are there bibs available?
  - Any other necessary arrangements?
- Remember the objective of each blitz is to create fun- filled environment for the children. The 'win at all costs' attitude is a thing of the past!
- Teams are 7/9/11-a-side as per rules of the Go Games.
- See our website [www.limerickgaacoaching.ie](http://www.limerickgaacoaching.ie) for a full set of the Go Games rules.

Is Mise Le Meas,

*Nollaig O hArtagain* \_\_\_\_\_

Noel Hartigan – Runaí

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