



U12-U13– 5v5

U12-U13

Un Football pour tous les enfants



5v5

7 matchs de 10 min
50% de temps de jeu pour chaque enfant

LES
INCONTOURNABLES

4 journées dans la saison avec un effectif de 5v5 (+ 3 remplaçants maximum)
Buts : 4 x 1,80m
Toutes les équipes U12-U13
Arbitrage en duo

LES ADAPTATIONS
POSSIBLES

- Choix du terrain : Terrain de foot (Synthétique si possible), Gymnase (pour le 6/02/2027), Terrain Futsal Extérieur (Urban Soccer pour le 3/04/2027)
- Choix de l'espace de jeu si terrain de foot
- Positionnement dans la saison (fin de chaque cycle)
- Répartition (futsal uniquement, extérieur uniquement ou mixte)



LE 5v5

- Espace de jeu : 40 x 30m ou 40 x 20m
- Découpage du temps toutes les 7 min pour permettre les changements de joueurs, et de changer les joueurs remplaçants à l'arbitrage
- Préconisation : Répartitions des équipes par niveau dès la 1^{ère} rotation

GYMNASE & FUTSAL EXTERIEUR 40x20 m:

- Ballon Futsal (Foot T4 possible)
- Lois du jeu du Futsal Associé

TERRAIN FOOT 40x30m :

- Ballon Foot
- Lois du jeu du Futsal sans celle du GDB

Passion

Plaisir

Pratique : 5 v 5 dont GB

Espace de jeu : 40 x 30 m

Nbre d'équipes : 16 équipes de 12 joueurs/ses

Contenu :

- Uniquement que des rencontres
- Montante/ Descendante
- 7 matchs de 10 minutes

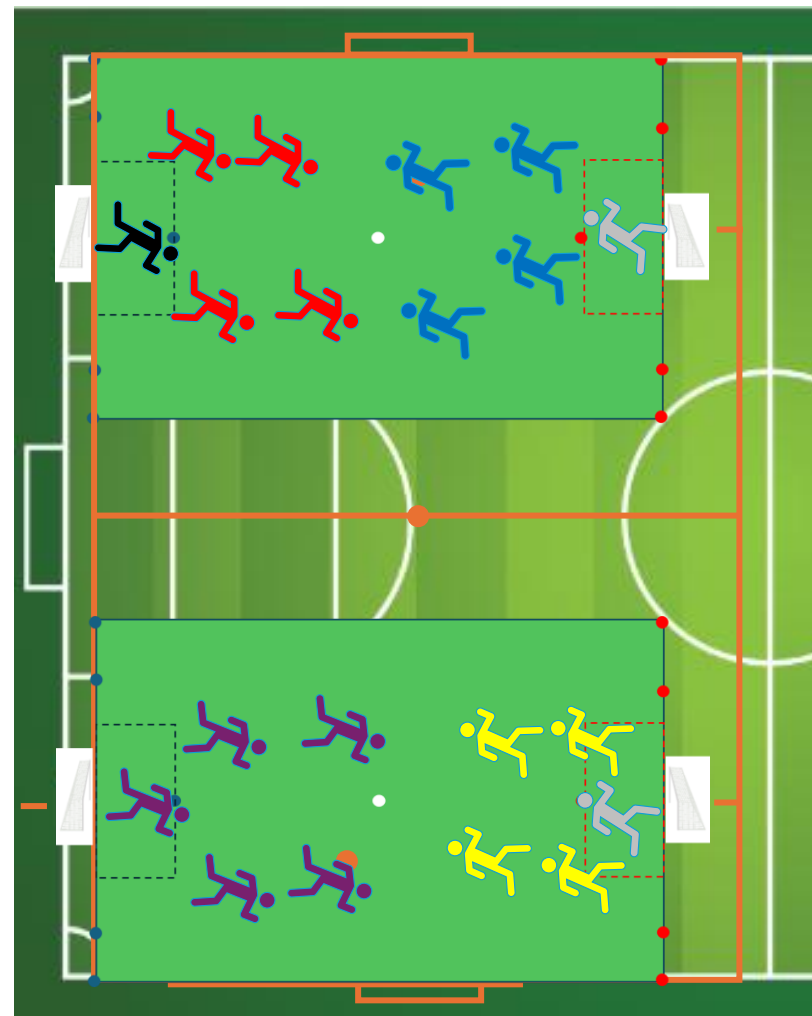
Classement

- Addition des points acquis sur les 7 rencontres
- Victoire = 3 points, Nul = 1 point & Défaite = 0 point

But : 4 x 1,80m

Lois du jeu :

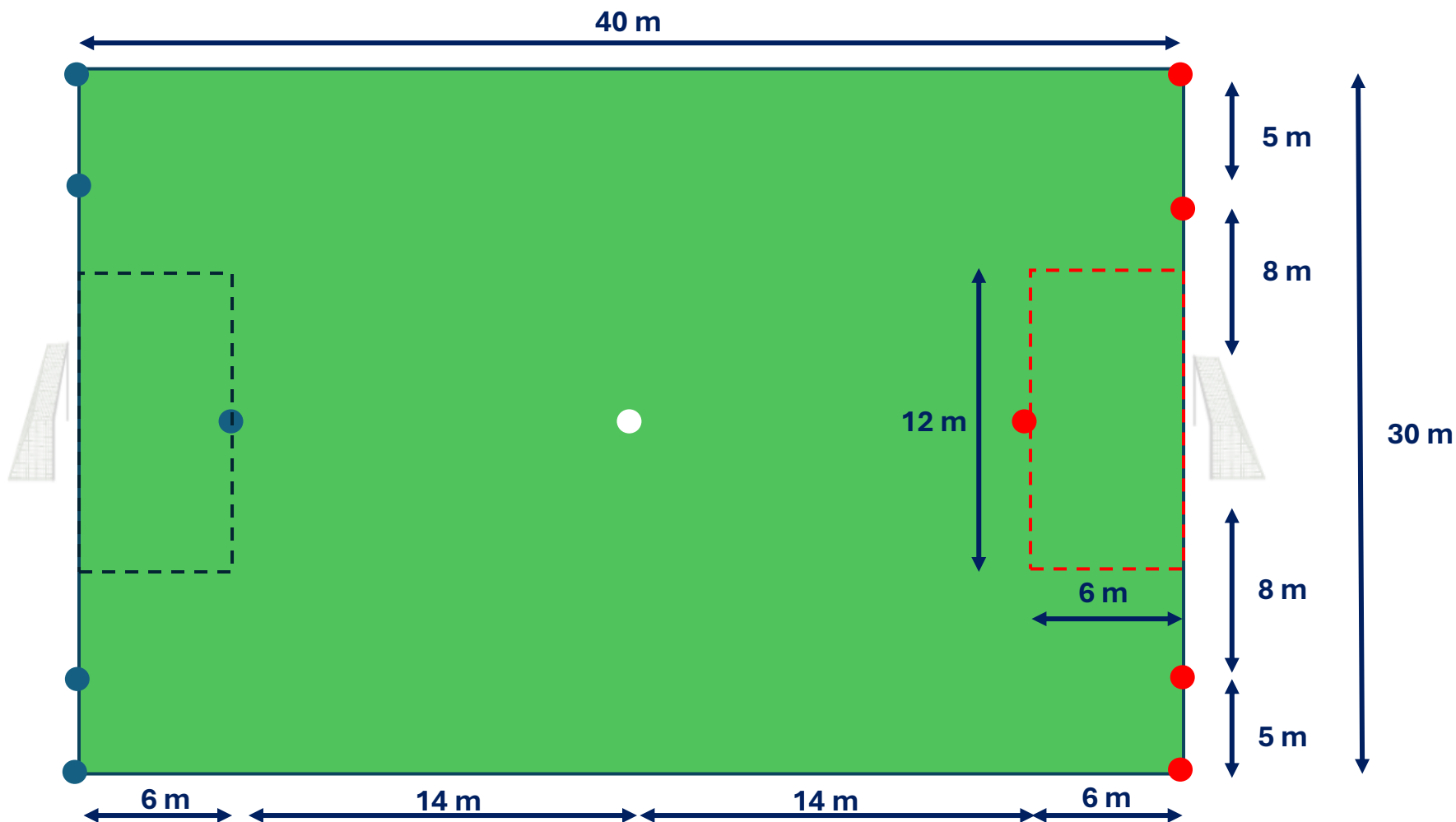
- Le gardien ne peut pas se saisir du ballon à la main sur une passe volontaire d'un coéquipier.
- Sortie de but : Relance à la main par le gardien.
- Coup de pied de réparation (pénalty) : à 6 mètres
- Touches : au pied, ballon arrêté sur la ligne, adversaires à 5 mètres. Interdiction de marquer directement.
- Coups-francs : directs ou indirects, adversaires à 5 mètres
- Hors-jeu : Pas de hors-jeu.
- Notion de 4 secondes pour toutes les remises en jeu.
- Tacles : Interdits



LOIS DU JEU FUTSAL ASSOCIÉ U11-U13 - SAISON 2026-2027	
Pratique masculine et féminine comprenant les U12F par exemple	
Utilisation	Longueur 40m, largeur 30m, 5v5, 10m, 20m, 30m, 40m, 50m, 60m, 70m, 80m, 90m, 100m, 110m, 120m, 130m, 140m, 150m, 160m, 170m, 180m, 190m, 200m, 210m, 220m, 230m, 240m, 250m, 260m, 270m, 280m, 290m, 300m, 310m, 320m, 330m, 340m, 350m, 360m, 370m, 380m, 390m, 400m, 410m, 420m, 430m, 440m, 450m, 460m, 470m, 480m, 490m, 500m, 510m, 520m, 530m, 540m, 550m, 560m, 570m, 580m, 590m, 600m, 610m, 620m, 630m, 640m, 650m, 660m, 670m, 680m, 690m, 700m, 710m, 720m, 730m, 740m, 750m, 760m, 770m, 780m, 790m, 800m, 810m, 820m, 830m, 840m, 850m, 860m, 870m, 880m, 890m, 900m, 910m, 920m, 930m, 940m, 950m, 960m, 970m, 980m, 990m, 1000m, 1010m, 1020m, 1030m, 1040m, 1050m, 1060m, 1070m, 1080m, 1090m, 1100m, 1110m, 1120m, 1130m, 1140m, 1150m, 1160m, 1170m, 1180m, 1190m, 1200m, 1210m, 1220m, 1230m, 1240m, 1250m, 1260m, 1270m, 1280m, 1290m, 1300m, 1310m, 1320m, 1330m, 1340m, 1350m, 1360m, 1370m, 1380m, 1390m, 1400m, 1410m, 1420m, 1430m, 1440m, 1450m, 1460m, 1470m, 1480m, 1490m, 1500m, 1510m, 1520m, 1530m, 1540m, 1550m, 1560m, 1570m, 1580m, 1590m, 1600m, 1610m, 1620m, 1630m, 1640m, 1650m, 1660m, 1670m, 1680m, 1690m, 1700m, 1710m, 1720m, 1730m, 1740m, 1750m, 1760m, 1770m, 1780m, 1790m, 1800m, 1810m, 1820m, 1830m, 1840m, 1850m, 1860m, 1870m, 1880m, 1890m, 1900m, 1910m, 1920m, 1930m, 1940m, 1950m, 1960m, 1970m, 1980m, 1990m, 2000m, 2010m, 2020m, 2030m, 2040m, 2050m, 2060m, 2070m, 2080m, 2090m, 2100m, 2110m, 2120m, 2130m, 2140m, 2150m, 2160m, 2170m, 2180m, 2190m, 2200m, 2210m, 2220m, 2230m, 2240m, 2250m, 2260m, 2270m, 2280m, 2290m, 2300m, 2310m, 2320m, 2330m, 2340m, 2350m, 2360m, 2370m, 2380m, 2390m, 2400m, 2410m, 2420m, 2430m, 2440m, 2450m, 2460m, 2470m, 2480m, 2490m, 2500m, 2510m, 2520m, 2530m, 2540m, 2550m, 2560m, 2570m, 2580m, 2590m, 2600m, 2610m, 2620m, 2630m, 2640m, 2650m, 2660m, 2670m, 2680m, 2690m, 2700m, 2710m, 2720m, 2730m, 2740m, 2750m, 2760m, 2770m, 2780m, 2790m, 2800m, 2810m, 2820m, 2830m, 2840m, 2850m, 2860m, 2870m, 2880m, 2890m, 2900m, 2910m, 2920m, 2930m, 2940m, 2950m, 2960m, 2970m, 2980m, 2990m, 3000m, 3010m, 3020m, 3030m, 3040m, 3050m, 3060m, 3070m, 3080m, 3090m, 3100m, 3110m, 3120m, 3130m, 3140m, 3150m, 3160m, 3170m, 3180m, 3190m, 3200m, 3210m, 3220m, 3230m, 3240m, 3250m, 3260m, 3270m, 3280m, 3290m, 3300m, 3310m, 3320m, 3330m, 3340m, 3350m, 3360m, 3370m, 3380m, 3390m, 3400m, 3410m, 3420m, 3430m, 3440m, 3450m, 3460m, 3470m, 3480m, 3490m, 3500m, 3510m, 3520m, 3530m, 3540m, 3550m, 3560m, 3570m, 3580m, 3590m, 3600m, 3610m, 3620m, 3630m, 3640m, 3650m, 3660m, 3670m, 3680m, 3690m, 3700m, 3710m, 3720m, 3730m, 3740m, 3750m, 3760m, 3770m, 3780m, 3790m, 3800m, 3810m, 3820m, 3830m, 3840m, 3850m, 3860m, 3870m, 3880m, 3890m, 3900m, 3910m, 3920m, 3930m, 3940m, 3950m, 3960m, 3970m, 3980m, 3990m, 4000m, 4010m, 4020m, 4030m, 4040m, 4050m, 4060m, 4070m, 4080m, 4090m, 4100m, 4110m, 4120m, 4130m, 4140m, 4150m, 4160m, 4170m, 4180m, 4190m, 4200m, 4210m, 4220m, 4230m, 4240m, 4250m, 4260m, 4270m, 4280m, 4290m, 4300m, 4310m, 4320m, 4330m, 4340m, 4350m, 4360m, 4370m, 4380m, 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15090m, 15100m, 15110m, 15120m, 15130m, 15140m, 15150m, 15160m, 15170m, 15180m, 15190m, 15200m, 15210m, 15220m, 15230m, 15240m, 15250m, 15260m, 15270m, 1

Dimensions :

40 x 30 m



Mise en place :

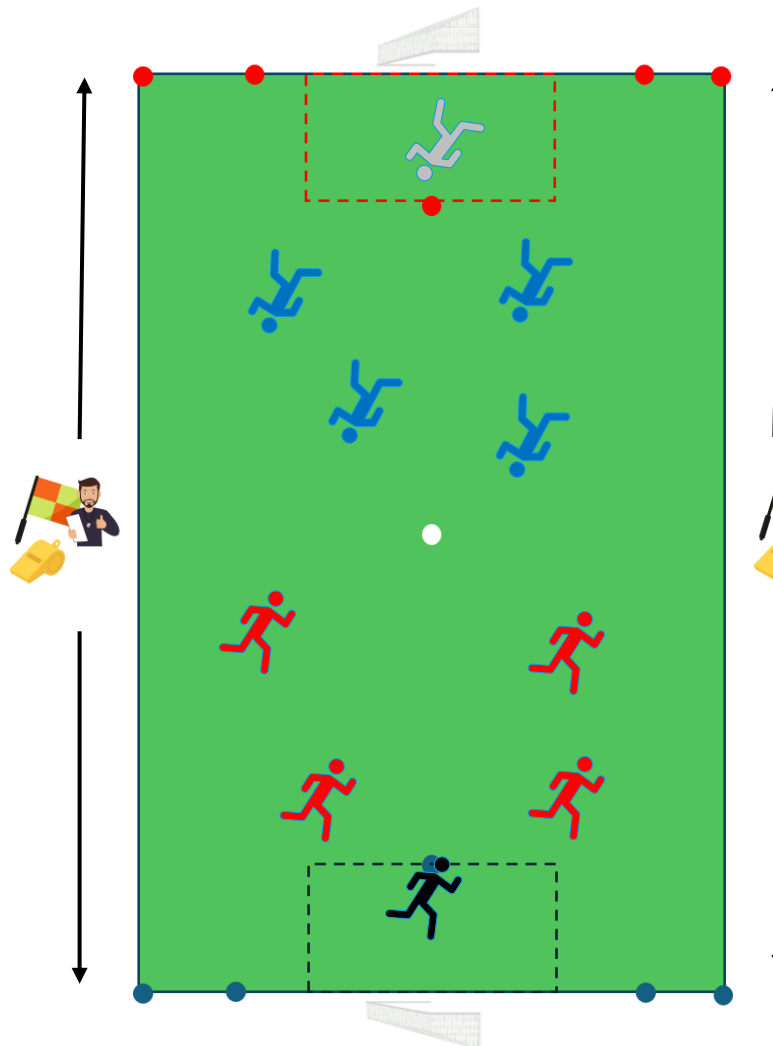
- Chaque équipe fournit un arbitre pour constituer un duo. Si possible, un adulte accompagne chaque arbitre.
- Chacun couvre une ligne de touche complète.
- Un adulte régulateur par terrain

Rôle des arbitres:

- Faire débiter et terminer une rencontre.
- Siffler les fautes.
- Valider un but.
- Coopérer avec son binôme.

Conseils :

- Lors de la présentation des tournois 5 v 5, le dirigeant explique ce qu'on attend des arbitres. (positionnement, gestuelle) et peut l'accompagner (rassure, conseille mais n'arbitre pas à sa place).
- Organiser les rotations d'arbitres pour que tous puissent s'initier.
- Possibilité d'avoir un adulte régulateur sur le bord du terrain qui conseille, intervient si besoin et rassure.



Objectifs :

- Découvrir l'arbitrage sur le terrain en duo et prendre des décisions (fautes, sorties) en utilisant un sifflet.



Arbitrage d'un enfant
tutoré par un adulte