

## **U8 Modified Rules**

### **US Youth Soccer Official Under 8 Playing Recommendations**

US Youth Soccer recommended modifications to the FIFA Laws of the Game.

FIFA Laws of the Game can be found at [www.ussoccer.com/referees](http://www.ussoccer.com/referees).

**Please note the U8 addendum and appendix.**

#### **Law 1 – The Field of Play**

**Dimensions:** The field of play must be rectangular. The length of the touchline must be greater than the length of the goal line.

**Length:** minimum 25 yards maximum 35 yards

**Width:** minimum 20 yards maximum 30 yards

**Field Markings:** Distinctive lines not more than (5) inches wide. The field of play is divided into two halves by a halfway line. The center mark is indicated at the midpoint of the halfway line. The center mark is indicated at the midpoint of the halfway line. A circle with a radius of four (4) yards is marked around it.

**The Goal Area:** A goal area is defined at each end of the field as follows: Two lines are drawn at right angles to the goal line three (3) yards from the inside of each goalpost. These lines extend into the field of play for a distance of three (3) yards and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the goal area.

**The Penalty Area:** none.

**Flag posts:** none.

**The Corner Arc:** Conform to FIFA.

**Goals:** Goals must be placed on the center of each goal line. They consist of two upright posts equidistant from the corners and joined at the top by a horizontal crossbar. The recommended distance between the posts is eighteen (18) feet and the distance from the lower edge of the crossbar to the ground is six (6) feet. Goals may be smaller in dimension.

**Safety:** Goals must be anchored securely to the ground. Portable goals may only be used if they satisfy this requirement.

**Law 2 – The Ball:** Size three (3).

**Law 3 – The Number of Players:** A match is played by two teams, each consisting of not more than four players. There are NO goalkeepers.

**Substitutions:** At any stoppage of play and unlimited.

Playing time: Each player SHALL play a minimum of 50% of the total playing time. Teams and matches may be coed.

**Law 4 – The Players’ Equipment:** Conform to FIFA. Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

**Law 5 – The Referee:** An OFFICIAL (Game Manager or Coordinator or Parent or Coach or Grade 9 referee) may be used. All infringements shall be briefly explained to the offending player.

**Law 6 – The Assistant Referees:** None.

**Law 7 – The Duration of the Match:** The match shall be divided into four (4) equal, twelve (12) minute quarters. There shall be a two (2) minute break between quarters one and two and another two (2) minute break between quarters three and four. There shall be a half-time interval of five (5) minutes.

**Law 8 – The Start and Restart of Play:** Conform to FIFA, with the exception of the opponents of the team taking the kick-off are at least four (4) yards from the ball until it is in play.

**Law 9 – The Ball In and Out of Play:** Conform to FIFA.

**Law 10 – The Method of Scoring:** Conform to FIFA.

**Law 11 – Offside:** None.

**Law 12 – Fouls and Misconduct:** Conform to FIFA with the exception that all fouls shall result in a direct free kick. The referee/coach/parent must explain ALL infringements to the offending player. No cards shown for misconduct.

**Law 13 – Free Kicks:** Conform to FIFA with the exceptions that all kicks are direct and all opponents are at least four (4) yards from the ball until it is in play.

**Law 14 – The Penalty Kick:** None.

**Law 15 – The Kick-In:** A kick-in is considered as a direct free kick with the opponents four (4) yards from the ball until it is in play.

**Law 16 – The Goal Kick:** The goal kick should be taken anywhere within the goal area. Opposing players must be outside the goal area AND at least four (4) yards away from the ball until it is in play. It is suggested that if necessary that opponents are in their own half of the field until the ball is in play.

**Law 17 – The Corner Kick:** Conform to FIFA with the exception that opponents remain at least four (4) yards from the ball until it is in play.

## **U8 ADDENDUM**

### **MODIFIED RECOMMENDATIONS OF THE GAME FOR U8**

**Law 1** The Field of Play: dimensions are smaller to accommodate the four-versus-four game and are appropriate for the movement capabilities of six- and seven-year-old children. These adjusted dimensions provide more practical space allowing players to be successful.

Field Markings: the center circle gives the players a concrete marking on where to be for the kick-off. The corner arc gives the young player a concrete place to put the ball to kick it back onto the field of play. While kids this young will execute corner kick plays to a modest degree taking a kick from the corner is a reasonable way for them to put the ball into play and provides continuity with all other age groups. However, the center circle and the corner arc for U8 Small Sided Games are not mandatory field markings.

Goals: the goal, 6 x 18 feet or smaller, is the same for the U6 to U8 age groups. By using the same size goal for these age groups clubs will have to buy fewer goals and there will be greater flexibility in the use of fields. A big goal without a goalkeeper should mean a few more goals for kids whose shooting technique is primitive along with their eye-foot coordination. Let's give them the broad side of the barn at which to shoot, the more goals the merrier. Finally the shooting odds for the U8 age group are one versus seven, so let's give them a chance by having a larger target. However, manufactured goals are not mandatory for U8 Small Sided Games. Clubs are free to use cones, Pug goals or other items to designate the goal for this age group. Any goal must be properly anchored to the ground.

**Law 2** The Ball: must be a size three. The smaller ball is lighter and more easily kicked, received, dribbled and passed.

**Law 3** The Number of Players: there are no goalkeepers in the U8 age group so that all of the players may chase the ball around the field. The kids want to be where the action is and at this age it is around the ball. This will provide the opportunity for the children to further develop their running, jumping and kicking coordination. These are valuable traits for all soccer players to develop. The smaller number of players takes into account the egocentrism of this age group and therefore allows each child more opportunities for shooting, passing and dribbling the ball. With fewer players on the field each child has an increased number of contacts with the ball and has more actual playing time. Additionally the players will be required to make more decisions and experience repeated game situations frequently. The involvement of players will be more consistent. While learning both offense and defense, players will become well rounded and will understand more readily the roles and importance of teammates. Children in the U8 age group will intentionally play in pairs. The smaller number of players on the field will make it easier and more likely that passing and receiving will occur.

There should not be a minimum number of players for U8 and U6 and clubs, administrators, coaches and referees should be encouraged to allow players from the team with sufficient numbers to 'loan' a player or two to the team that is short players and then PLAY.

**Law 5** The Referee: a referee is not really needed for this age group. Instead a parent or a coach should officiate the game. All rule infringements shall be briefly explained to the offending player. It is strongly recommended that the adult officiating the U8 game attend the Grade 9 referee course.

**Law 6** The Assistant Referees: none are needed.

**Law 7** The Duration of the Match: the game is divided into four quarters. Clubs may make the quarters shorter in duration if necessary. Quarters are played in the U8 age group to accommodate the attention span and physical limitations of the children.

**Law 10** Goal Scored: shall conform to FIFA.

**Law 11** Offside: there shall be no offside called during these games.

**Law 12** Fouls and Misconduct: no caution or send off shall be issued to players. If a child is being too rambunctious then the game official will ask the coach to make a substitution of that player to give the child a chance to calm down before returning to play.

**Law 13** Free Kicks: all free kicks shall be direct. This will keep the game flowing and keep the attention of the kids.

**Law 14** The Penalty Kick: there will not be any penalty kicks called.

**Law 15** The Kick-In: some U8 players do not yet have the eye-hand coordination to execute a throw-in to the letter of the law. This leads to endless retakes from one team to the other. Additionally with a kick-in the ball is on the ground and stationary so the U8 player has a better chance of striking it correctly. This may lead to some intentional passes, thus encouraging teamwork. However, this is still unlikely given that whether it is a throw or a kick all of the kids on the field will be yelling for the ball at the same time and the child putting the ball into play will be confused.

**Law 16** The Goal Kick: the kick should be allowed to be taken from anywhere along the goal line over which the ball traveled. This is so the ball can be put back into play quickly. The ball should be placed two or three yards into the field of play to make it easier for the child taking the goal kick to get the ball well into the field of play once it is kicked. The defending players must stand at least four yards away from the ball until it is in play. If the suggestion of using the halfway line is used then the defending players must stand at least at the halfway line until it is in play. The position of the defending players is so that the attacking team has a chance to advance the ball up field.

**Law 17** The Corner Kick: per FIFA. The defending players must stand at least four yards away from the ball until it is in play.

- ⇒ Roster Size: Under the single field method the recommended minimum roster size is six players and the maximum roster size is eight players. Under the dual field method the recommended minimum roster size is ten players and the maximum roster size is twelve players. This range of roster sizes allows for a club to use either the single field or dual field set up.
- ⇒ Playing Time: A minimum of at least 50% playing time is required.
- ⇒ Split-Field Model: See appendix for options.
- ⇒ No score or standings should be kept.

#### ADVANTAGES OF PLAYING SMALL SIDED GAMES

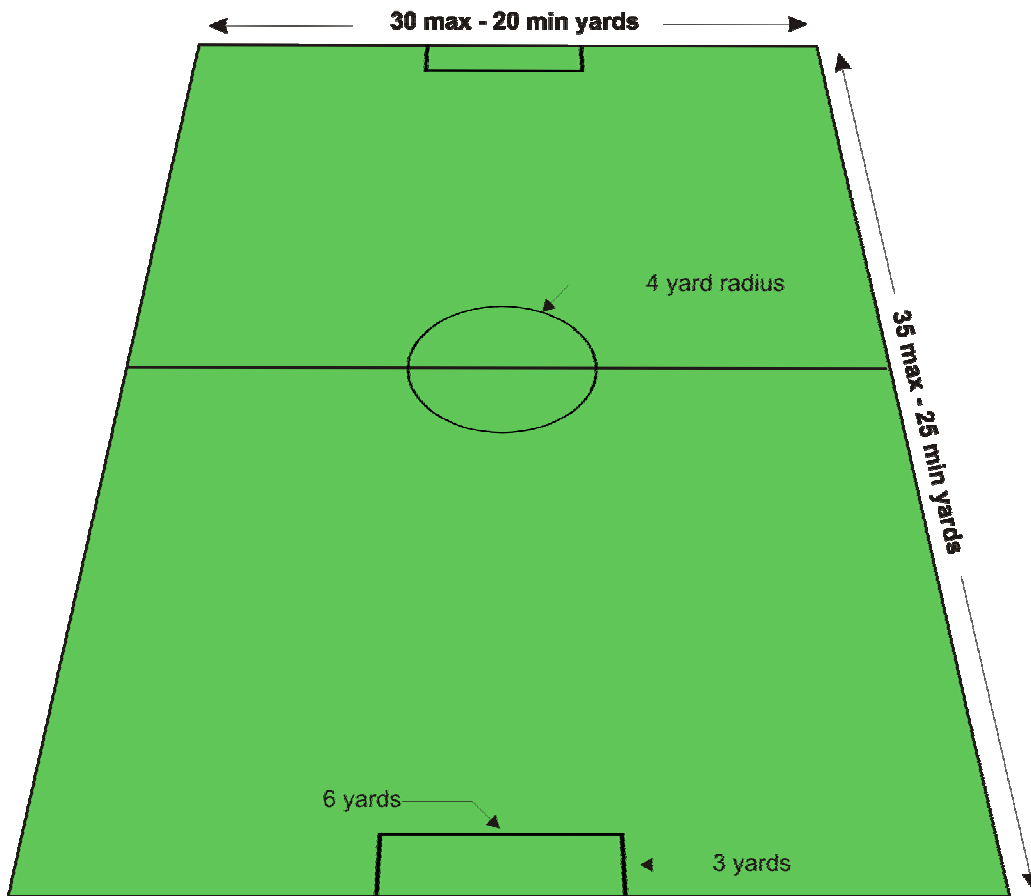
- More time with the coach
- Energetic workouts due to playing both offense and defense
- More efficient use of field space
- Matches can be played simultaneously across a full size field
- Children are physically more efficient in smaller space
- Children are actively involved for a longer period of time
- It takes less time to score a goal or advance to goal
- Greater success rate for the players

#### **US Youth Soccer Recommendations**

- Opposing coaches, players and parents should shake hands after each match.

- Parent/coaches, non-participating players and spectators should be there to enjoy and encourage the activity of the youngsters.
- Spectator and team benches should be on opposite sides of the field.
- No alcoholic beverages or tobacco products will be consumed or allowed near the playing area.
- No slide tackles to be allowed in this age group.
- Coaches of U8 teams should attend the U6/U8 Youth Module coaching course and the Grade 9 referee course.

## Suggested Set-up for 4v4 Fields



## **U10 Modified Rules**

### **US Youth Soccer Official Under 10 Playing Recommendations**

US Youth Soccer recommended modifications to the FIFA Laws of the Game.

FIFA Laws of the Game can be found at [www.ussoccer.com/referees](http://www.ussoccer.com/referees).

**Please also note the U10 addendum and appendix.**

#### **Law 1 – The Field of Play**

**Dimensions:** The field of play must be rectangular. The length of the touchline must be greater than the length of the goal line.

**Length:**            minimum 45 yards    maximum 60 yards

**Width:**            minimum 35 yards    maximum 45 yards

**Field Markings:** Distinctive lines not more than five (5) inches wide. The field of play is divided into two halves by a halfway line. The center mark is indicated at the midpoint of the halfway line. A circle with a radius of eight (8) yards is marked around it.

**The Goal Area:** A goal area is defined at each end of the field as follows: Two lines are drawn at right angles to the goal line five (5) yards from the inside each goalpost. These lines extend into the field of play for a distance of five (5) yards and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the goal area.

**The Penalty Area:** A penalty area is defined at each end of the field as follows: Two lines are drawn at right angles to the goal line, ten (10) yards from the inside of each goalpost. These lines extend into the field of play for a distance of ten (10) yards and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the penalty area. Within each penalty area a penalty mark is made eight (8) yards from the midpoint between the goalposts and equidistant to them. An arc of a circle with a radius of eight (8) yards from each penalty mark is drawn outside the penalty area.

**Flag posts:** Conform to FIFA.

**The Corner Arc:** Conform to FIFA.

**Goals:** Goals must be placed on the center of each goal line. They consist of two upright posts equidistant from the corner flag posts and joined at the top by a horizontal crossbar. The maximum distance between the posts is eighteen (18) feet and the maximum distance from the lower edge of the crossbar to the ground is six (6) feet.

**Safety:** Goals must be anchored securely to the ground. Portable goals may only be used if they satisfy this requirement.

**Law 2 – The Ball:** Size four (4).

**Law 3 – The Number of Players:** A match is played by two teams, each consisting of not more than six players, one of whom is the goalkeeper. A match may not start if either team consists of fewer than five players.

Substitutions: At any stoppage and unlimited.

Playing time: Each player SHALL play a minimum of 50% of the total playing time. Teams and matches may be coed.

**Law 4 – The Players' Equipment:** Conform to FIFA. Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

**Law 5 – The Referee:** Registered referee, especially Grade 9 or parent/coach or assistant coach. All rule infringements shall be briefly explained to the offending player.

**Law 6 –The Assistant Referees:** Not required. May use club linesmen if desired.

**Law 7 – The Duration of the Match:** Conform to FIFA with the exception of the match being divided into two (2) equal halves of twenty-five (25) minutes each. There shall be a half-time interval of five (5) minutes.

**Law 8 – The Start and Restart of Play:** Conform to FIFA with the exception of the opponents of the team taking the kick-off are at least eight (8) yards from the ball until it is in play.

**Law 9 – The Ball In and Out of Play:** Conform to FIFA.

**Law 10 – The Method of Scoring:** Conform to FIFA.

**Law 11 – Offside:** None.

**Law 12 – Fouls and Misconduct:** Conform to FIFA with the exception that an indirect free kick is awarded to the opposing team at the center spot on the halfway line if a goalkeeper punts or drop-kicks the ball in the air from his/her penalty area into the opponents penalty area.

**Law 13 – Free Kicks:** Conform to FIFA with the exception that all opponents are at least eight (8) yards from the ball.

**Law 14 – The Penalty Kick:** Conform to FIFA with the exception that the penalty mark is made eight (8) yards from the midpoint between the goalposts and equidistant to them.

**Law 15 – The Throw-In:** Conform to FIFA.

**Law 16 – The Goal Kick:** Conform to FIFA.

**Law 17 – The Corner Kick:** Conform to FIFA with the exception that opponents remain at least eight (8) yards from the ball until it is in play.

## **U10 ADDENDUM**

### **MODIFIED RECOMMENDATIONS OF THE GAME FOR U10**

**Law 1** The Field of Play: dimensions are smaller to accommodate the six-versus-six game and are appropriate for the movement capabilities of eight- and nine-year-old children. These adjusted dimensions provide more practical space allowing players to be successful.

Field Markings: the goal area is smaller than the adult size goal area and is proportional to the U10 field of play. The penalty area is marked, but is smaller than the adult field size penalty area and within the penalty area is the penalty mark which is four yards shorter than the adult size field marking. The center circle is two yards smaller in radius than the adult size field marking. All other markings are per FIFA.

Goals: the goal, 6 x 18 feet, is the same for the U10 and U12 age groups. By using the same size goal for both age groups clubs will have to buy fewer goals. Any goal must be properly anchored to the ground.

**Law 2** The Ball: must be a size four. The smaller ball is lighter and more easily kicked, received, dribbled and passed.

**Law 3** The Number of Players: the six-a-side game now includes the goalkeeper. The smaller number of field players will provide the opportunity for the children to further develop their physical and technical abilities. These are valuable traits for all soccer players to develop. With fewer players on the field each child has an increased number of contacts with the ball and has more actual playing time. Additionally the players will be required to make more decisions and experience repeating game situations more frequently. The work rate and involvement of players will be more consistent. While learning both offense and defense, players will become well rounded and will understand more readily the roles and importance of teammates. The need for the players to make the mental and physical transition from offense to defense and vice-versa will be enhanced in this playing environment.

The minimum number of players to begin a match for preteen players in SSG should be one (1) less than the number required on the field. That is for U12 the minimum will be seven (7) and for U10 the minimum will be five (5). There should not be a minimum for U8 and U6 and clubs, administrators, coaches and referees should be encouraged to allow players from the team with sufficient numbers to 'loan' a player or two to the team that is short players and then PLAY.

**Law 5** The Referee: per FIFA. Clubs are urged to use this age group as a field training opportunity for Grade 9 Recreational Referees. All rule infringements shall be briefly explained to the offending player.

**Law 6** The Assistant Referees: use club linesmen. Implement here the referee-in-training program.

**Law 7** The Duration of the Match: per FIFA with the exception of the halves being 25 minutes each.

**Law 8** The Start and Restart of Play: per FIFA. The distance the defending players must be away from the ball until it is kicked is the same as the radius of the center circle.

**Law 10** Goal Scored: shall conform to FIFA and the sections concerning Winning Team and Competition Rules shall conform to US Youth Soccer guidelines.

**Law 11** Offside: there shall be no offside called during these games.

**Law 12** The rule on the goalkeeper's distribution still allows for the ball to be punted the entire length of the field; it just can not go directly into the opponents' penalty area.



**Law 13** Free Kicks: per FIFA. The distance the defending players must be away from the ball until it is kicked is the same as the radius of the center circle.

**Law 14** The Penalty Kick: conform to FIFA with the exceptions that the penalty mark is ten yards from the center of the goal line and that players other than the kicker and defending goalkeeper are at least eight yards from the penalty mark. The distance of eight yards conforms to the radius of the center circle. The distance of ten yards from the center of the goalmouth for the penalty mark fits within the reduced dimensions of the penalty area and is a reasonable distance for the kick.

**Law 17** The Corner Kick: per FIFA. The distance the defending players must be away from the ball until it is kicked is the same as the radius of the center circle.

- ⇒ Roster Size: Under the single field method the recommended minimum roster size is nine players and the maximum roster size is eleven players. Under the dual field method the recommended minimum roster size is fourteen players and the maximum roster size is sixteen players. This range of roster sizes allows for a club to use either the single field or dual field set up.
- ⇒ Split-Field Model: See appendix for options.
- ⇒ Playing Time: A minimum of at least 50% playing time is required.
- ⇒ No score or standings should be kept.

#### ADVANTAGES OF PLAYING SMALL SIDED GAMES

- ❑ More time with the coach
- ❑ Energetic workouts due to playing both offense and defense
- ❑ More efficient use of field space
- ❑ Matches can be played simultaneously across a full size field
- ❑ Children are physically more efficient in smaller space
- ❑ Children are actively involved for a longer period of time
- ❑ It takes less time to score a goal or advance to goal
- ❑ Greater success rate for the players

#### **US Youth Soccer Recommendations**

- ❖ Opposing coaches, players and parents should shake hands after each match.
- ❖ Parent/coaches, non-participating players and spectators should be there to enjoy and encourage the activity of the youngsters.
- ❖ Spectator and team benches should be on opposite sides of the field.
- ❖ No alcoholic beverages or tobacco products will be consumed or allowed near the playing area. Opposing parent/coaches and players should shake hands after each match.
- ❖ No slide tackles to be allowed in this age group.
- ❖ Coaches of U10 teams should attend the U10/U12 Youth Module coaching course and the Grade 9 referee course.

# Suggested Set-up for 6v6 Fields



## **U12 Modified Rules**

### **US Youth Soccer Official Under 12 Playing Recommendations**

US Youth Soccer recommended modifications to the FIFA Laws of the Game.

FIFA Laws of the Game can be found at [www.ussoccer.com/referees](http://www.ussoccer.com/referees).

**Please note the U12 addendum and appendix.**

#### **Law 1 – The Field of Play**

Dimensions: The field of play must be rectangular. The length of the touchline must be greater than the length of the goal line.

Length:            minimum 70 yards    maximum 80 yards

Width:            minimum 45 yards    maximum 55 yards

Field Markings: Distinctive lines not more than (5) inches wide. The field of play is divided into two halves by a halfway line. The center mark is indicated at the midpoint of the halfway line. A circle with a radius of eight (8) yards is marked around it.

The Goal area: Conform to FIFA.

The Penalty Area: A penalty area is defined at each end of the field as follows: Two lines are drawn at right angles to the goal line, fourteen (14) yards from the inside of each goalpost. These lines extend into the field of play for a distance of fourteen (14) yards and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the penalty area. Within each penalty area a penalty mark is made ten (10) yards from the midpoint between the goalposts and equidistant to them. An arc of a circle with a radius of eight (8) yards from each penalty mark is drawn outside the penalty area.

Flag posts: Conform to FIFA.

The Corner Arc: Conform to FIFA.

Goals: Conform to FIFA with exception that the maximum distance between the posts is eighteen (18) feet and the maximum distance from the lower edge of the crossbar to the ground is six (6) feet.

Safety: Goals must be anchored securely to the ground. Portable goals may only be used if they satisfy this requirement.

**Law 2 – The Ball: Size four (4).**

**Law 3 – The Number of Players:** A match is played by two teams, each consisting of not more than eight players, one of whom is the goalkeeper. A match may not start if either team consists of fewer than seven players.

Substitutions: At any stoppage and unlimited.

**Law 4 – The Players Equipment:** Conform to FIFA. Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

**Law 5 – The Referee:** Registered referee.

**Law 6 – The Assistant Referees:** Use U.S.S.F. registered referees or club linesmen/women.

**Law 7 – The Duration of the Match:** Conform to FIFA with the exception of the match being divided into two (2) halves of thirty (30) minutes each. There shall be a half-time interval of five (5) minutes.

**Law 8 – The Start and Restart of Play:** Conform to FIFA with the exception that opponents of the team taking the kick-off are at least eight (8) yards from the ball until it is in play.

**Law 9 – The Ball In and Out of Play:** Conform to FIFA.

**Law 10 – The Method of Scoring:** Conform to FIFA.

**Law 11 – Offside:** Conform to FIFA.

**Law 12 – Fouls and Misconduct:** Conform to FIFA with the exception that an indirect free kick is awarded to the opposing team at the center spot on the halfway line if a goalkeeper punts or drop-kicks the ball in the air from his/her penalty area into the opponents penalty area.

**Law 13 – Free Kicks:** Conform to FIFA with the exception that opponents are at least eight (8) yards from the ball.

**Law 14 – The Penalty Kick:** Conform to FIFA with the exceptions that the penalty mark is at ten yards and that players other than the kicker and defending goalkeeper are at least eight (8) yards from the penalty mark.

**Law 15 – The Throw-In:** Conform to FIFA.

**Law 16 – The Goal Kick:** Conform to FIFA.

**Law 17 – The Corner Kick:** Conform to FIFA with the exception that opponents remain at least eight (8) yards away from the ball until it is in play.

## **U12 ADDENDUM**

### **MODIFIED RECOMMENDATIONS OF THE GAME FOR U12**

**Law 1** The Field of Play dimensions are smaller to accommodate the eight-versus-eight game and are appropriate for the movement capabilities of ten- and eleven-year-old children. These adjusted dimensions provide more practical space allowing players to be successful.

Field Markings: per FIFA with the exception of the center circle, penalty area, penalty mark and penalty arc.

Goals: the goal, 6 x 18 feet, is the same for the U10 and U12 age groups. By using the same size goal for both age groups clubs will have to buy fewer goals. Any goal must be properly anchored to the ground.

**Law 2** The Ball: must be a size four. The smaller ball is lighter and more easily kicked, received, headed, dribbled, caught, thrown and passed.

**Law 3** The Number of Players: The eight-a-side game includes the goalkeeper. The smaller number of field players will provide the opportunity for the children to further develop their physical and technical abilities. These are valuable traits for all soccer players to develop. With fewer players on the field each child has an increased number of contacts with the ball and has more actual playing time. Additionally the players will be required to make more decisions and experience repeating game situations frequently. The work rate and involvement of players will be more consistent. While learning both offense and defense, players will become well rounded and will understand more readily the roles and importance of teammates. The smaller field dimensions and number of players on the field of play will require more concentration on transition, which a vitally important tactical concept for the players to learn. The minimum number of players to begin a match for preteen players in SSG should be one (1) less than the number required on the field. That is for U12 the minimum will be seven (7) and for U10 the minimum will be five (5). There should not be a minimum for U8 and U6 and clubs, administrators, coaches and referees should be encouraged to allow players from the team with sufficient numbers to 'loan' a player or two to the team that is short players and then PLAY.

**Law 6** The Assistant Referees: per FIFA. Use registered referees or club linesmen/women.

**Law 7** The Duration of the Match: per FIFA with the exception of the halves being 30 minutes each.

**Law 8** The Start and Restart of Play: per FIFA. The distance the defending players must be away from the ball until it is kicked is the same as the radius of the center circle.

**Law 10** Goal Scored: shall conform to FIFA and the sections concerning Winning Team and Competition Rules shall conform to US Youth Soccer guidelines.

**Law 12** The rule on the goalkeeper's distribution still allows for the ball to be punted the entire length of the field; it just can not go directly into the opponents' penalty area.

**Law 13** Free Kicks: per FIFA. The distance the defending players must be away from the ball until it is kicked is the same as the radius of the center circle.

**Law 14** Conform to FIFA with the exceptions that the penalty mark is ten yards from the center of the goal line and that players other than the kicker and defending goalkeeper are at least eight yards from the penalty mark. The distance of eight yards conforms to the radius of the

center circle. The distance of ten yards from the center of the goalmouth for the penalty mark fits within the reduced dimensions of the penalty area and is a reasonable distance for the kick.

**Law 17** The Corner Kick: per FIFA. The distance the defending players must be away from the ball until it is kicked is the same as the radius of the center circle.

- ⇒ Roster Size: The recommended minimum roster size is eleven and the maximum recommended roster size is thirteen.
- ⇒ Playing Time: refer to the Effective Playing Time chart.

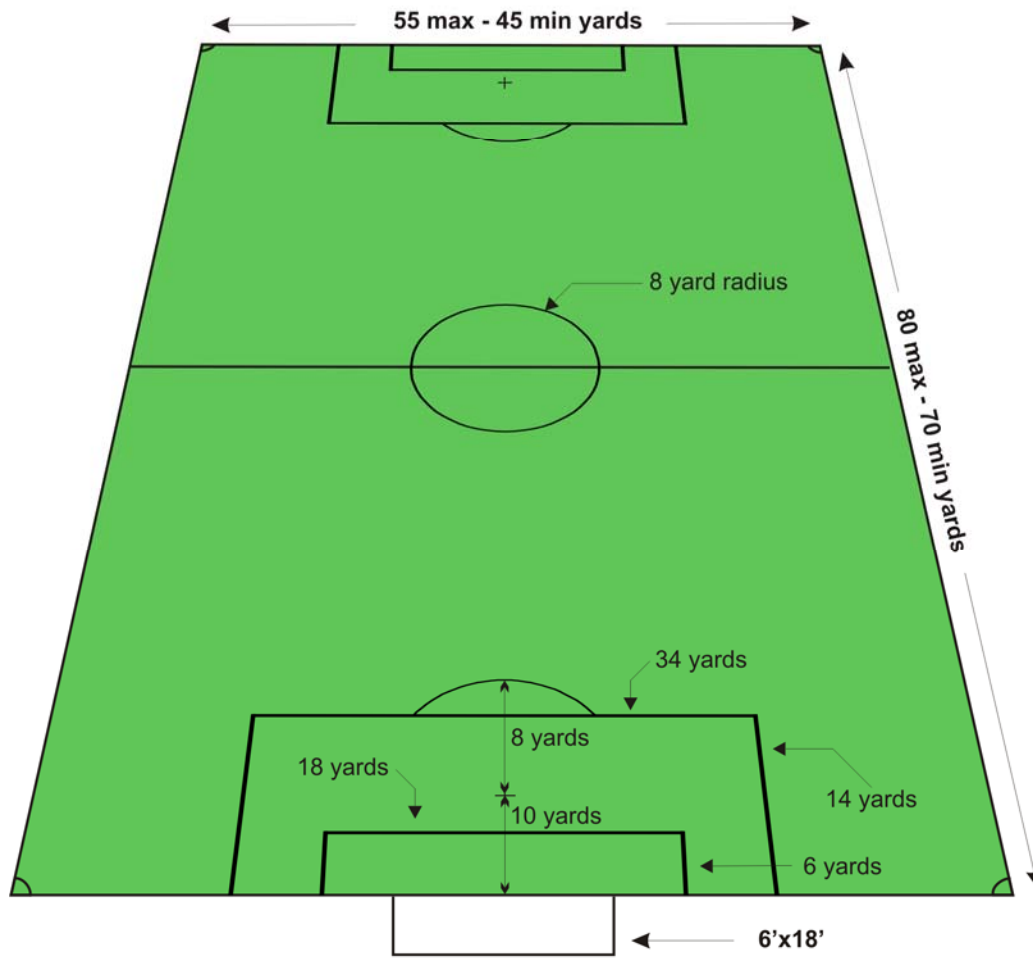
#### ADVANTAGES OF PLAYING SMALL SIDED GAMES

- More time with the coach
- Energetic workouts due to playing both offense and defense
- More efficient use of field space
- Matches can be played simultaneously across a full size field
- Children are physically more efficient in smaller space
- Children are actively involved for a longer period of time
- It takes less time to score a goal or advance to goal
- Greater success rate for the players

#### **US Youth Soccer Recommendations**

- ❖ Opposing coaches, players and parents should shake hands after each match.
- ❖ Parent/coaches, non-participating players and spectators should be there to enjoy and encourage the activity of the youngsters.
- ❖ Spectator and team benches should be on opposite sides of the field.
- ❖ No alcoholic beverages or tobacco products will be consumed or allowed near the playing area.
- ❖ Coaches of U12 teams should attend the U10/U12 Youth Module coaching course and the Grade 9 referee course.

## Suggested Set-up for 8v8 Fields



## Playing Time

### *Effective Playing Time Relative to Game Format and Roster Size*

<b>Single Game</b>	Roster Size >	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Game Format	Game Duration																
3 v 3 (U-5/6)	4 x 8 min. quarters	100% 32 min	75% 24 min	60% 19 min	50% 16 min												
4 v 4 (U-7/8)	4 x 12 min. quarters		100% 48 min	80% 38 min	66% 32 min	57% 27 min	50% 24 min										
5 v 5 (U-7/8)	4 x 12 min. quarters			100% 48 min	83% 40 min	71% 34 min	62% 30 min	55% 26 min	50% 24 min								
6 v 6 (U-9/10)	2 x 25 min. halves				100% 50 min	85% 42 min	75% 37 min	66% 33 min	60% 30 min	54% 27 min	50% 25 min						
8 v 8 (U-11/12)	2 x 30 min. halves						100% 60 min	88% 53 min	80% 48 min	72% 43 min	66% 40 min	61% 36 min	57% 34 min	53% 32 min	50% 30 min		

<b>Split Game</b>	Roster Size >	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Game Format	Game Duration																
3 v 3 (U-5/6) Split	4 x 8 min. quarters				100% 32 min	85% 27 min	75% 24 min	66% 21 min	60% 19 min	54% 17 min	50% 16 min						
4 v 4 (U-7/8) Split	4 x 12 min. quarters						100% 48 min	88% 42 min	80% 38 min	72% 34 min	66% 32 min	61% 29 min	57% 27 min	53% 25 min	50% 24 min		
5 v 5 (U-7/8) Split	4 x 12 min. quarters								100% 48 min	90% 43 min	83% 40 min	76% 36 min	71% 34 min	66% 32 min	62% 30 min	58% 28 min	55% 26 min
6 v 6 (U-9/10) Split	2 x 25 min. halves										100% 50 min	92% 46 min	85% 42 min	80% 40 min	75% 37 min	70% 35 min	66% 33 min

These tables show effective playing time relative to game format and roster size. The figures are presented as a) percentages of total playing time and b) as actual minutes played. Both figures assume equal rotation of players. At the youth level, a minimum goal of 70% playing time is recommended.

Tables provided by Dr. Thomas Turner with contributions from Mr. Bill Spens.



## **COACH AND REFEREE CERTIFICATION CHARTS**

### **RECOMMENDED COACHING CERTIFICATION**

1. Setting minimum coaching standards while being cognizant of risk management issues.
  - a. **“Y” License:** National Instructional Staff, state Directors of Coaching, state Instructional Staff, club directors of coaching, professional club coaches/trainers
  - b. **“A” License:** professional, college, National Teams/Staff, Regional Coaches, state Directors of Coaching, ODP state Head Coaches, club head coaches/directors of coaching.
  - c. **“B” License:** state Instructional Staff, ODP Assistant Coaches, club age group head coaches, all premier level coaches for the U16 and older age groups
  - d. **“C” License:** all premier level coaches for U13 and above
  - e. **“D” License:** all premier level coaches for U11 and above
  - f. **“E” Certificate:** all recreation level coaches for U13 and above
  - g. **U10/U12 Youth Module Certificate:** for all U10 and U12 team coaches
  - h. **U6/U8 Youth Module Certificate:** for all U6 and U8 team coaches
  - i. **Level 1 Goalkeeper Certificate:** all coaches working with U10 to U19 teams.
  - j. **Level 2 Goalkeeper Certificate:** all coaches working with U13 to U19 teams.
  - k. **Level 3 Goalkeeper Certificate:** all coaches working with U16 to U19 teams

### **RECOMMENDED REFEREE CERTIFICATION**

According to the Referee Administrative Handbook these are the recommendations by grade level:

**Grade 9 Recreational Referee** - Referee or AR on recreational youth games under - 14 and younger.

**Grade 8 Referee** - All youth games (that the referee is age eligible to officiate according to state association guidelines). May be the Assistant Referee in comparable games.

**Grade 7 Referee** - All youth games.

**Grade 6 Referee** - All youth games.

Obviously in some of the small-sided games use of a registered referee is not warranted, but if a referee is assigned it gives the perfect opportunity to get additional field experience for the Grade 9.

## REFERENCES



## ***ORGANIZATIONS***

US Youth Soccer

[www.usyouthsoccer.org](http://www.usyouthsoccer.org)

(800) 476-2237

United State Soccer Federation (U. S. Soccer)

[www.ussoccer.com](http://www.ussoccer.com)

(312) 808-1300

United States Soccer Foundation

[www.ussoccerfoundation.org](http://www.ussoccerfoundation.org)

(202) 872-9277

U. S. Adult Soccer Association

[www.usasa.com](http://www.usasa.com)

(800) 867-2945

United States Futsal Federation

[www.futsal.com](http://www.futsal.com)

National Soccer Coaches Association of America

[www.nscaa.com](http://www.nscaa.com)

(800) 458-0678

Soccer America

[www.socceramerica.com](http://www.socceramerica.com)

(800) 997-6223

Better Soccer – More Fun

[www.betersoccermorefun.com](http://www.betersoccermorefun.com)

Positive Coaching Alliance

[www.positivecoach.org](http://www.positivecoach.org)

American Sport Education Program

[www.asep.com](http://www.asep.com)

## ***WEBSITES***



The Official Sponsor and Supplier of US Youth Soccer



The Coaches Connection connects you to the US Youth Soccer coaching education network. The Coaches Connection is open to anyone, including coaches, parents, referees and administrators. Get the latest information on training youth players in age appropriate training activities. Stay connected with leaders in the field of coaching and player development and referee education.

Click here for an application to the Coaches Connection:

[http://www.usyouthsoccer.org/coaches/Coaches\\_Connection.asp](http://www.usyouthsoccer.org/coaches/Coaches_Connection.asp)

## **BOOKS**

A complete list of recommended books for coaches, administrators and parents of youth soccer players is available at:

[http://www.usyouthsoccer.org/assets/coaches/RECOMMENDED\\_READING\\_10-6.pdf](http://www.usyouthsoccer.org/assets/coaches/RECOMMENDED_READING_10-6.pdf)

The Baffled Parent's Guide To Coaching Youth Soccer

By, Bobby Clark

Published by Ragged Mountain Press

P.O. Box 220

Camden, ME. 04843

The Peak Performance---Soccer Games for Player Development

By, Dr. Ronald W. Quinn

Published by QSM Consultants

P.O. Box 15176

Cincinnati, OH. 45215-0176

Coaching Youth Soccer – Fourth Edition

By, Sam Snow

Published by Human Kinetics, Inc.

P.O. Box 5076

Champaign, IL. 61825-5076

Guide To Great Soccer Drills

By, Drs. Tom Fleck and Ron Quinn

Published by Ragged Mountain Press

P.O. Box 220

Camden, ME. 04843

Soccer – How to Play the Game (The Official Playing and Coaching Manual of the United States Soccer Federation)

Edited By, Bobby Howe

Published by Universe Publishing

300 Park Av. S.

New York, NY. 10010

Positive Coaching

By, Jim Thompson

Published by Warde Publishers, Inc.

3000 Alpine Rd.

Portola Valley, CA. 94028

## **ARTICLES**

You may access the archived coaching articles on the US Youth Soccer web site ([www.usyouthsoccer.org](http://www.usyouthsoccer.org)) by clicking on this link:

<http://www.usyouthsoccer.org/USYouthSoccerResourceCenter.asp>

Here are some sample titles of the articles you will find:

*Anaerobic Conditioning Tips*

*Balancing Technique With Tactics*

*Coaching Players With Disabilities*

*Communication For Keepers*

*FAQs of Coaching*

*Model Soccer Clubs*

*Practice Scoring, Not Shooting*

*Slide Tackling Tips*

*Steps To Better Punting*

*U12 – Size vs. Strength*

*Why Small Sided Games*

## ***FIFA FORMATS***

Federation International de Football Association

The complete report on playing formats for children from around the world may be found at:

[http://www.usyouthsoccer.org/assets/small\\_sided\\_international.pdf](http://www.usyouthsoccer.org/assets/small_sided_international.pdf)

Here are a few samples from Federation Internationale de Football Association nations.

### **AFC**

Asian Football Confederation

#### GUAM

We play small-sided matches on smaller playing fields for the various age groups. We also modify goal sizes.

Mr. Basil O'Mallan

### **CONMEBOL**

Confederación Sudamericana de Fútbol

#### BOLIVIA

Bolivia uses the following rules for soccer:

Age under 6 and under 7 -- 8 on the field including goalies with unlimited substitutions

Age under 8 to under 13 -- 8 on the field including goalies with only 5 substitutions

Age 14 and up -- 11 on field with only 3 substitutions

### **CONCACAF**

Confederation of North, Central American and Caribbean Association Football

#### EL SALVADOR

5 vs. 5 and 4 vs. 4 are the numbers (minifutbol 4 and minifutbol 5) for U10 and below, 7 vs. 7 for U12 and 8 vs. 8 for U14.

#### CANADA

U6 3 vs. 3

U8 4 vs. 4

U10 7 vs. 7

U12 8 vs. 8

13 and older 11 vs. 11

Mr. Sean Fleming

National Staff Coach

## **OFC**

Oceania Football Confederation

### AUSTRALIA

6 vs. 6, including the goalkeeper, for U8

9 vs. 9, including the goalkeeper, for U10

There is no organized soccer for the U6 age group. The U12 age group plays 11 vs. 11. This modified version of soccer for children is referred to as Rooball. Modifications are made to the size of the goal, the field of play, the ball, and length of play and field markings.

Ms. Connie Selby

Coaching and Development Coordinator of the Australian Soccer Association.

### NEW ZEALAND

3 vs. 3 for U7 and progress to 9 vs. 9 for U10

11 vs. 11 for U11 and older players

They begin using a size 5 ball at age nine. They promote using a smaller ball, smaller field of play and a smaller goal for children. The youngest age group in which they have registered players is U8.

Mr. Paul Smalley

Director of Football for New Zealand Soccer.

## **UEFA**

Union European Football Associations

### IRELAND REPUBLIC

5 vs. 5 for U8

7 vs. 7 for U10

9 vs. 9 for U12

All formats include goalkeepers.

Mr. Richard Fahy, Technical Co-ordinator for The Football Association of Ireland.

### CYPRUS

5 vs. 5 for U10 (8- and 9-years-old)

5 vs. 5 for U12 (10- and 11-years-old)

We do not organize games for children U6 and U8.

Ms. Marilena Prodromou



## APPENDIX

### Risk Management Statement

Parents should expect that participation in youth sports would help their children develop emotionally, socially, physically and safely. These benefits occasionally are overshadowed by the damaging behavior of adults. Therefore US Youth Soccer strongly recommends the following:

...that all people working with the youth soccer players in your state association have a ***criminal record (background) check*** prior to their participation with the children. This goes for coaches, assistant coaches, parent helpers, team managers and referees.

...that all coaches and assistant coaches working with the youth soccer players in your state association have current ***Basic First Aid and CPR Certification*** prior to their participation with the children.

...that all coaches and assistant coaches working with the youth soccer players in your state association have the ***appropriate level of coaching education, certification and/or licensing*** prior to their participation with the children.

...that all referees and assistant referees working with the youth soccer players in your state association have the ***appropriate level of referee education, certification and/or licensing*** prior to their participation with the children.

#### **Reminders for prevention of criminal acts:**

- *Never leave young children unsupervised, even in a “safe” place.*
- *Never leave a child alone awaiting transportation after a practice or game. Be sure that they depart with their parents or designated individual.*
- *Never allow a child to go unescorted to the public restroom.*
- *Approach strange adults who appear to be observing children at play or practice.*
- *Avoid being left alone with players who are not your children.*

## **CODE OF CONDUCT FOR SOCCER SPECTATORS**

1. As spectators we will refrain from booing or yelling at officials at any time during a match because we are aware of the following:
  - a. Such behavior on our part sets a poor example of sportsmanship.
  - b. Such behavior reflects negatively on our community, our team, our players and us.
  - c. Most youth soccer officials have had limited experience and formal training and do the best job they can, given these limitations.
  - d. Most soccer officials make correct calls even though we sometimes see the incident otherwise.
  - e. If officials do make incorrect calls during a match, the following circumstances usually apply:
    - i. The number of poor calls usually balances out for both teams.
    - ii. No one is perfect.
    - iii. The officials don't have the same observation point afforded the spectators sitting in the bleachers.
    - iv. An occasional incorrect call seldom affects the outcome of a match.
    - v. There are more effective channels for correcting poor officiating than verbal abuse during the match.
    - vi. We don't really know how difficult it is to officiate a soccer match until we've run on the 'pitch' in the official's 'boots.'
2. During a match we will refrain from yelling at players on either team because we are aware of the following:
  - a. They are young people, not soccer professionals, who, due to limited playing experience and great enthusiasm, may make mistakes.
  - b. Encouragement and praise should be made in public; constructive criticism is best made in private.
  - c. The coach is the best equipped to analyze and correct deficiencies in soccer skills. Our attempts to be helpful in this respect may only confuse the players.
  - d. The golden rule applies. Treat other players with the courtesy, respect and consideration, which we want other supporters to show our own players.
3. At soccer matches we will refrain from being argumentative or using abusive language towards supporters of the players on the opposing team because we are aware of the following:
  - a. Others are judging us on our actions and words. We will always strive to insure that the results of this judgment are a verdict of **SPORTSMANSHIP**.
  - b. We will conduct ourselves in such a courteous and restrained manner that if called upon to do so, we could line up in front of the bleachers after the match and shake hands with each supporter of the opposing team in the same way players are expected to do after each match.
4. If our team loses, we will demonstrate our ability to cope with the loss in both deed and word, because we are aware of the following:
  - a. In soccer, as in other aspects of life, it is not always possible to win no matter how supreme the effort.

- b. When victory eludes us, we must learn to accept it as graciously as we do our triumphs.
- c. It may be just possible that a loss is due to the fact that the opposing team played the match better than our team.
- d. Our players should learn from our reactions to a loss that:
  - i. We feel they played their best; which just wasn't good enough on this particular day.
  - ii. They should hold their heads up high; there is no shame attached to honest effort – win or lose.
  - iii. There is always something to learn from a loss.
  - iv. There is nothing gained from brooding; players should be encouraged to put the match behind them and look forward to the next opportunity to play.
  - v. Seeking scapegoats, such as 'biased officials', 'poor turf', or 'poor performance by one or two teammates' is not a mature or healthy reaction to the loss. Such a crutch prevents acceptance of reality.
- 5. Whether away from or at the field, our words and actions should convey a philosophy of soccer which includes:
  - a. The real purpose of soccer competition is to have FUN, to be able to participate to improve skills, to learn sportsmanship, to develop a sense of responsibility and self-discipline, to develop a group loyalty and comradeship, to learn to compete within established rules, to accept decisions of authorized officials, to seek interpretation or change through proper channels and to develop sound minds and bodies.

## **“ACADEMY APPROACH” to Pre-10-Year-Old Player Development**

*Below you will find options for your club to set up a game day environment for children’s games that will reduce the emphasis on the score and will allow the children to enjoy their participation with the emphasis on play.*

The "Academy Approach" is the same as saying "Scrambled". US Youth Soccer encourages coaches, clubs/organizations to utilize this format. With the ‘Player’ being the focus of all the decisions at the U6 – U10 age group, formal teams in the classic sense are NOT the most developmentally appropriate avenue for development of these players.

The “Academy Approach” has to do strictly with the setting up of an Organized Recreational Soccer Programs. The main idea is no organized league play and using a "non results oriented" philosophy. We preface this "best practice" with research from sports and child psychologists, and pediatricians, who state "recreational soccer" should be organized (if it is to be organized at all for children under the age of 8) to allow the kids to play because they love to participate, not have to win, and the goal is to compete to do your best rather than compete to "be the best".

One of the issues that will come up is the number of coaches it will take to implement this small-sided games format. In the typical American sport a coach can have a direct impact on the result of the game. In soccer a coach’s job is done during training because when it comes to the game, it is truly the players’ game. This is one reason why a coach in the small-sided game atmosphere can and should be more of the “guide on the side” and not the “sage on the stage”.

If you look at the field setup with the U6, U8, and U10’s it is possible that one “primary” coach could work with the two groups of players from their team at the same time. Looking at the U6 and U8 models specifically, on one field could be the “primary” coach and the other could be an assistant/parent volunteer. At half time, the two coaches simply switch fields. So really the number of coaches stays the same in the “Split Game” model. With the U10’s take your roster of 14 players and split them into two groups, so you would only have two subs instead of 8. A coach could watch both matches at the same time and rotate players.

Another option is for one primary coach to stand in between the two playing fields and watch both games simultaneously while rotating players in and out.

This is a different approach than the normal type of league with teams competing against one another, but still one in which development can be considered an option because remember that kids at the ages of U6 and U8 can say the word “team”, but do they really know what it means? The parent(s) do, but in the end, the players just want to participate and have fun. So, instead of having twenty different colors of uniforms, an organization could just have reversible t-shirts and the players turn them inside and out when playing.

- • Example: You have 600 players in the U6 and U8 age groups based on roster sizes of 6 to 8, which breaks down to approximately 74 to 75 teams. This would result in having 6 to 7 time slots needed to play matches on a Saturday afternoon.

- • **Sample Schedule**
- • Teams 1-12 Play from 8:00-8:40
- • Teams 13-24 Play from 8:45-9:25
- • Teams 25-37 Play from 9:30-10:10
- • Teams 38-50 Play from 10:15-10:55
- • Teams 50-62 Play from 11:00-11:40
- • Teams 62-74 Play from 11:45-12:25

The following is an explanation of how to structure a program without forming teams.

### **U6 – Academy Format**

1. Players will be broken into large practice groups based on Neighborhood/School for the purpose of practice sessions.
2. ALL the players in a particular Neighborhood/School practice group will practice at the same time and location.
3. Several volunteer supervisors/coaches will be identified to assist with each Neighborhood/School training group. The ratio of coach to player at this age should be kept between 7 or 8 to 1.
4. At least one Staff Coach or experienced and licensed coach from the club will supervise the once per week practice for each Neighborhood/School practice group. This coach will set up the practice session prior to the practice and communicate the session to the volunteer supervisors/coaches. They will also work with the volunteer supervisors/coaches providing ‘on site coach training’.
5. Weekly games can be a traditional 32-minute 4-quarter game.
6. The Academy format allows ‘new’ players to be signed up and added at any time.

### **U8 – Academy Format**

The U8 age group will follow the same format as the U6 age group above with these variations.

1. These Neighborhood/School practice groups will be between 24 and 32 players each.
2. Several volunteer coaches will be identified to assist with each Neighborhood/School training group. The ratio of coach to player at this age should be kept between 8 or 10 to 1.
3. Weekly games can be a traditional 48-minute 4-quarter game.

### **U10 – Academy Format**

The U10 age group will follow the same format as the U8 age group above with these variations.

1. Several volunteer coaches will be identified to assist with each Neighborhood/School training group. The ratio of coach to player at this age should be kept between 12 or 14 to 1.
2. Volunteer coaches will conduct TWO practice nights per week for each Neighborhood/School practice group.
3. Weekly games should be competitively balanced. Players should play with a NEW group of players each week. Games consist of two 25-minute halves.
4. For clubs that only play games INTRA-CLUB, there are two options:
  - a. Each week the rosters for games will be randomly divided from all the players in the Neighborhood/School group to ensure competitively balanced games. This list will be posted on the club web site the Wednesday before a Saturday game.
  - b. Teams are established from the Neighborhood/School groups and then scheduled a 3 game seeding schedule. Following these three games a final 5 to 7 game schedule is drawn up with the idea of ensuring competitively balanced games.
5. For clubs that play games INTER-CLUB. Teams can be established from the Neighborhood/School groups and then scheduled accordingly. A 3 game preseason-seeding schedule is highly encouraged to ensure competitively balanced games.

Contributing to this appendix were Mr. Vince Ganzberg, Mr. Peter McGahey and Mr. Rick Meana. If you would like to learn more about the approach taken by clubs in their states you may use the contact information below.

Vince Ganzberg  
Director of Coaching and Player Development  
Indiana Youth Soccer Association  
800-347-4972, ext. 101  
[www.idianayouthsoccer.org](http://www.idianayouthsoccer.org)

(Peter McGahey former director)  
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Oklahoma Soccer Association  
888-999-9287  
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