



Small Sided Games **Manual**

COACHING EDUCATION DEPARTMENT



US Youth Soccer Coaching Education Department

Mr. Tom Goodman – National Director of Coaching Education

Mr. Sam Snow – Assistant National Director of Coaching Education

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INTRODUCTION

Small-sided games have been part of our soccer history in the United States for generations. Many of our parents, our grandparents and our great grandparents immigrated to America having played this wonderful game in the streets of their native countries.

Small-sided games are games played on smaller fields and with fewer players than the adult game of 11 versus 11. Games of 3 versus 3, 4 versus 3 and 4 versus 4 are examples of small-sided game numbers. As you can see, playing numbers can be even or uneven and the game can be played.

In the past it was not uncommon for small-sided games to be played in the streets and in vacant lots with uneven numbers and mixed ages. Now the streets are too busy and the vacant lot is too dangerous or no longer exists. Thus, it has become the responsibility of the soccer club or youth organization to recreate the small-sided environment.

This manual provides the information needed to successfully implement small-sided games in your soccer club. It will cover the reasons for small-sided games, the implementation process, models of small-sided game play, recommended modified rules of play and helpful references.

REASONS FOR SMALL SIDED PLAY

Philosophical

1. Because we want our young soccer players to have more *individual teaching time* with the coach! Fewer players on the field will guarantee this! (Need to feel worthy...need to feel important)
2. Because we want to distance our young soccer players from the external undo pressures of the adult game. (eliminate extrinsic value)
3. Because we want our young soccer players to enjoy the game for its own sake. (foster intrinsic value)

Educational

1. Because we want our young soccer players to touch the soccer ball more often and become *more skillful* with it! (Individual technical development)
2. Because we want our young soccer players to make *more quality decisions* during the game! (Tactical development)
3. Because we want our young soccer players to be more physically *efficient* in the field space in which they are playing! (Reduced field size)
4. Because we want our young soccer players to have *more involved playing time* in the game! (More opportunity to solve problems that only the game presents)
5. Because we want our young soccer players to have *more opportunities to play on both sides of the ball!* (More exposure to attacking and defending situations)
6. Because we want our young soccer players to have *more opportunities to score goals and make saves!* (Pure excitement)

The “Small-Sided” environment is a *developmentally appropriate environment* for our young soccer players. It’s a **FUN** environment that *focuses on the player*.

These are the reasons why US Youth Soccer endorses “Small-Sided Games for U6, U8, U10 and U12 players across the board...across America.

Recommended Training Session to Match Ratio

TRAINING

- ▣ Frequency
- ▣ Duration
- ▣ Training Sessions-to-Match Ratio

U6: 1 day per week
45 minutes
1:1

Or 0:1 – the idea here is for the U6 players to show up on Saturday or Sunday for their hour which includes 20 to 30 minutes of appropriate activities and then a 3 v 3 match. This is the academy approach in which the players are not assigned to teams, but all children in the age group meet at the same time and place to be trained and have a game.

U8: 1 day per week
45 to 60 minutes
1:1

U10: 2 days per week
60 to 75 minutes
2:1

U12: 2 to 3 days per week
60 to 75 minutes
2 or 3:1



Stages of Player Development

All ages can play “Small Sided Games,” but it has a definite developmental impact on our younger soccer players. This has to do with the stages of development that all children go through.

As children progress through these stages, their intellect grows, they mature physically and they get emotionally stronger. For example:

Four and five year olds (U6 players) are very, very little people. They are very egocentric. The ball represents a toy that belongs to them...they don't share well. They love to run and jump and roll around. They have wonderful imaginations! It's about **PLAY!**
It's about **FUN!**

Recommended game playing numbers:	<i>3 versus 3 (no goalkeepers)</i>
Recommended maximum field size:	<i>25 yards x 30 yards</i>
Recommended goal size:	<i>6 ft high x 18 ft wide</i>
Recommended ball size:	<i>Number 3</i>

Six and seven year olds (U8 players) are still little people but are maturing and have better balance and agility. They begin to experience success technically and will share the ball a bit with a teammate or teammates. Numbers on the field must be small so that they can have the ball a lot. This allows them to practice their newly learned skills in an uncluttered environment. They begin to enjoy playing soccer!

Recommended game playing numbers:	<i>4 versus 4 (no goalkeepers)</i>
Recommended maximum field size:	<i>30 yards x 35 yards</i>
Recommended goal size:	<i>6 ft high x 18 ft wide</i>
Recommended ball size:	<i>Number 3</i>

Eight and nine year olds (U10 players) can play the game and enjoy the game. They need time and the appropriate environment to continue their technical development and begin simple tactical development (simple combinations with their teammates). Fewer players on the field provide ample opportunity to make quality decisions more often, reinforcing the tactical basics, so-to-speak. They enjoy being part of a team because it's a FUN environment!

Recommended game playing numbers:	<i>6 versus 6 (5 field players + 1 goalkeeper)</i>
Recommended maximum field size:	<i>45 yards x 60 yards</i>
Recommended goal size:	<i>6 ft high x 18 ft wide</i>
Recommended ball size:	<i>Number 4</i>

Ten and eleven year olds (U12 players) participate in and enjoy the game because their intellect and technical ability allows for more mature play. Midfield play is introduced at this age due to their increased intellect and improved vision of the field. Training becomes economical in nature, merging the technical, tactical, physical and psychological components of the game.

Recommended game playing numbers:	<i>8 versus 8 (7 field players + 1 goalkeeper)</i>
Recommended maximum field size:	<i>55 yards x 80 yards</i>
Recommended goal size:	<i>6 ft high x 18 ft wide</i>
Recommended ball size:	<i>Number 4</i>

At the U13 and older age groups, we believe that the players are capable of 11 versus 11 play.

Philosophy of Preteen Soccer Player Development

1. All children are individuals and should be treated as such.
2. Their soccer environment should enhance their self-concept.
3. Our society fosters cooperation and competition. Soccer training activities can promote these behaviors.
4. The opportunity for each child to participate in challenging, meaningful and varied activities enhancing each ones perceptual motor development and total psychomotor development to his/her fullest capability.
5. Children should be able to choose their own activities as much as possible (responsible decision-making).
6. Developmental goals will be met by any of the activities that the children may choose.
7. Often times learning involves work.
8. The children have the responsibility to participate in the program with success-orientated activities.
9. Parents and the coach must structure the child's environment to enhance the development of fitness.
10. The home environment plays an important role in the learning process (cultural patterns).
11. Coaching of our youngest players requires specialized skill (certification).
12. Coaches must educate/develop the whole child/player.

It is a pity that youth soccer is often compared with soccer played by adults. Often there are instructions given by coaches that the children don't understand (also parents shouldn't get involved with the coaching). Small-sided games begin to give the game back to the players and allow a more player-centered soccer environment. When players are motivated to practice their sport, they'll learn more from it and therefore become a better soccer player. So our aim is to get as much pleasure from soccer as possible.

The Game for All Kids!®

Implementation Logistics

Staffing

Coaches

At the U6-U12 age groups the level of coaching varies from program to program and from age group to age group. US Youth Soccer strongly recommends that your coaches have the appropriate certification/license according to the ***Recommended Coaching Certification Chart*** in the appendix of this manual.

Options:

U6 and U8 coaches...

can be parent/facilitators who have attended the U6/U8 state coaching module and/or have received instruction from a National Youth Licensed Coach. Parent/facilitators can run age appropriate activities, which will provide a developmentally appropriate environment for the players. The environment (activities) becomes the teacher.

Training sessions can be organized so that the club's Director of Coaching or a National Youth Licensed coach runs an ***age group*** training session that the parent facilitators observe. This coach should provide copies of his/her lesson plan to the U6/U8 coaches. After witnessing an activity or two, the parent facilitators can run the activities with their group of players. After a few weeks of this mentorship, a list of activities is produced and simple repetition of the activities is used for the completion of the season. This becomes a coach-in-training program.

If the dual method of play is being used, the coach can train all the players at the training session and on game day, can delegate one field to a parent/facilitator, while he/she ***watches*** the other game. After all, on game day,

parent/facilitators/coaches should enjoy **watching** the kids play, cheer for the players and refrain from giving too much direction to them.

Continuing education is extremely important for the parent/facilitators and other adults involved with youth soccer. The mentor program described above is a great way to fulfill this need.

U10 and U12 coaches...

should be parent/coaches who have attended the U10/U12 state coaching module. Ideally, coaches at this age group should attend the National Youth License. More coaching is involved at these age groups due to the increase in intellectual, emotional and physical development of the players. Therefore coaching education becomes extremely important.

Training sessions can be organized so that the club's Director of Coaching or a National Youth Licensed coach runs an **age group** training session that the parent facilitators observe. This coach should provide copies of his/her lesson plan to the U10/U12 coaches. After witnessing an activity or two, the parent facilitators can run the activities with their group of players. After a few weeks of this mentorship, a list of activities is produced and simple repetition of the activities is used for the completion of the season. This becomes a coach-in-training program.

Parent/coaches continue to use age appropriate activities to teach the players about the game. Providing training and match environments that stimulate problem solving by the players is key to their development.

If the dual method of play is being used, the coach can train all the players at the training session and on game day, can delegate one field to a parent/facilitator, while he/she **watches** the other game. After all, on game day, parent/facilitators/coaches should enjoy **watching** the

kids play, cheer for the players and refrain from giving too much direction to them.

Continuing education is extremely important for the parent/facilitators and other adults involved with youth soccer.

Referees and Assistant Referees

At the U6-U12 age groups the level of officiating varies from program to program and from age group to age group. US Youth Soccer strongly recommends that your referees have the appropriate certification/license according to the ***Recommended Referees Certification Chart*** in the appendix of this manual.

Options:

U6 and U8 referees...

can be parent/facilitators or young soccer players, twelve years of age or older, who have attended a basic clinic on the ***US Youth Soccer Modified Playing Rules*** and/or have attended the Grade 9 Referee's Course. The person taking on the responsibility of the referee should help the little players understand the rules, make sure the environment is safe, be flexible, patient and understanding, and keep the game moving. (Smile a lot!) The referee has a tremendous impact on player development at this age...just keep it FUN!

At this level of play, the environment can be an excellent training ground for young referees.

On game day, parents and coaches should enjoy watching the kids play, cheer for the players and refrain from yelling negative and/or directing comments at the referees.

Continuing education is extremely important for referees. The mentor program for young referees described above is a great way to fulfill this need.

U10 and U12 referees...

Referees for U10/U12 can be parent/facilitators or young soccer players, fourteen years of age or older, who have attended the Grade 9 Referee's Course. Assistant Referees are not required but use of club linespersons is highly recommended. The persons taking on the responsibilities of the referee and the assistant referees should help the players understand the rules, make sure the environment is safe, be flexible, patient and understanding, and keep the game moving. The referee should not be the center of attention...the players should be the center of attention.

At this level of play, the environment can be an excellent training ground for young referees especially as the assistant referee (linesperson).

On game day, parents and coaches should enjoy watching the kids play, cheer for the players and refrain from yelling negative and/or directing comments at the referees.

Continuing education is extremely important for referees. The mentor program for young referees described above is a great way to fulfill this need. State referee courses are also highly recommended.

usyouthsoccer.org

Risk Management Statement

Parents should expect that participation in youth sports will 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:

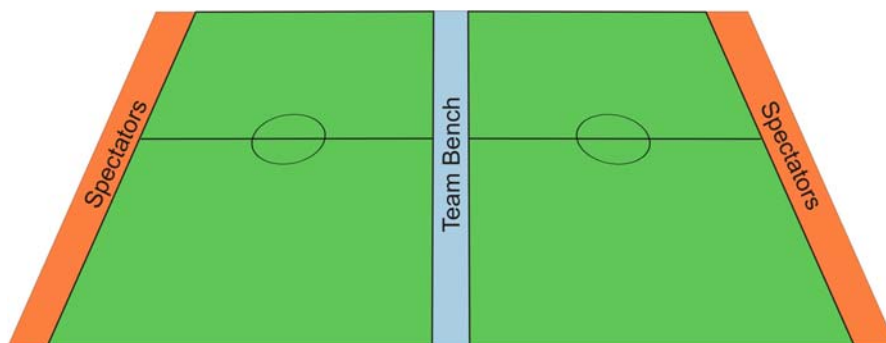
- *Never leave young children unsupervised, even in a “safe” place.*
- *Never leave a child alone awaiting transportation after a practice or game. Be sure that they depart with their parents or designated individual.*
- *Never allow a child to go unescorted to the public restroom.*
- *Approach strange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

Fields

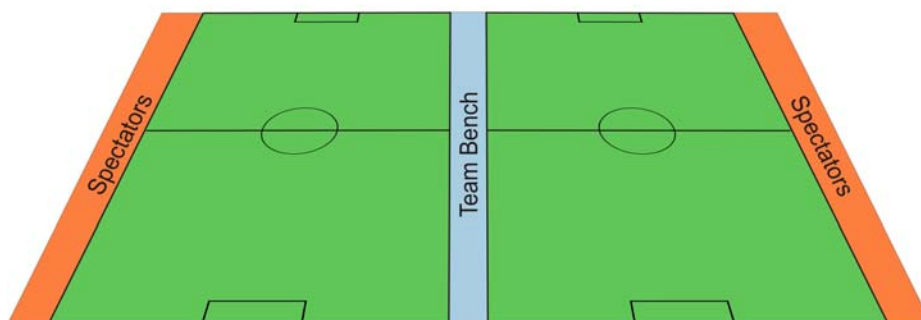
Single field layouts are located in the *Modified Rules and Addendums* section of this manual on pages 34 to 54.

Here are samples of the dual field method layout:

Suggested Set-up for 3v3 Fields Dual Mode



Suggested Set-up for 4v4 Fields Dual Mode

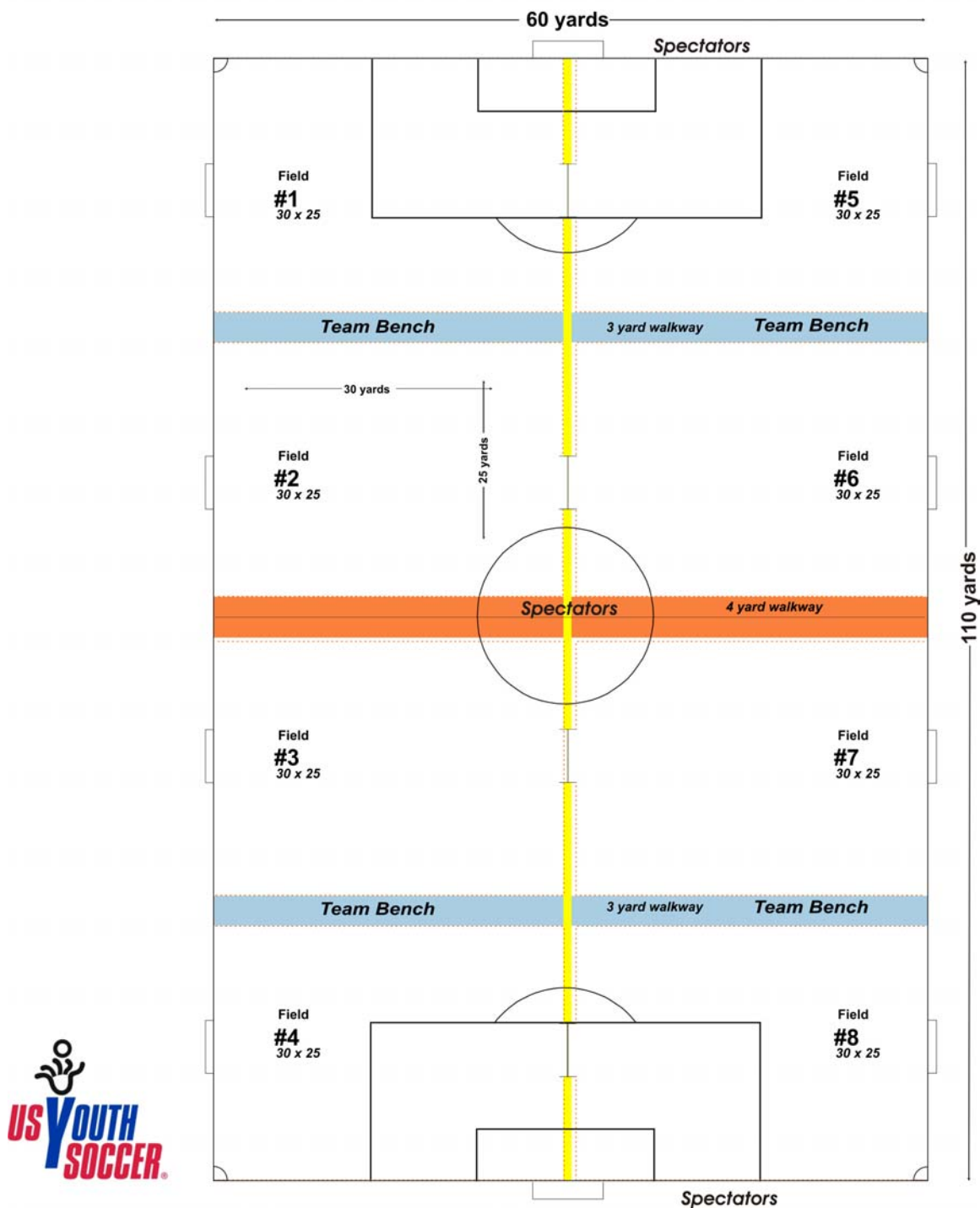


Depending on the space that your organization has available, multiple field layouts are recommended. Here are possible options:

U6 FIELDS

Suggested Set-up for 3v3 Fields

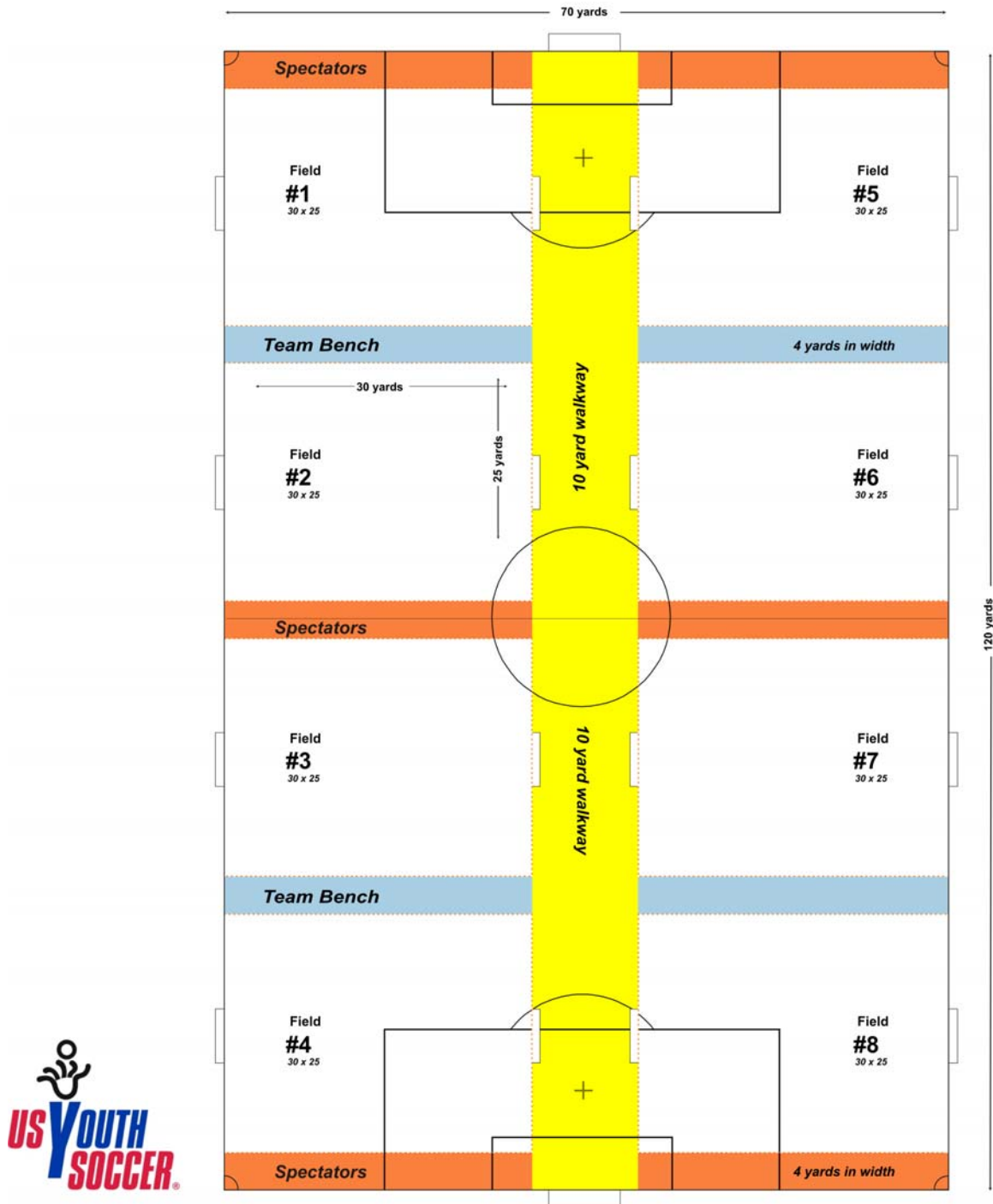
Dividing a 110 x 60 field into 8 - 30 x 25 fields (maximum field size)



U6 FIELDS

Suggested Set-up for 3v3 Fields

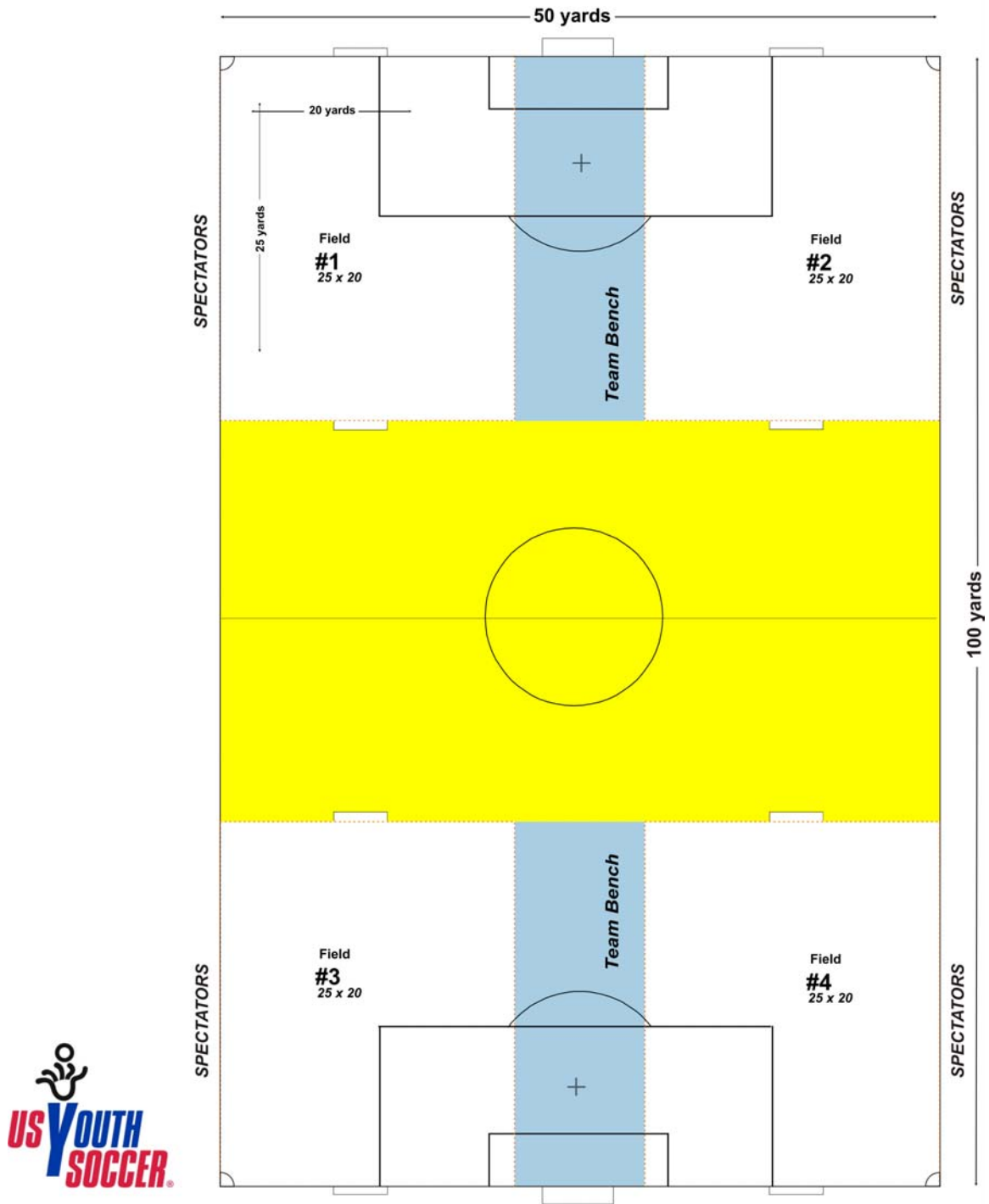
Dividing a 120 x 70 field into 8 - 30 x 25 fields (maximum field size)



U8 FIELDS

Suggested Set-up for 4v4 Fields

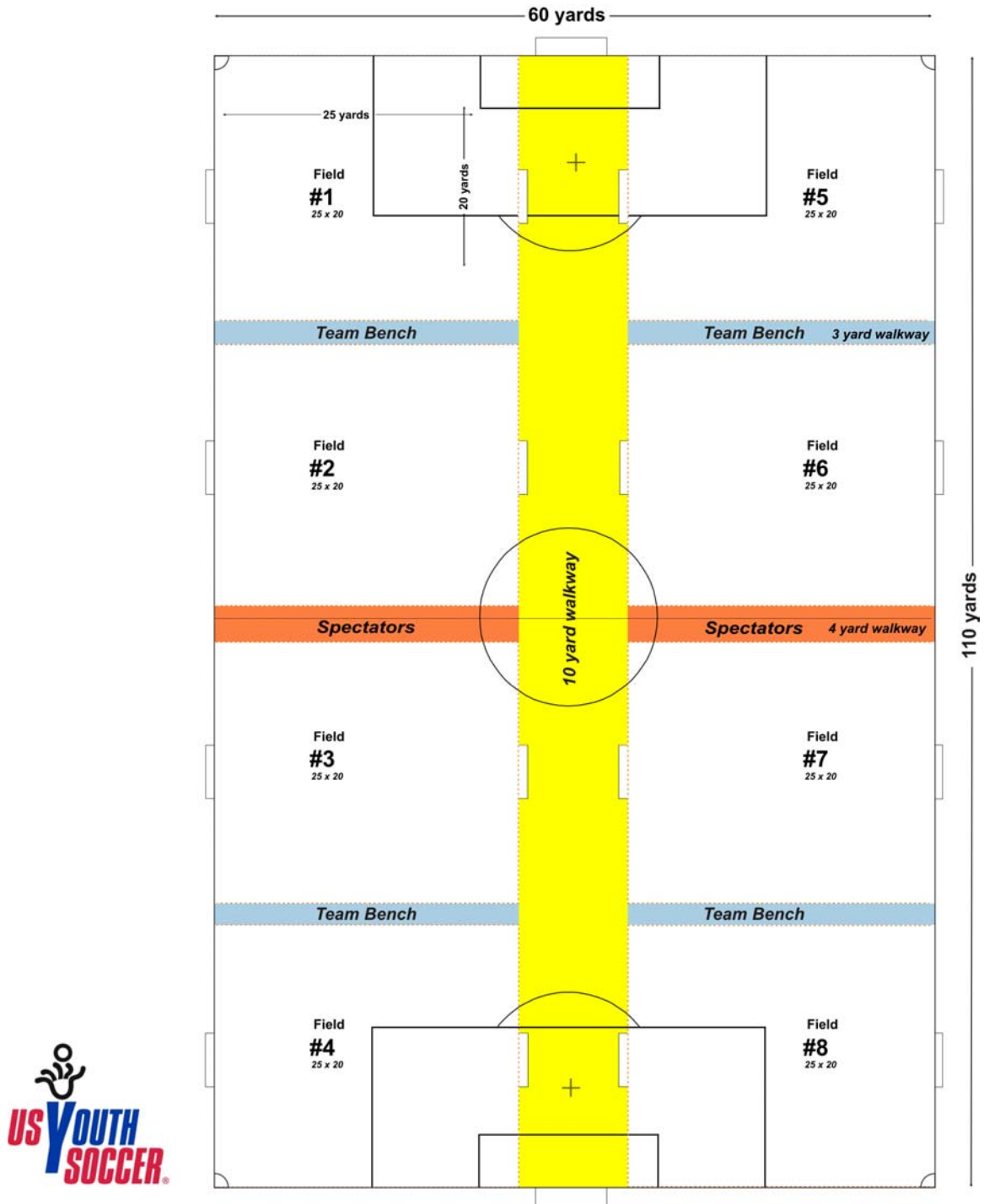
Dividing a 100 x 50 field into 4 - 25 x 20 fields (minimum field size)



U8 FIELDS

Suggested Set-up for 4v4 Fields

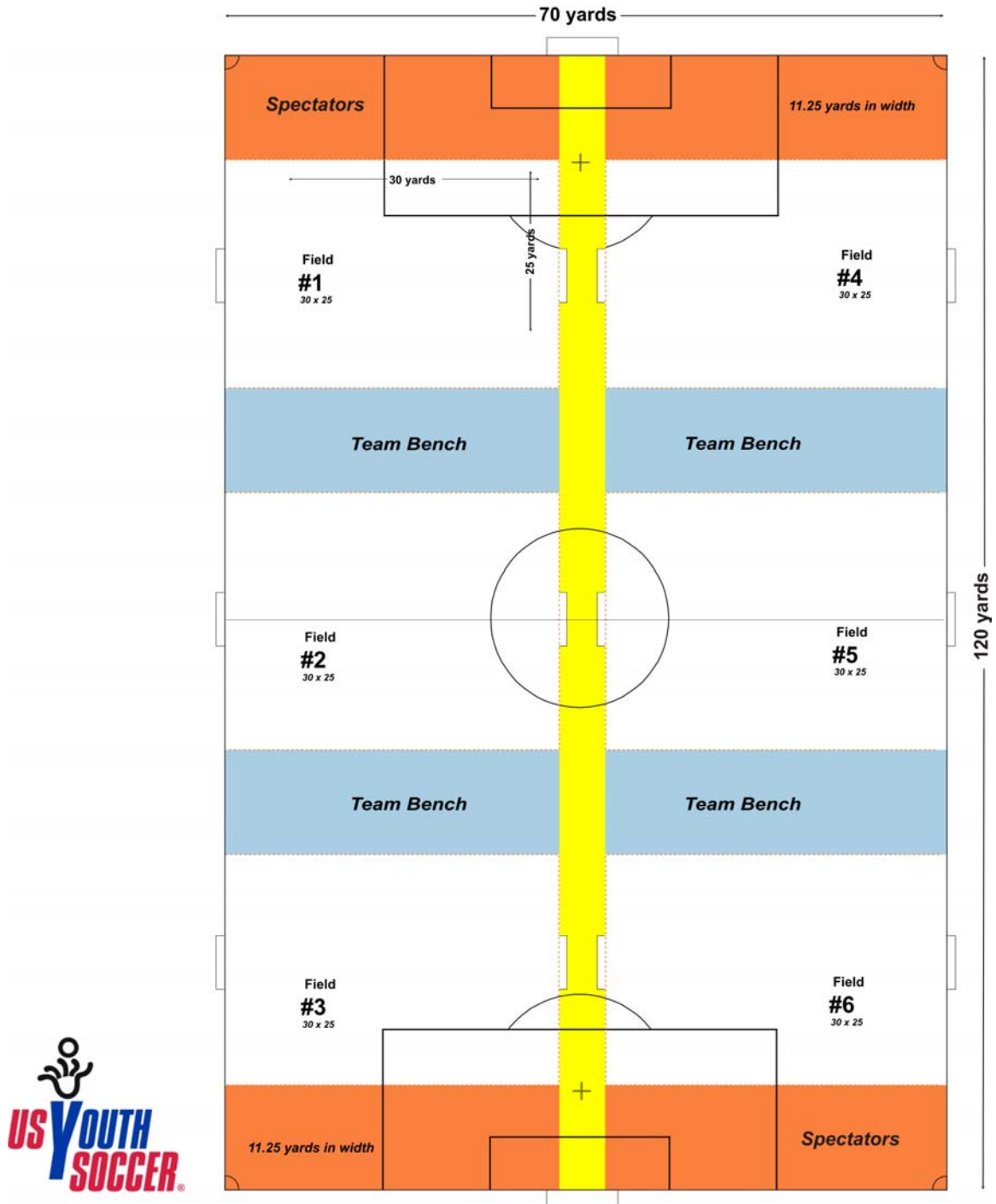
Dividing a 110 x 60 field into 8 - 25 x 20 fields (minimum field size)



U8 FIELDS

Suggested Set-up for 4v4 Fields

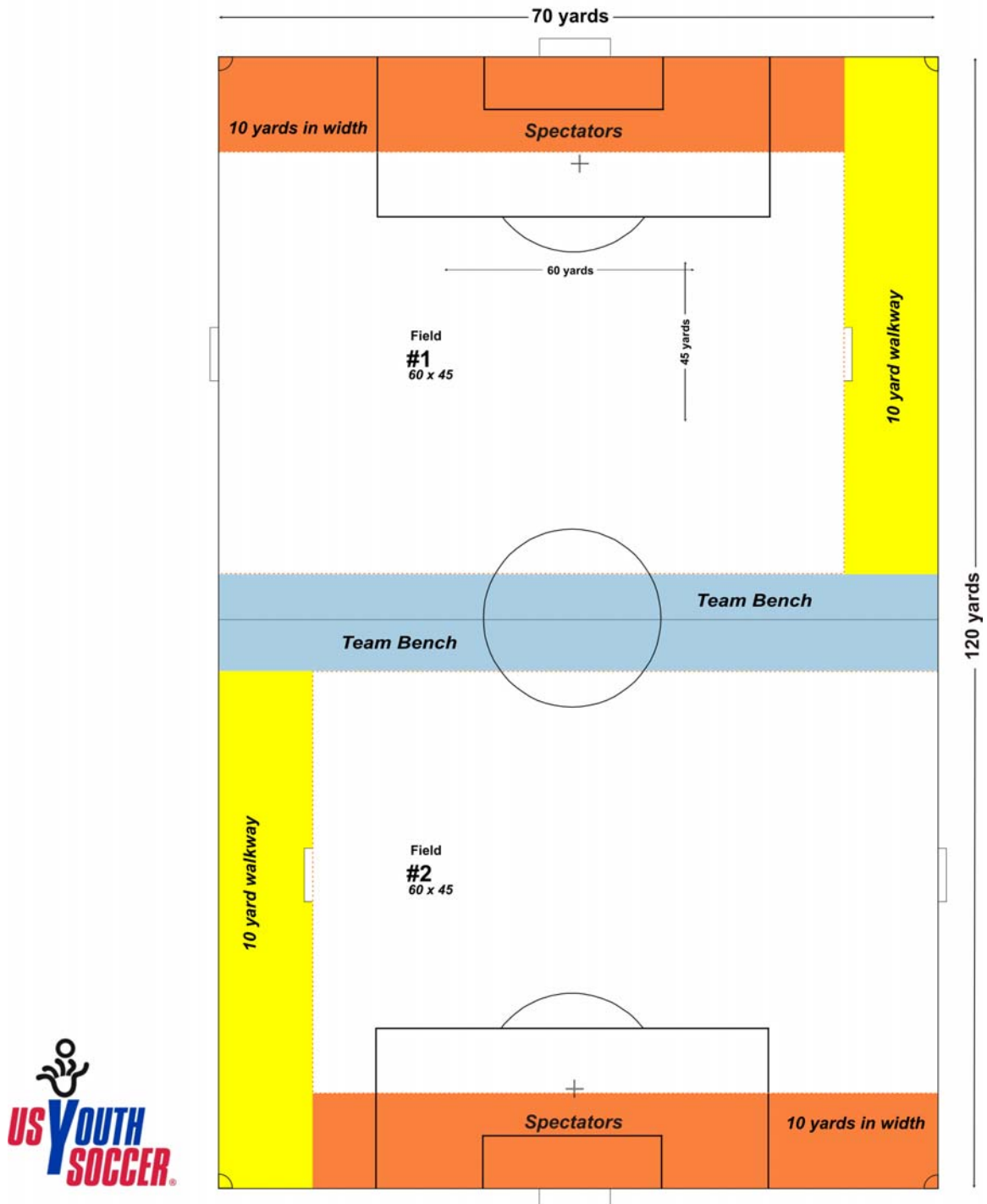
Dividing a 120 x 70 field into 6 - 30 x 25 fields (maximum field size)



U10 FIELDS

Suggested Set-up for 6v6 Fields

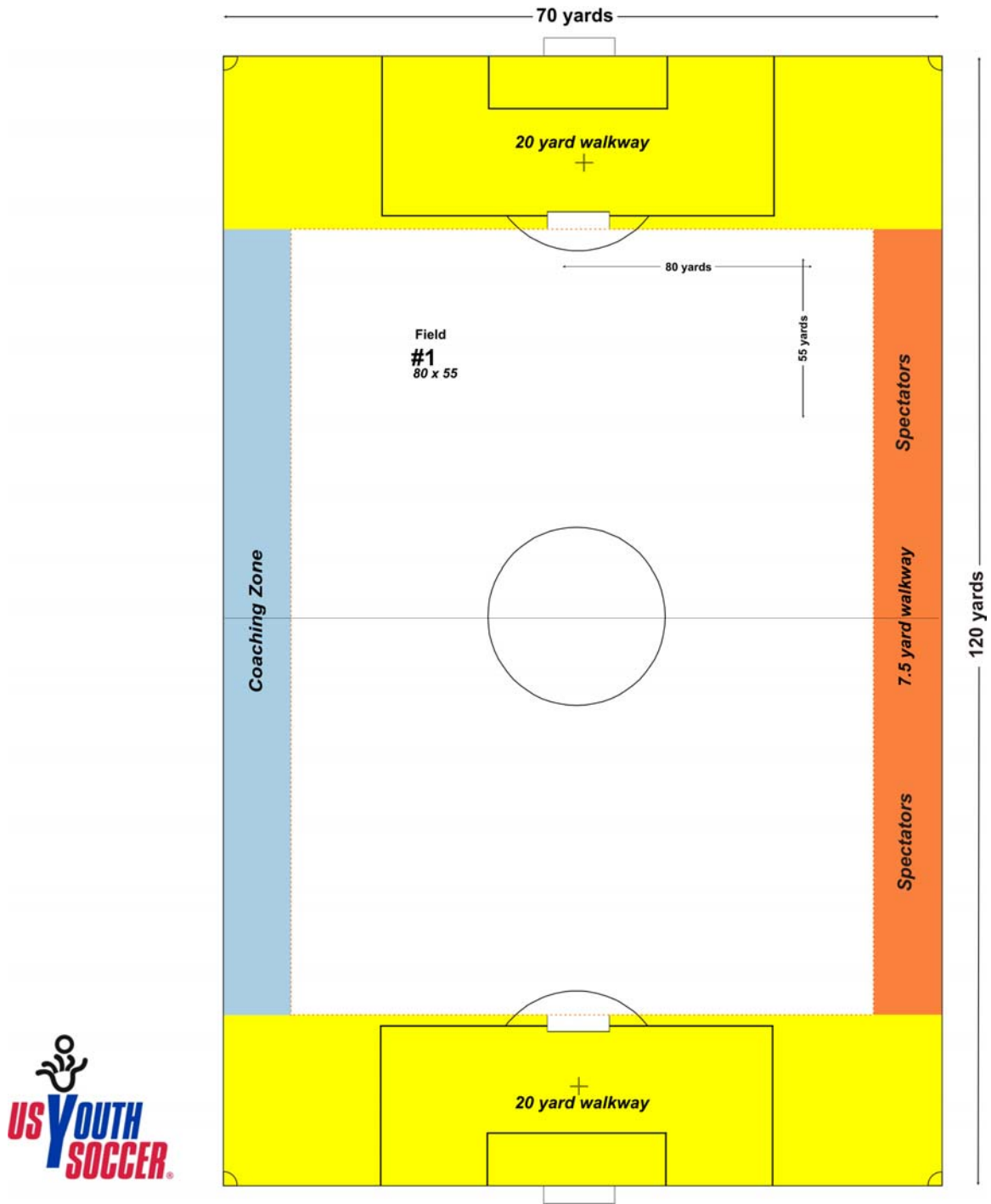
Dividing a 120 x 70 field into 2 - 60 x 45 fields (maximum field size)



U12 FIELDS

Suggested Set-up for 8v8 Fields

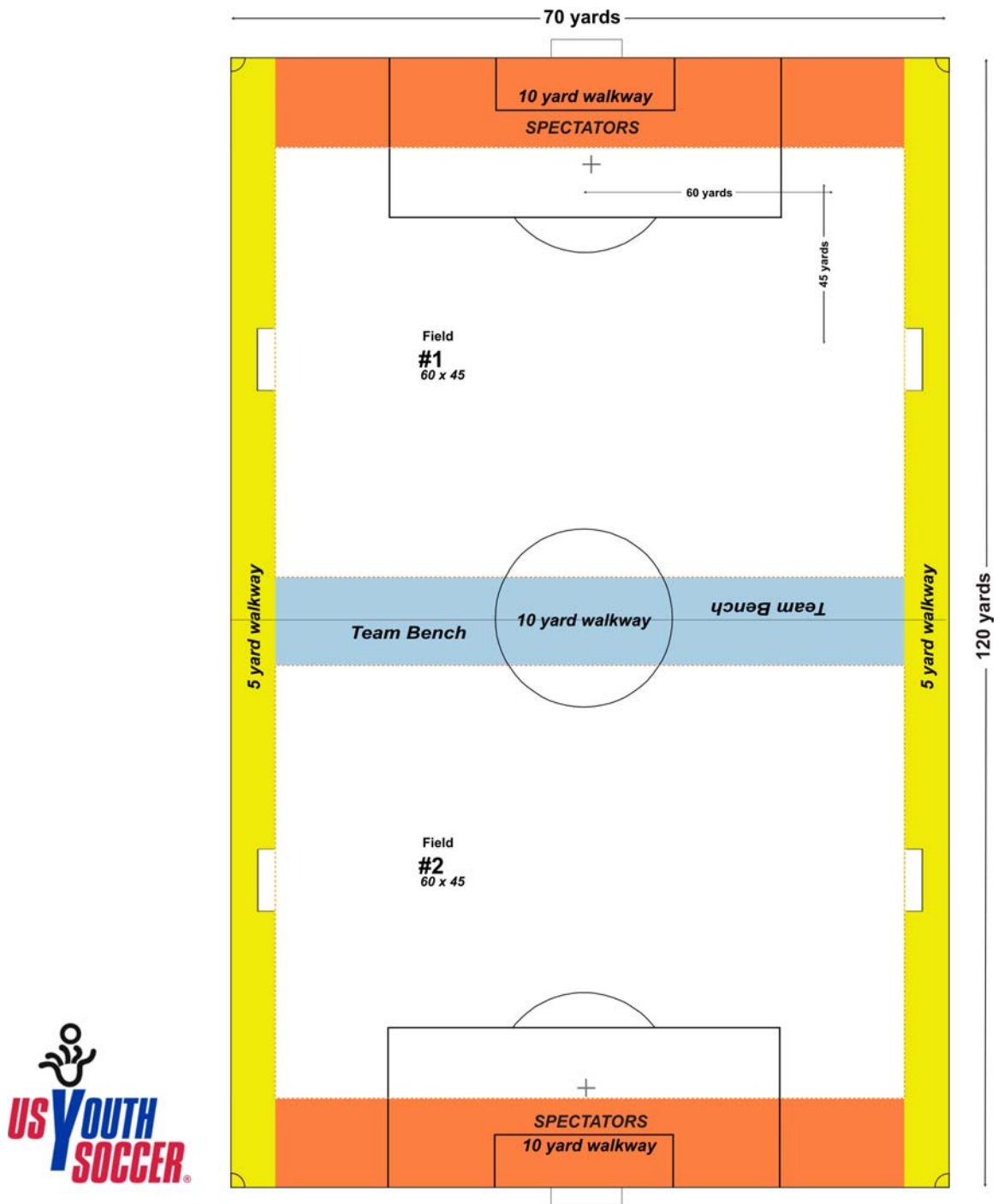
Dividing a 120 x 70 field into 1 - 80 x 55 field (maximum field size)



U12 FIELDS

Suggested Set-up for 8v8 Fields

Dividing a 120 x 70 field into 2 - 60 x 45 fields (minimum field size)



Equipment

Goals

Do we need more GOALS?

NO

- Can use *corner flags* for goals
- Can use *cones* for goals

YES

- May buy additional goals if needed and can use colored flat cones for boundaries, if necessary.
- Goal size is standard for U6-U12 play...6 feet high by 18 feet wide.
- Goals must be anchored securely to the ground. Portable goals may only be used if they satisfy this requirement.

For more information on goal safety click on this link:

<http://www.cpsc.gov/CPSCPUB/PUBS/Soccer.pdf>

Cones

Cones can be used to mark off field boundary lines as well. Usage of cones may be best applied to U6 and possibly U8 matches. Tall cones or flags could be used to mark the corners of the field and flat disc cones could be used to mark the goal lines and touch lines. In this way a club will have great flexibility in where the playing fields for the youngest age groups are laid out in the soccer complex. It also could be a cost saving measure in that less chalk/paint would be needed to designate playing areas. The age group coordinator and/or the age group coaches could help with laying out and collecting the cones on game day.

Scheduling

League

- Weekly organized, age level team competition versus other teams:
 - Intra club (within the club)
 - Inter club (outside of the club)
- Usually seasonal in nature (fall, winter, spring, summer).
- Requires officials (coaches, parents and/or certified referees)

Single Field Method

One team vs. one opposing team per field.

Smaller roster (i.e. Under-8 ***four versus four*** teams use a roster of 6-8 players).

Dual Field Method

Split-Team play...each team splits into two teams and plays on fields side by side against an opposing split team.

Larger roster (i.e. Under-8 ***four versus four*** teams use a roster of 10-12 players).

Why soccer festivals and not soccer tournaments?

Soccer Festivals

- Soccer festivals feature multiple small-sided mini-games per event (e.g., 10 games X 10 minutes) with no elimination and no ultimate winner. Soccer festivals create an atmosphere of enjoyment, stemming from the fun of participation in the game and allowing play to be the center of the experience. Coaching consists of positive comments about the player's efforts and cheering. Fans cheer for the players on both teams.
- We believe that soccer festivals should replace soccer tournaments for all players under the age of ten.

Soccer Tournaments

- We also endorse and support the movement to prohibit U10 teams from traveling to events that promote winning and losing and the awarding of trophies.
- Teams are participating in a vast number of tournaments each season. The participation in these tournaments by youth teams often creates a “win-at-all-cost” attitude and has a negative influence on player development.
- This high level of participation in tournaments affects the development of the player in the following ways:
 - a) Time is reduced for development (i.e. training)
 - b) Excessive play at competitive tournaments is detrimental to individual growth and development
 - c) Winning becomes the main issue for the coach rather than the long term development of the player

Street Soccer (Organized by the numbers)

In this version of the small-sided game, each player is assigned a number that he/she keeps for the duration of the event. The organizer will announce teams of four players by calling out numbers prior to each small-sided game.

For instance, in the first match, numbers 1, 2, 3 and 4 will play as a team against numbers 5, 6, 7 and 8 on field A; while numbers 9, 10, 11 and 12 will play against 13, 14, 15 and 16 on field B. In the second match, numbers 2, 6, 10 and 16 might play against numbers 1, 5, 9 and 13 on field A, etc. In this way, players play with and against different combinations of players throughout the event.

After each match, the organizer requests and records each individual player's score based on the following point system.

<i>POINT SYSTEM</i>		
Win	=	3
Draw	=	1
Loss	=	0
Goal	=	1
Assist	=	1
Shutout	=	1
MVP	=	1

Possible set-up logistics for street soccer:

- 4-8 minute matches depending upon total number of players
- 4 matches in an hour ... give sufficient time between matches for water and to get to the next field for the next match
- 4 vs. 4 without goalkeepers or 5 vs. 5 with goalkeepers
- Players set up fields using cones for the corners of the field and corner flags for the goals
- Have training bibs at each field
- The players determine the rules (how goals are scored, etc.)
- The players make the subs
- The players solve disputes (fouls, etc.)
- The coach keeps time
- The coach records the points for all of the players after each match

Street Soccer (Pick-up Games)

This is an opportunity for a club to return players to the pick-up game (free play) environment where players learn how to play the game from each other. This is the opportunity to mix age groups; for the 8- to 15-year-olds no more than a two-year span in ages. For the players 16-years-old and older a three-year span is fine. Indeed this SSG environment is a chance to also mix genders as the boys and girls have different positive playing traits.

Past generations learned to play the game on their own with other kids in the neighborhood or at school in these kid-organized games. Today youth sports are overly adult controlled and influenced. It's difficult today for youngsters to have a pick-up game since the streets have too many cars, the sandlot now has a mini-mall on it and parents are reluctant, with good cause, to let their child go blocks away from home on Saturday to play in a game on his or her own.

Pick-up soccer is a way for soccer clubs to give the game back to the players in the community. Once a week, or whatever frequency fits the circumstances the best, a club can have organized spontaneity. The club will provide the fields and supervision. Adults will be on site for safety and general supervision, but otherwise it is all up to the players to organize the games.

The adults should NOT coach, cheer, criticize, referee or in any other way involved themselves in the game. The best bet for parents is to drop off their child, go run some errands, and then come back to pick up your child an hour or two latter.

The coaches are on site NOT to coach, but to supervise, be on hand for any serious injuries and any severe discipline problems. Additionally the coaches are there to provide the game equipment and to let the players know when each game segment starts and stops.

It can be used to assist with player development, player identification and player selection. Mostly it is a chance for players to play the game for the FUN of the game. Street soccer brings together children, parents, coaches and volunteers to a soccer celebration, regardless of ethnic or cultural backgrounds. Soccer is the common language and the soccer ground is an arena for social inclusion.

Referees are not needed, since these rules are meant to teach self-responsibility and fair play, with the implied agenda of improving the player's competences in non-violent communication and conflict resolution.

Here are some pick-up game or free play event organizational tips:

- All participants play at the same time
- The use of goalkeepers is optional
- Each player has different teammates for five separate matches
- Matches are ten minutes long, using small goals
- Kick-off from the kick-off spot
- After a goal has been scored the player may dribble or pass the ball from the back line
- Free-kicks are always indirect, the distance from the opponent to the ball must be at least three yards
- Instead of throw-ins the ball is kicked in from the side line and is indirect
- No off-side
- Penalties from the kick-off spot without a goalkeeper
- One can score from any position on the field
- Players have to decide their positions among themselves

- Players keep track of the score themselves
- There are no referees
- Players control the rules themselves
- Five small fields on an official field
- Cones/flags as a goal 2-3 yards wide
- The number of participants varies between sixteen and fifty; if there are more than fifty participants then a second soccer field has to be used
- At each field there are pinnies or bibs
- Teams can be 4-a-side up to 6-a-side
- Players make their own substitutions if there are extra players at a field

The beauty of setting up SSG practices and games is that numerous fields can be set up within a regular adult-sized field. There is no need to purchase expensive small sized goals or take the time to line numerous small fields. It is the amount of time spent playing the game that matters the most, not the aesthetics of painted lines or goals with nets. Corner flags or bicycle flags can be used as goal and corner markers. Cones or discs can be used to mark sidelines and end lines. A minimum number of vests/pinnies/bibs can make it easy to change teams from field to field. Have the players leave one set of bibs of different colors on each half of the field when they are done playing for the next group of players to use in the next game. Be sure to have appropriate size soccer balls available. The players are responsible for getting a ball to each game and for collecting the ball when it goes out of play.

“Play has become spectacle, with few protagonists and many spectators, soccer for watching. And that spectacle has become one of the most profitable businesses in the world, organized not for play but rather to impede it. The technocracy of professional sport has managed to impose soccer of lightning speed and brute strength, a soccer that negates joy, kills fantasy and outlaws daring. Luckily, on the field you can still see, even if only once in a long while, some insolent rascal who sets aside the script and commits the blunder of dribbling past the entire opposing side, the referee and the crowds in the stands, all for the carnal delight of embracing the forbidden adventure of freedom.”

Eduardo Galeano

Interesting Articles

“Freddy Adu: Just Going Out To Play”

Says Pele, "I told him, 'Listen. God gave you, you know, the gift to play football.'" Freddy learned the game as soon as he learned to walk, in his native Ghana, in West Africa. He didn't just play soccer; he lived it.

"I did not go one day without playing," he recalls, and it was just kicking and learning.

"It was awesome," he explains, "because, you know, like, there were no coaches, no one to tell you what to do. It was just, you play and learn stuff on your own."

It was during those early days in Ghana that Freddy's mother, Emelia, first encouraged her soccer prodigy.

Freddy recalls: "My mom was always the supplier of soccer balls, and so people were always knocking on my door, and trying to get me out so we could play."

Freddy's street soccer days ended in 1998, after his parents entered a visa lottery at the U.S. embassy in Ghana. They won the lottery and got visas to come to the United States. Freddy was 8 years old.

At what age should a soccer player peak?

It's obvious by the ever-younger ages of select teams that many coaches, team managers and parents do not know when a soccer player should peak. Pre-teen teams are too young to have youngsters put into open try-out situations where they may be cut and put onto a team where they have to earn their playing time. In many places in the U.S.A. adults want to encroach into even younger age groups with too much- too soon. Even to the extent of such silly things as under 8 travel teams. Anyone who condones such an environment for children is motivated by greed, trying to take money off of well-meaning, but unsuspecting parents. Or they are stating to the world that they have no clue as to when a soccer player is supposed to peak. They must want these kids to sign a professional contract at age 9 and then play in the under 12 World Cup. They knowingly or unknowingly subscribe to the earlier and more is better mentality. This of course is educationally unsound.

It is no wonder then that so many youth soccer players are “burned out” by the time they are 15. For many players the “burnout” occurs even earlier. They are the victims of adults who are keen on winning the next under 8 jamboree or {heaven forbid} an under 12 regional cup championship.

Even when the adults organizing children's soccer understand the above pitfalls and make the effort to avoid them many still do not fully grasp the timeline for the development of a soccer player. Since the majority of soccer players in most communities are children and teenagers they think that soccer is a kid's game when in fact it is an adult game. Because of this basic misunderstanding of the game they think that soccer players are supposed to peak somewhere in the age range of 13 to 16. In fact soccer players peak in their mid to late twenties for field players and perhaps the early thirties for goalkeepers. Indeed adolescence ranges from age 15 to 23 in a person's biological growth. Soccer players do not peak athletically until they are in their twenties, not to mention their tactical awareness and emotional control. Once the adults comprehend this realistic age of reaching the fruition of a fully developed player they soon understand the sound logic behind a proper player development scheme. It begins to make sense that too much too soon will in fact

harm the players more than help. The adults (coaches, team managers, club, state, regional and national administrators and parents) become realistic about why children should play small sided games, why select try-outs should be held off until the teenage years, why U10 and younger teams should not make out of state trips or play in tournaments, why there should not be records kept of results until the players are in the U15 age group, why overuse injuries occur in younger and younger children when they play the same game too often, why kids are jaded towards the game by age 13, why players and soccer families experience burn-out from all the trips, tournaments, etc.

As a team sport soccer is a late specialization sport. The time frame for the development of soccer players is considered long-term athlete development. Please read the full article on athlete development in the USA Olympic Coach magazine, Spring 2004, volume 16, number 1 at http://www.usolympicteam.com/education/coach_spring04.pdf.

Ages of Soccer Growth

Ages 4 to 9 Childhood	Ages 10-14 Puberty	Ages 15 to 23 Adolescence	Ages 24 to 35 Adulthood
Mostly technical repetitions, psychologically friendly and positive, simple combinations, decision making activities. Individual basic skills with an emphasis on keeping ball possession. Lots of balance and coordination exercises.	More combinations on offense and defense. Many decision making environments. Psychologically positive with correction. Advanced competitive skills against match opponents. Tactically work on the roles of attack and defense and the basic principles of play. Exercises should focus on endurance, flexibility and speed.	Tactical application of ball skills. Intense fitness training now becomes a part of the training routine. Much of the focus of training is now on group and team tactics. Fitness training with an emphasis on speed, flexibility, strength and stamina.	Soccer is now either a recreational activity or a job. Consequently training will reflect this reality.
<u>MATCHES</u>	<u>MATCHES</u>	<u>MATCHES</u>	<u>MATCHES</u>
Matches of 3- to 6-a-side. No leagues or standings! No tournaments – festivals instead. Many fun and competitive games.	Matches of 8- to 11-a-side. Selection (try-outs) should not begin until the U13 age group. Less emphasis on the match results and more emphasis on players' performances.	11-a-side matches with a strong emphasis on combination play. Matches should be used as a learning opportunity to execute new tactical concepts and team formations.	<u>Play to win!</u>

“Street Soccer And Small Sided Games”

By Andy Roxburgh

It was lunchtime in Turin, and while others around the table spoke about the UEFA Champions League match which would take place that evening in the Stadio Delle Alpi between Juventus FC and Manchester United FC, Roberto Bettega, Juve's vice-chairman and former star player, talked to me about street football.

Time for self-expression

"Although I was attached to this club from the age of nine years, much of my development took place in the streets – it was there that I practiced and refined my basic skills," said Roberto, who won seven championships for the 'Old Lady' of Turin and represented Italy on 42 occasions. What troubles Roberto, who played alongside Michel Platini, Paolo Rossi, Zbigniew Boniek and other icons of the game, is the dominating style of many youth coaches. With the passion of a street fighter, he added: "Young players need some time for self-expression, for spontaneity. Their coaches need to watch and listen more and instruct a little less."

Valid philosophy

In many parts of Europe, street football has all but disappeared, but the philosophy and the mentality remains valid. The street game was player-centered, competitive, skilful and fair, and the small-sided game, with one-on-one a key element, was the basic form of play. Youngsters practiced for hours on tricks and on passing and shooting techniques, using a wall as their silent partner. A love of football permeated all activities, and cups and medals (extrinsic motivation) had no immediate significance for the fierce young dreamers who were dedicated to the ball and lost in the romance of the game.

Grassroots Program

UEFA, through its Grassroots Program, is committed to supporting the associations and the clubs with their community schemes and player development programs. Football leaders are acutely aware that the loss of the street environment, particularly in industrial regions, has provoked a greater need for training facilities, free-play areas, and appropriate equipment. But equally, there is an increasing demand for well-educated coaches who have the specific knowledge and the ability to work with young players. Just as the smart referee knows the difference between a foul, a dive and a legitimate tackle, so the sensitive youth coach understands when to drill, when to teach creatively, and when to encourage self-reliance and free expression.

Football maxim

Every player, even the stars, were once grass-roots players. Every Sunday morning, as a youngster, Michael Owen of Liverpool FC played two v two games with his father and two elder brothers. Ronaldo claimed that his 'toe-poke' goal against Turkey in the semi-final of the FIFA World Cup was the product of his Futsal (five v five) experiences as a young player. Wayne Rooney, Everton FC's 17-year-old striker, who recently became the youngest player to play for England, still plays in the streets with his friends. It is a football maxim: if the grass roots are strong, then the game will grow and blossom.

Street mentality

As facilities improve and programs become more sophisticated, there is the danger that some will lose sight of the heart and soul of the game. Coaches who have a street mentality, who appreciate the value of free play, self-expression, and passion, will never allow the game to become sterile and mechanical. The Japanese have a saying: "You are never too old to have a happy childhood." For the youth coach, this translates into a simple message: stay young at heart – it is a sentiment, which Roberto Bettega would fully endorse.

This article, written by UEFA technical director Andy Roxburgh, appeared as an editorial in an edition of the UEFA publication "The Technician"

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Resources and Supportive Information

http://www.cnsfund.org/DVD/index_E.html

<http://www.iowasoccer.org/coaching/articles.html>

<http://www.thepitch.org/text/a5.htm>

Street Soccer Commercial:

<http://www.planetpoint.com/jerrydugan/flf3.html>

Somagic Street Soccer

<http://www.in-the-zone.org/index.html>

Modified soccer

<http://www.osysa.com/ModifyingStreetSoccer.html>

Street Soccer in England

http://fp.futsal.f9.co.uk/Articles/what_was_street_soccer.htm

Academy – street soccer

http://fp.futsal.f9.co.uk/Articles/what_was_street_soccer.htm

Street Soccer lessons from a World Cup Star

http://www.finesoccer.com/soccer_edition_112.htm



U6 Modified Rules

US Youth Soccer Official Under 6 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.

Please also note the U6 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 20 yards maximum 30 yards

Width: minimum 15 yards maximum 25 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 four (4) yards is marked around it.

The Goal Area: None.

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.

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 three players. There are NO goalkeepers.

Substitutions: At any stoppage and unlimited.

Playing time: Each player SHALL play a minimum of 50% of the total playing time. Teams and games 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, eight (8) minute quarters. There shall be 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 free kicks are direct and 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 within 2-3 yards of the goal line anywhere across the width of the field of play at the nearest point from where the ball was retrieved. Opposing players must be four (4) yards away from the ball until it 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.

U6 ADDENDUM

MODIFIED RECOMMENDATIONS OF THE GAME FOR U6

Law 1 The Field of Play: the dimensions are smaller to accommodate the three-versus-three game and are appropriate for the movement capabilities of four- and five-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 not execute corner kick plays 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 U6 Small Sided Games are not mandatory field markings. Cones may be used in lieu of corner flag posts if desired. Neither cones nor corner flag posts to mark the corners of the field are mandatory for this age group.

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 U6 age group are one versus five, so let's give them a chance by having a larger target. However, manufactured goals are not mandatory for U6 Small Sided Games. Clubs are free to use cones, Pug goals or other items to designate the goal for this age group. Indeed, even the entire goal line could be considered the 'goal' and a ball kicked over the goal line is considered a goal. 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 U6 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 kicking 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 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.

Law 5 The Referee: a referee is not really needed for this age group. Instead a parent or a coach should supervise the game for safety sake. All rule infringements shall be briefly explained to the offending player. 'Do-overs' should be a regular occurrence allowed by the adult(s) supervising the U6 game. It is strongly recommended that the adult officiating the U6 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 U6 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 should keep the game flowing and keep the attention of the kids.

Law 14 The Penalty Kick: for this age group there will not be any penalty kicks called.

Law 15 The Kick-In: most U6 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 U6 player has a better chance of striking it correctly. This may lead to some intentional passes. 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.

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 four players and the maximum roster size is six players. Under the dual field method the recommended minimum roster size is eight players and the maximum roster size is ten 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. The goal of the U6 facilitator is to achieve 100% playing time for each child.
- ⇒ Split-Field Model: See appendix for options.
- ⇒ No score or standings should be kept.

ADVANTAGES OF PLAYING SMALL SIDED GAMES

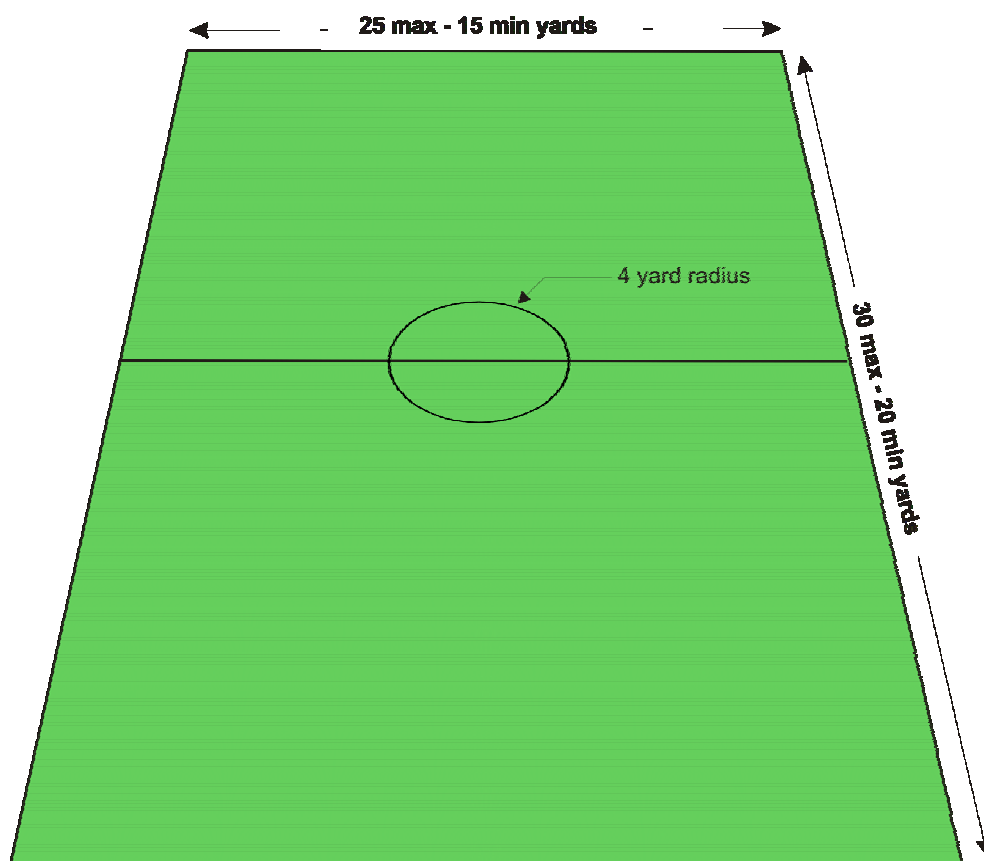
- ☐ More time with the coach/facilitator
- ☐ Energetic workouts due to playing both offense and defense
- ☐ More efficient use of field space
- ☐ Matches can be played simultaneously across a full size field
- ☐ Children are physically more efficient in smaller space
- ☐ Children are actively involved 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 U6 teams should attend the U6/U8 Youth Module coaching course and the Grade 9 referee course.

Suggested Set-up for 3v3 Fields



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.

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.

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 Throw-In: Conform to FIFA with the exception that an improperly performed throw-in can be retaken once.

Law 16 – The Goal Kick: Conform to FIFA with the exception that opponents must remain outside the goal area and at least four (4) yards from the ball until it 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.

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 Throw-In: some U8 players do not yet have the eye-hand coordination to execute a throw-in to the letter of the law. However, some U8 players have sufficient eye-hand coordination to attempt the throw-in. One 'do-over' per thrower should be the normal response if the throw-in is incorrect. The adult officiating the match should explain to the child how to execute the throw-in correctly.

Law 16 The Goal Kick: per FIFA. The defending players must stand at least four yards away from the ball until it is in play. The ball is in play once it has left the goal area.

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.

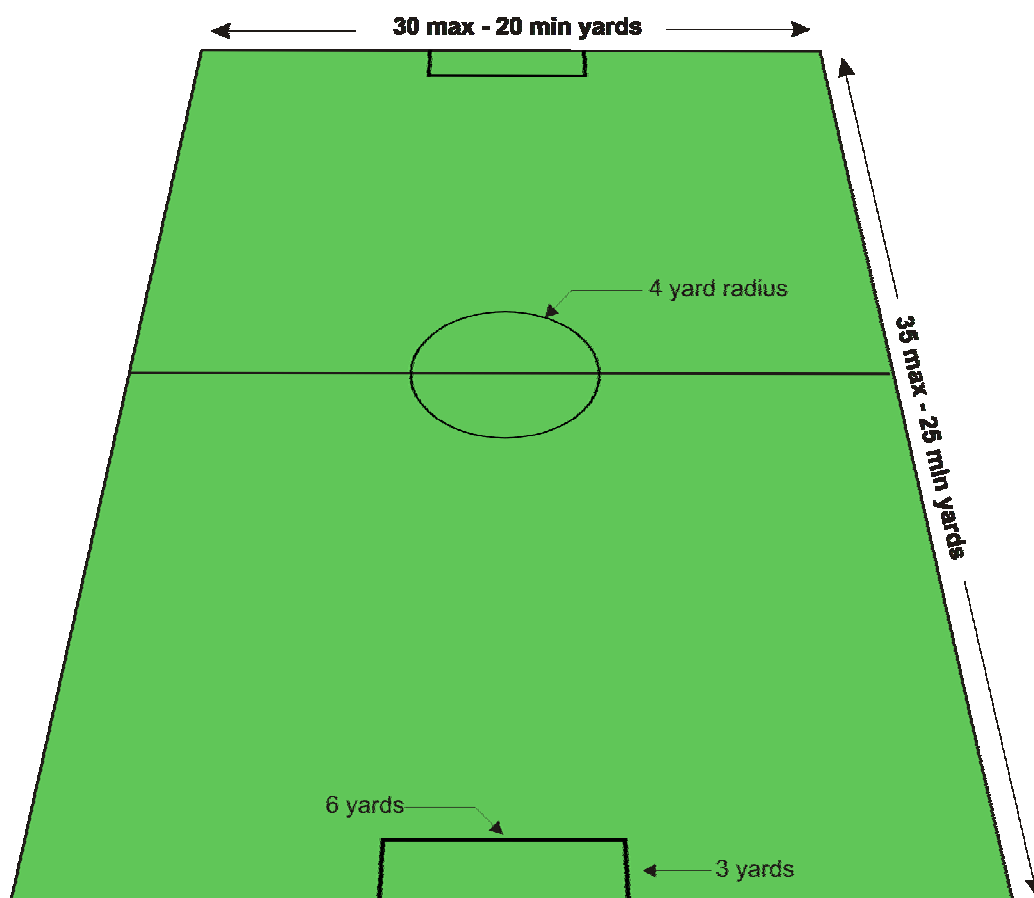
ADVANTAGES OF PLAYING SMALL SIDED GAMES

- ☐ 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.

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: 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: 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.

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 no ball may be kicked or punted from one penalty area into the opponents’ penalty area. Meaning that if the ball is not played or bounces from the ground into the opponents’ penalty area it is an infraction, punished by giving the ball to the opponents for an indirect free kick taken at the center spot on the halfway line.

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.

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 penalty area is marked, but is smaller than the adult field size penalty area. 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.

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.

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.

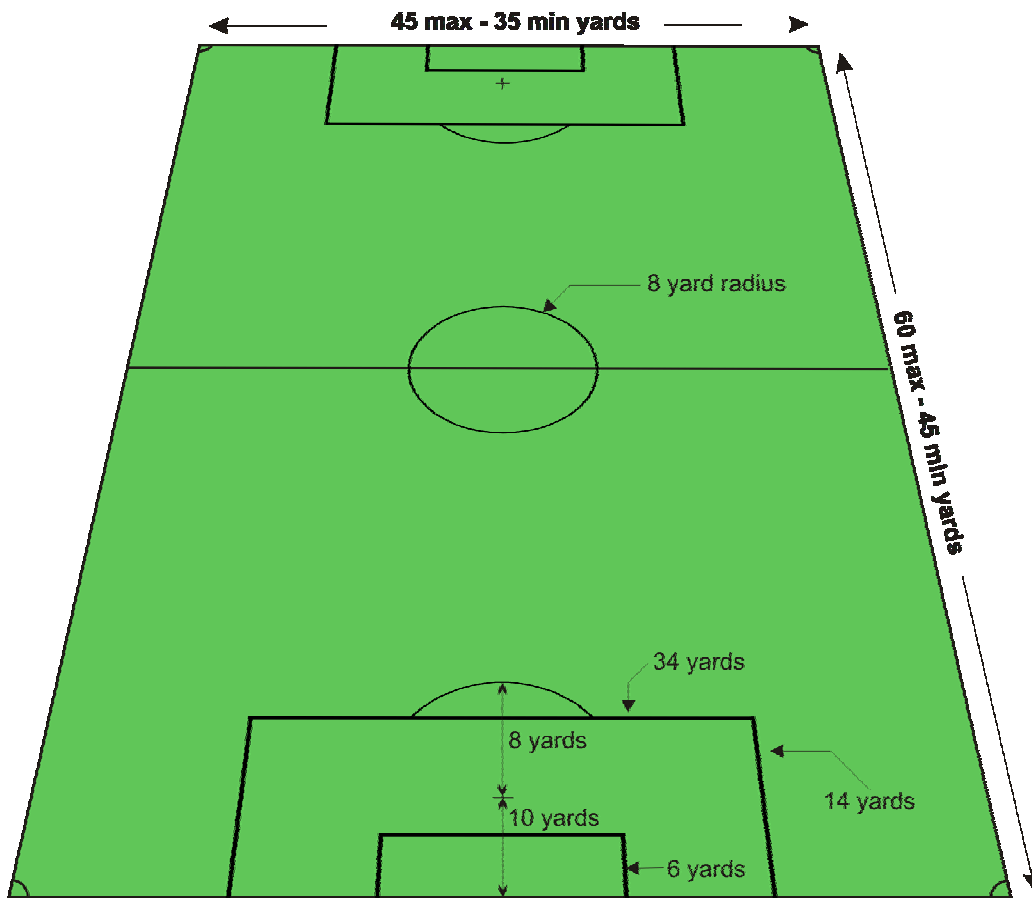
ADVANTAGES OF PLAYING SMALL SIDED GAMES

- ❑ 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.

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 60 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.

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.

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 Referee: 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.

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 smaller center circle.

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.

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 is a vitally important tactical concept for the players to learn.

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 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.

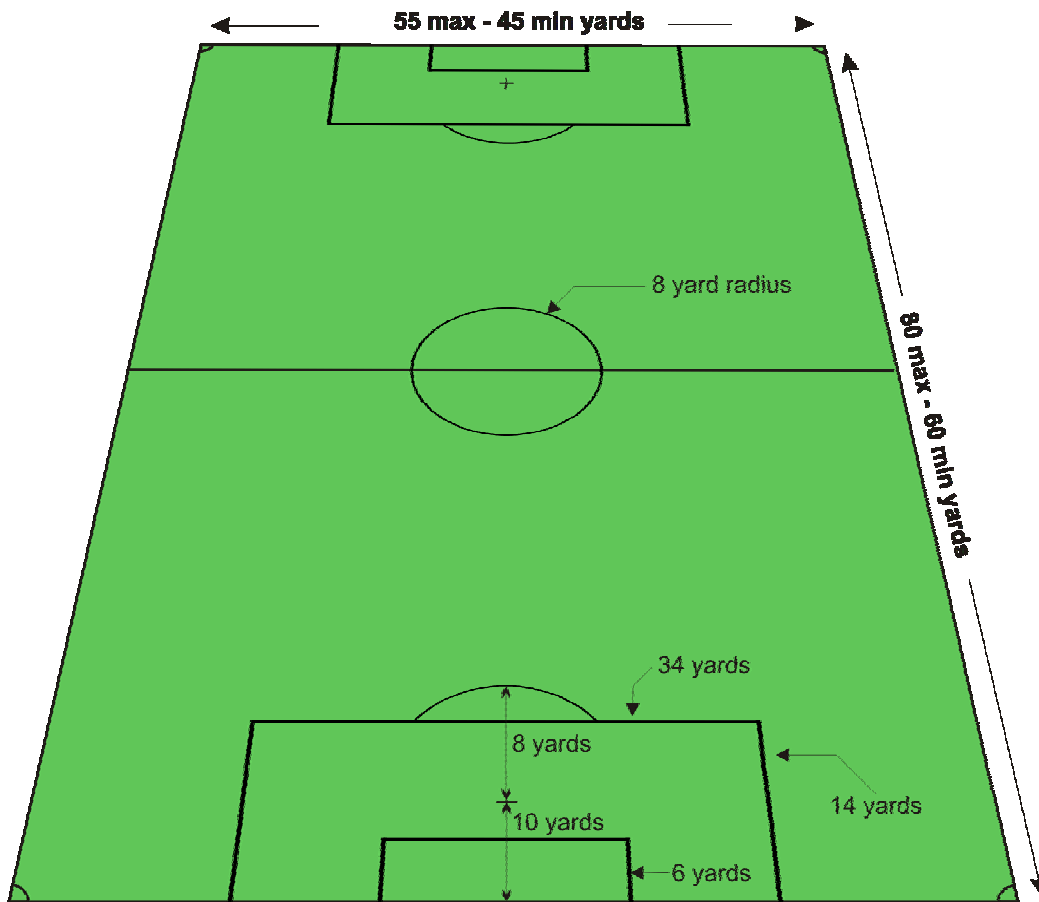
ADVANTAGES OF PLAYING SMALL SIDED GAMES

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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

Single Game	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								
5 v 5 (U-9/10)	2 x 25 min. halves			100% 50 min	83% 41 min	71% 35 min	62% 31 min	55% 27 min	50% 25 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		

Split Game	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% 64 min	85% 54 min	75% 48 min	66% 42 min	60% 38 min	54% 34 min	50% 32 min						
4 v 4 (U-7/8) Split	4 x 12 min. quarters						100% 96 min	88% 85 min	80% 76 min	72% 69 min	66% 64 min	61% 59 min	57% 54 min	53% 51 min	50% 48 min		
5 v 5 (U-7/8) Split	4 x 12 min. quarters								100% 96 min	90% 87 min	83% 80 min	76% 73 min	71% 68 min	66% 64 min	62% 60 min	58% 56 min	55% 53 min
5 v 5 (U-9/10) Split	2 x 25 min. halves								100% 100 min	90% 90 min	83% 83 min	76% 76 min	71% 71 min	66% 66 min	62% 62 min	58% 58 min	55% 55 min
6 v 6 (U-9/10) Split	2 x 25 min. halves										100% 100 min	92% 92 min	85% 85 min	80% 80 min	75% 75 min	70% 70 min	66% 66 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.

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

COACH & REFEREE 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
(800) 476-2237

United State Soccer Federation (U. S. Soccer)
www.ussoccer.com
(312) 808-1300

United States Soccer Foundation
www.ussoccerfoundation.org
(202) 872-9277

U. S. Adult Soccer Association
www.usasa.com
(800) 867-2945

United States Futsal Federation
www.futsal.com

National Soccer Coaches Association of America
www.nscaa.com
(800) 458-0678

Soccer America
www.socceramerica.com
(800) 997-6223

Better Soccer – More Fun
www.bettersoccermorefun.com

Positive Coaching Alliance
www.positicecoach.org

American Sport Education Program
www.asep.com



WEBSITES

US Youth Soccer Sponsors



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The Official Lawn Care Provider of US Youth Soccer



The Official Home Appliance of US Youth Soccer

US Youth Soccer Partners

Eurosport

www.eurosport.com

Success In Soccer magazine

[Success In Soccer](#)

US Youth Soccer

BOOKS

A complete list of recommended books for coaches, administrators and parents of youth soccer players is available at [.....insert hyperlink back to web site page with list of recommended books](#)

Here are a few samples:

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

Soccer—A Guide for Parents and Coaches
By, United States Olympic Committee & U.S. Soccer
Published by Cooper Publishing Group
P.O. Box 562
Carmel, In. 46032

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, N.Y. 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) by clicking on this link:

<http://www.usyouthsoccer.org/scripts/runisa.dll?m2.66188:gp:595320:72071+archive/Display+E+103+72650>

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

The Game for All Kids!®

FIFA FORMATS

The complete report on playing formats for children from around the world may be found at ...[add hyperlink to website page](#)

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

AFC

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

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

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

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, 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

IRELEAND 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

Lesson Plans

Please click on the hyperlink below to access the US Youth Soccer Coaches Connection archive of lesson plans for coaches.

http://www.usyouthsoccer.org/coaches/coachesconnection/index_E.html

