

Small-Sided Soccer

Small sided soccer provides players with more opportunities for touches on the ball, which in turn helps the overall players development

Pre-K/Kindergarten

- 3v3
- 8 minute quarters
- Size 3 soccer ball
- No referees
- Coach on the field
- No Goalie
- No Headballs

1st/2nd Grade

- 4v4
- 20 minute halves
- Size 3 soccer ball
- 1 referee
- No goalie
- No Headballs
- Ball may not be played in the goal box, results in a corner kick or goal kick

3rd/4th Grade

- 7v7
- 25 minute halves
- Size 4 soccer ball
- No Headballs
- Offsides are enforced

5th/6th Grade

- 9v9
- 30 minute halves
- Size 4 soccer ball

7th/8th Grade

- 11v11
- 35 minute halves
- Size 5 soccer ball

*All players are required to wear shin guards

*Cleats are allowed (no toe cleat, no metal spikes)

*5 minute halftime