

SMALL SIDED SOCCER

Small sided soccer-Provides players with more opportunities for touches on the ball, which in turn helps the overall player development.

U5/U6 3 v 3

Coach on the field

No goalie

No headballs

Size 3 ball

No referees

8 minute quarters

U8 4 v 4

Coach moves to the sideline

No goalie

No headballs

Ball may not be played in the goal box/play results in a corner kick or goal kick

Substitution rules apply

Size 3 ball

1 referee

20 minute halves

U10 7 v 7

Offsides

No headballs

Size 4 ball

Referee and two ARs

25 minute halves

U12 9 v 9

30 minute halves

Size 4 ball

U14 11 v 11

35 minute halves

Size 5 ball

*All players are required to wear shin guards

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

*Coin toss determines who gets the ball to start

*5 minute halftime