

Small-Sided Games Program Format

	U-6	U-7	U-8	U-9	U-10	U-11
Field Size						
W x L in Yards	20 x 30	20/25 x 30/35	20/25 x 35/40	20/30 x 35/45	30/35 x 35/55	35/50 x 50/80
Center Circle Yards	6	6	6	10	10	10
Penalty Mark	No	No	No	No	No	Yes
Goal Sizes in Feet						
Recommended	6' x 6'	6' x 6'	6' x 8'	6' x 12'	6' x 18'	8' x 24'
Minimum	cones	cones	6' x 6'	6' x 8'	6' x 12'	8' x 24'
Maximum	6' x 6'	6' x 6'	6' x 12'	6' x 18'	6' x 18'	8' x 24'
Ball Size	#3	#3	#3	#4	#4	#4
Roster Size	6	6	8	9	10	14
Field Players	3	3	4	5	6	9
Goal Keepers	No	No	Yes	Yes	Yes	Yes
Game Lengths						
Max Time	32 Minutes	40 Minutes	50 Minutes	50 Minutes	50 Minutes	60 Minutes
Recommended	4 x 8 Min Periods	4 x 10 Min Periods	2 x 25 Min Halves	2 x 25 Min Halves	2 x 25 Min Halves	2 x 30 Min Halves
Permitted	2 x 15 Min Halves	2 x 20 Min Halves	4 x 12 Min Periods	4 x 12 Min Periods	Must use Halves	Must use Halves
Implementation	2002	2002	2003	2004	2005	2006
Recommended Referee	Coach/Parent	Level 8 - 11	Level 8 - 11	Level 8 or 9	Level 8 or 9	Level 8 or Higher
Recommended Coaching Licensing	U-6 Certificate	U-8 Certificate	U-8 Certificate	U-10 Certificate	U-10 Certificate	U-12 Certificate