

## 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

16 minute halves

U8 4 v 4

Coach moves to the sideline

No goalie

No headballs

Ball may not be played in the goal box

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

Headballs allowed

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