

Small-Sided Games Chart

	U08 (4v4)	U07 (4v4)	U06 (4v4)	U09 (7v7)	U10 (7v7)	U11(9v9)	U12 (9v9)
Field Size (yards)	Length 25-35 Width 15-25	Length 25-35 Width 15-25	Length 25-35 Width 15-25	Length 55-65 Width 35-45	Length 55-65 Width 35-45	Length 70-80 Width 45-55	Length 70-80 Width 45-55
Goal Size	Height 4 ft. Width 6 ft.	Height 4 ft. Width 6 ft.	Height 4 ft. Width 6 ft.	Height 6.5 ft. Width 18.5 ft.	Height 6.5 ft. Width 18.5 ft.	Height 7 ft. Width 21 ft.	Height 7 ft. Width 21 ft.
Ball Size	3	3	3	4	4	4	4
Players	4v4	4v4	4v4	7v7	7v7	9v9	9v9
Game Time	4x10min.	4x10min.	4x10min.	2x25min.	2x25min.	2x30min.	2x30min.
Offside	No	No	No	Yes	Yes	Yes	Yes
GK Punt	No	No	No	No	No	Yes	Yes
Dist. Free Kicks	10 feet	10 feet	10 feet	8 yards	8 yards	8 yards	8 yards
Penalty Kicks	No (IFK)	No (IFK)	No (IFK)	Yes(10 yards)	Yes(10 yards)	Yes(10 yards)	Yes(10 yards)
FreeKicks	IFK ONLY	IFK ONLY	IFK ONLY	IFK/DFK	IFK/DFK	IFK/DFK	IFK/DFK