

Small Sided Program Format Summary

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