



4v4 Standards

U6 to U8 Age



Player Development Philosophy

- Results and standings should not be recorded
- Travel should be limited as much as possible
- Players should not be participating in events (tournaments, showcases, festivals, etc.)
- Remember that safety and fun are the top priorities so make adjustments as needed to ensure both are being promoted



Standards of Play

- Field
 - 25-35 yards (length)
 - 15-25 yards (width)
 - Goals should be no larger than 4 feet (height) x 6 feet (width)
 - Corner flags are not needed



Standards of Play

- Games

- Size 3 ball
- 4v4 (no goalkeepers)
- Shin guards are required
- Substitutions are unlimited and can occur at any time

- 4 quarters
- No more than 10 minute quarters
- 5 minute breaks between quarters
- Playing times can be less than 10 minutes when managed by the coaches and parents

4v4 Standards of Play



Standards of Play

- Games

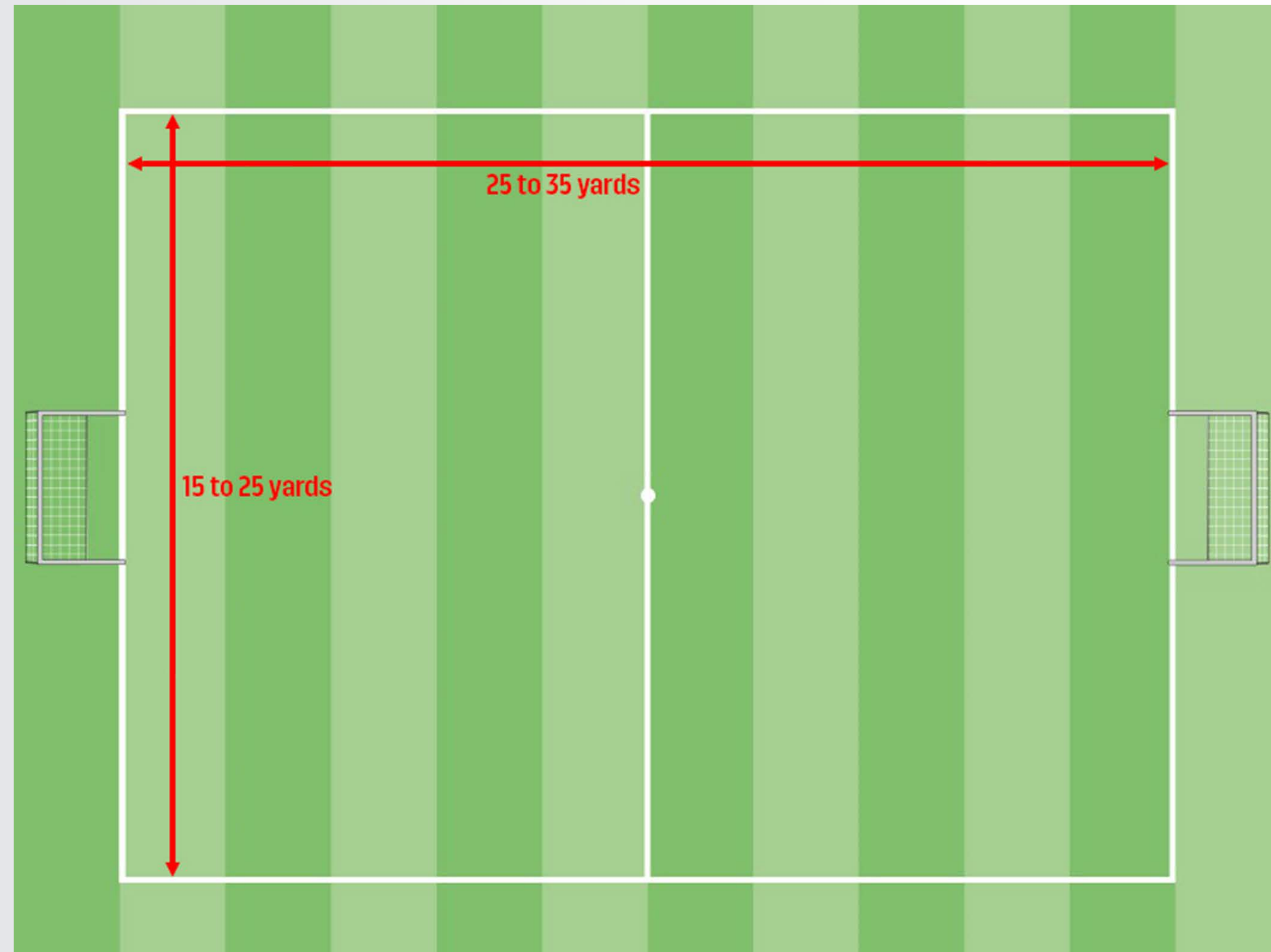
- Kick offs, free kicks, throw-ins, goal kicks and corner kicks are used to start or restart play
- Kick-ins and/or dribble-ins are also acceptable
- Goal kicks and corner kicks should be taken in the general vicinity of the respective goal or corner
- If used, all free kicks are indirect
- Opponents should be 10 feet away from the ball on all restarts
- No penalty kicks
- No offside



Standards of Play

- Games
 - Registered and certified referees are not needed at this level
 - Since there is no referee, coaches are expected to manage the game environment from the touchline using these standards of play and their best judgement
 - Together, coaches and parents are expected to create and promote a fun and safe environment for the players

4v4 Standards of Play



Small-Sided Games Chart



	U6 6 years old and younger	U7 7 years old and younger	U8 8 years old and younger	U9 9 years old and younger	U10 10 years old and younger	U11 11 years old and younger	U12 12 years old and younger
Field Size Ranges (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
Maximum Goal Size (feet)	Height 4 Width 6	Height 4 Width 6	Height 4 Width 6	Height 6.5 Width 18.5	Height 6.5 Width 18.5	Height 7 Width 21	Height 7 Width 21
Ball Size	3	3	3	4	4	4	4
Players	4v4 No GK	4v4 No GK	4v4 No GK	7v7 GK	7v7 GK	9v9 GK	9v9 GK
Game Time (minutes)	4x10	4x10	4x10	2x25	2x25	2x30	2x30
Offside	No	No	No	Yes	Yes	Yes	Yes