



**\*\*Updated 2/8/19\*\***

## U7 and U8 Small Sided Game

I. **Ball Size:** 3

II. **Players:**

1. 4 v 4 (NO Goalkeeper). Max Roster Size 10. Minimum of 3 players to start the game.
2. Substitutions may occur on any stoppage.

III. **Length of the Game:**

Four 10 Minute quarters. Up to a 5-minute break in between quarters if needed

IV. **The Field:** (See Diagram below)

1. Field Size (in yards): 25 - 35 x 15 – 25
2. Maximum Goal Size (in feet): 4 by 6

V. **Rules:**

1. **Start of the Game, Corner Kicks and Free Kicks:** All opposing players must remain 10 feet away from the ball when a kick is taken. All kicks are indirect.
2. **No Penalty Kicks**
3. **Offsides:** Offsides will not be enforced.
4. **Fouls:** Every foul will result in an indirect free kick, except for direct kick fouls within the penalty area which will result in a penalty kick.

5. **Throw-ins:** If a player incorrectly performs a throw-in on the first throw, he/she should be instructed by the coach and /or referee as to the proper manner of throwing the ball in and be given a second chance to complete the throw-in. After the second try the ball will be given to the other team.
6. Heading is not permitted at this age group. Please read Laws of the Game, section XII, point 6 for specifics
7. Slide tackling is not permitted at any age. Please read Laws of the Game, section XII, point 7 for specifics
8. Remember games are to be used as a teaching experience.



