



## **SMALL SIDED GAMES -- NATIONAL ASSOCIATIONS**

Here is a sampling of FIFA national football associations, which have instituted Small Sided Games for children.

### **AUSTRALIA**

6 vs. 6, including the goalkeeper, for U8

9 vs. 9, including the goalkeeper, for U10

There is no organized soccer for the U6 age group. The U12 age group plays 11 vs. 11. This modified version of soccer for children is referred to as Rooball.

Modifications are made to the size of the goal, the field of play, the ball, length of play and field markings.

Ms. Connie Selby

Coaching and Development Coordinator of the Australian Soccer Association.

### **BAHAMAS**

8 vs. 8 for U7 to U11

11 vs. 11 for U13 and older

U7 play twenty-minute matches on a 30 yards wide by 50 yards long pitch. U9 play a forty-minute match divided into two halves on a 30 yards wide by 50 yards long pitch. U11 play a sixty-minute match divided into two halves on a 50 yards wide by 70 yards long pitch. U13 play an eighty-minute match divided into two halves on a 50 yards wide by 100 yards long pitch.

Mr. Lionel E. Haven

General Secretary of the Bahamas Football Association.

## **BELGIUM**

Please find herewith the match formats played by our clubs.

- U6, U7 and U8 play (5 vs. 5)
- U9 and U10 play (8 vs. 8)
- U11 and U12 play (11 vs. 11)

Note that these types of playing formats have been adopted after a study and analysis carried out by the University of Leuven together with the Belgian F.A.

Mr. Michel Sablon

Technical and Sports Director for the Belgium F. A.

<b>SET UP</b>	<b>COMPETITIONS</b>	<b>SEASON</b>	<b>2003</b>	<b>2004</b>
<i>AGE CATEGORY</i>	<i>PLAYERS MAX</i>	<i>PLAYERS ROSTER</i>	<i>FIELD</i>	<i>MATCH TIME</i>
U8	5 vs. 5	9	25 X 35 METERS	4 X 15 MINUTES
U10	8 vs. 8	12	1/2 FIELD	4 X 15 MINUTES
U12	11 vs. 11	15	FULL FIELD	2 X 30 MINUTES
U15	11 vs. 11	15	FULL FIELD	2 X 35 MINUTES
U17	11 vs. 11	15	FULL FIELD	2 X 40 MINUTES
U19	11 vs. 11	15	FULL FIELD	2 X 45 MINUTES

Mr. Vincent Stevens

Coach U17 KV Mechelen

## **BERMUDA**

7 vs. 7 for the U7, U9 and U11 age groups. 11 vs. 11 play begins in the U13 age group.

{A complete list of the playing rules from the Bermuda F. A. is available upon request from the US Youth Soccer Coaching Education Department.}

## **BOLIVIA**

**BOLIVIA USES THE FOLLOWING RULES FOR SOCCER:**

Age under 6 and under 7 -- 8 on the field including goalies with unlimited substitutions

Age under 8 to under 13 -- 8 on the field including goalies with only 5 substitutions

Age 14 and up -- 11 on field with only 3 substitutions

## BOSNIA AND HERZEGOVINA

Unfortunately, be informed that in our Federation exist no clubs with such age groups (under 9).

Ms. Lejla Burekovic  
Football Federation of Bosnia and Herzegovina  
International Department

## BRITISH VIRGIN ISLANDS

Here in Tortola on the British Virgin Islands we do as follows:

6-7 yr old: 5-a-side  
8-9 yr old: 7-a-side  
10-11 yr old: 8-a-side

Over 12 we try and introduce them to 11-a-side

Mr. Roger Carter  
Head of Youth Football, BVIFA

## CANADA

Here are the CSA's recommendations

U6 3 vs. 3  
U8 4 vs. 4  
U10 7 vs. 7  
U12 8 vs. 8  
13 and older 11 vs. 11

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National Staff Coach  
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## CAYMAN ISLANDS

5 vs. 5, including the goalkeeper for U12

Ms. Kenisha Morgan

Administrator Public Relations and Marketing Manager of the Cayman Football Association.

In response to your request see below season's Cayman Football works.

Tournaments for U-10 players (boys and girls) eleven a side games; organized by Primary Schools under supervision of CIFA.

Rally U-10 tournament 7 a side game; organized by Primary Schools under supervision of CIFA.

U-14 League and Cup (boys and girls) eleven a side games; organized by CIFA.

U-17 League and Cup (boys and girls) eleven a side games; organized by CIFA.

Primary School Girls League, nine a side games; organized by Primary Schools under supervision of CIFA.

District tournament for U-14 and U-16 levels, boys and girls, eleven a side games; organized by CIFA.

Cayman Football Fest rallies for Primary School boys and girls, U-14 seven a side games and U-17 eleven a side games; organized by CIFA.

Women's Senior League and Cup, eleven a side; organized by CIFA.

Men's Senior League and Cup, eleven a side; organized by CIFA.

National Team training regularly in Men Senior, U-20, U-17, U-14, U-12, U-10, Women Senior and Ladies U-16 levels.

We have no work for Under 8 year old players.

We hope this information helps you to improve the football program in the USA and CONCACAF.

Marcos Tinoco

Technical Director

Cayman Islands Football Association

## CYPRUS

5 vs. 5 for U10 (8- and 9-years-old)

5 vs. 5 for U12 (10- and 11-years-old)

We do not organize games for children U6 and U8.

Ms. Marilena Prodromou

CFA

## EL SALVADOR

Un saludo del Departamento Técnico, de la Federación Salvadoreña de Fútbol. En atención a su E-Mail en el que nos solicitan información acerca de los distintos formatos usados por las naciones afiliadas a FIFA, sobre los partidos con números reducidos para jóvenes menores de 12 años, al respecto enviamos lo siguiente:

### **ESTRUCTURA DEL PROGRAMA (NIVELES DE FORMACION)**

Está dividido en seis niveles de formación, fijados en una Progresión adecuada a la evolución natural del niño, se caracteriza por un aumento gradual de la dificultad y complejidad de las situaciones, cada vez más reducidas en el plano técnico – táctico, y por unas velocidades de ejecución cada vez más rápidas.

<b>NIVEL</b>	<b>DENOMINACION</b>	<b>EDAD</b>	<b>CATEGORIA</b>
Formativo	Juegos de habilidades y capacidades básicas	Sub-8	1º Nivel
Formativo	Juegos para el Minifútbol	Sub-10	2º Nivel
Intermedios	Juegos para el Fútbol 7	Sub-12	3º Nivel
Intermedios	Juegos para el Fútbol 8	Sub-14	4º Nivel
Competitivos	Juegos para el Fútbol reglamentario	Sub-16	5º Nivel
Competitivos	Fútbol a la medida del Adolescente	Sub-18	6º Nivel

### **La Competición en el Fútbol Base**

<b>Modalidad</b>	<b>Sustitutos</b>	<b>Medidas de Campo</b>	<b>Duración</b>	<b>Arbitros</b>
Minifútbol 4	8	25X35 mts	3X10 Minutos	14 Años
Minifútbol 5	8	25X35 mts	3X10 Minutos	16 Años
Fútbol 7	5	40X55 mts	2X30	18 Años
Fútbol 8	5	Entre las áreas campo reglamentario	2X35	20 Años
Fútbol 11	5	Campo reglamentario	2X40	22 Años

5 vs. 5 and 4 vs. 4 are the numbers (minifutbol 4 and minifutbol 5) for U10 and below, 7 vs. 7 for U12 and 8 vs. 8 for U14.

## ENGLAND

The F.A. does not encourage any organized football under the age of six. Over 6-years-old 'Mini-Soccer' rules apply.

4 vs. 4 or 5 vs. 5 for U8

6 vs. 6 or 7 vs. 7 for U10

Over ten-years-old they begin to play 11 a-side.

“This was introduced four years ago and we feel this has made a huge difference to our youth development programme.”

Mr. Jonathan Arana

Senior Customer Relations Manager for The F.A.

## FINLAND

5 vs. 5, 7 vs. 7 & Futsal for all age groups

7 vs. 7 for U11

9 vs. 9 for U13

FOOTBALL ASSOCIATION OF FINLAND

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The Head of the Youth Department

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{A complete list of the playing rules from the Finnish F. A. is available upon request from the US Youth Soccer Coaching Education Department.}

## GERMANY

In Germany the playing models differ in the various regional federations.

Normally they play:

4 vs. 4 for U6

7 vs. 7 for U7 to U12

Some local federations play 11 vs. 11 with the U12 age group and some even as young as U10.

“In my opinion small-sided games are better for young players, so at my academy we often play 4 vs. 4 in the training sessions. Small-sided games enforce a lot of technical abilities.”

Mr. Klaus Pabst

former Technical Director for the Youth Academy of Cologne.

## GUAM

My name is Basil O'Mallan and I am the president of the youth soccer league here on Guam. There are about 1,000 kids ages 4 to 16 registered to play soccer in the league. Since Guam is a small island, about 200 square miles, and much of it mountainous, finding level playing fields is my biggest challenge. As a result we play small-sided matches on smaller playing fields for the various age groups. We also modify goal sizes. Soccer is very popular here and the competition level is pretty good. We are part of the Asian Football Conference. We are very fortunate, though, as the weather is wonderful year round so we play two full seasons and also a summer league. I will prepare a more detailed report and get back with you soon.

Mr. Basil O'Mallan

## HUNGARY

I would like to inform you about the match formats in different age-category in Hungary.

4 vs. 4	U 6-7	Pitch 20X30 m	Goal 1X1 m (no goal-keeper)	Ball size 3	
6 vs. 6	U 8-9	5+1	30X40 m	3X2 m	4
8 vs. 8	U 10-11	7+1	40X60 m	5X2 m	4

Only in tournament system.

From U12 normal team, pitch and championship.

Mr. Brünyi Béla  
Youth Secretary

Since we are very keen to get in the EU, and it was a part of the "package deal", Hungary finally had to take major steps in the past few years in improving certain issues in the coaching and player development department. A nationwide program was implemented of unified ideas and new playing rules.

Here is what I gathered so far:

U8 4 vs. 4 without GK

U10 5 vs. 5 with GK

U12 7 vs. 7 with GK

The U8s are using 2x1 meter (cca. 6'x3') goals, no corner kicks but three corners can be exchanged for one PK. That penalty has to be kicked from the half way line without GK. There is no throw-in but pass or dribble into play. No kickoff during the game and after a conceded goal they just put the ball back in play. Interestingly, and that only exists at the U8 level, they can bring the ball all the way to the half way line before the defending team is allowed to pressure. That rule though is not nationally accepted, certain counties and clubs don't endorse it. Some only use it when the game goes lopsided. On the U8, U10 and U12 games they don't have referees but field marshals (I assume designated parents) who only supervise the activity, not officiating it. It wasn't clear but I think it is only on the tournaments (which run in festival format) and on the intra-club games can be found (?). Once they travel they probably have refs.

I grew up in a Hungarian second division club's youth academy and we were sentenced to play full field 11 vs. 11 at U10 already. I remember lots of frustration, boredom and aggravation in my first few years. What I've found on our web site now is rejoicing and it is finally the complete opposite of what we had to struggle through.

If you are interested in further research the web address is: [www.mlsz.hu](http://www.mlsz.hu).

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## IRELAND REPUBLIC

5 vs. 5 for U8

7 vs. 7 for U10

9 vs. 9 for U12

All formats include goalkeepers.

Mr. Richard Fahy, Technical Co-ordinator for The Football Association of Ireland.

**Table 1: Proposed game format in the different age groups (All formats include Goalkeeper)**

Game Format	AGE GROUP	TEAMS	PITCH	DURATION	BALL	GOALS
Outdoor	6-8	5 a-side	40 x 30m	3 x 10mins	Size 2 & 3	6' x 4'
Outdoor	9-10	7 a-side	60 x 40m	3 x 15mins	Size 3	10' x 5'
Outdoor	11-12	9 a-side	80 x 60m	3 x 20mins	Size 4	16' x 6'
Outdoor	13-14	11 a-side	100 x 70m	2 x 35mins	Size 5	20' x 7'
Outdoor	15 -16	11 a-side	110 x 70m	2 x 40mins	Size 5	24' x 8'
Outdoor	17 and over	11 a-side	120 x 80m	2 x 45mins	Size 5	24' x 8'
Futsal	6 – 9	5 a-side	25m x15m	2 x 10mins	Size 2 / 3	8' x 4'
Futsal	10 - 13	5 a-side	25m x 15m	2 x 15mins	Size 4	10.5' x 7'
Futsal	14 - 16	5 a-side	25m x15m	2 x 20mins	Size 4	10.5' x 7'
Futsal	16 and over	5 a-side	30m x18m	2 x 20mins	Size 4	10.5' x 7'
Futsal	International	5 a-side	38m x18m	2 x 20mins	Size 4	10.5' x 7'

## LATVIA

Our youth department informs that we apply:

for U6 (4- and 5-year olds)- 5 vs. 5, 25x40 m pitches, 2x3 m goals, balls nr 4

for U8 (6- and 7-year-olds)- 7 vs. 7, 40x60 m pitches, 2x5 m goals, balls nr 4

for U10 (8- and 9-year-olds)- 7 vs. 7, 40x60 m pitches, 2x5 m goals, balls nr 4

for U12 (10- and 11-year-olds)- 7 vs. 7, 25x40 m pitches, 2x5 m goals, balls nr

4

Mr. Gunars Akerbergs  
LFF Executive Secretary

## LICHTENSTEIN

Here is the information from Liechtenstein.

U8 und jünger: 5 gegen 5

U10: 7 gegen 7

U12: 9 gegen 9

U14: 11 gegen 11

U8 & younger 5 vs. 5

U10 7 vs. 7

U12 9 vs. 9

U14 11 vs. 11

Mr. R. Ospelt

Executive Director

## LUXEMBOURG

The mach formats for young football players in Luxembourg are:

U6 7 vs. 7

U8 7 vs. 7

U10 7 vs.7

U12 7 vs.7

Mr. Pierre Claude

Luxembourg FA

## MALTA

Regarding information on games format for children age twelve and under, kindly note the following. Our match formats and age categories are as follows:

Age 6 to 8 years old    5 vs. 5    15 min. + 15 min. game duration.

Age 8 to 10 year old    7 vs. 7    20 min. + 20 min. game duration.

Age 10 to 12 year old    7 vs. 7    20 min. + 20 min. game duration.

(for the above age group in some cases 9 vs. 9).

We have modified rules/instructions for these age groups. No points are given to any winning team. Mainly games for the U/10 to U/12 are played on Saturday and Sunday morning between December and May of the following year.

Mr. Joe Micallef

Youth FA General Secretary.

## NETHERLANDS

4 vs. 4 for U7

7 vs. 7 for U8 to U11

11 vs. 11 for U12 to U19, although 7 vs. 7 is also played in all of these age groups.

A size 5 ball is used for all age groups. The ball for U11 and younger has a maximum weight of 320 grams (a normal size 5 ball weighs 453 grams). The length of play in the U7 to U9 age groups is generally two halves of twenty minutes each. The length of play for U6 is two halves of fifteen minutes each.

Mr. Jarno Hilhorst

Royal Netherlands Football Association.

## NEW ZEALAND

3 vs. 3 for U7 and progress to 9 vs. 9 for U10

11 vs. 11 for U11 and older players

They begin using a size 5 ball at age nine. They promote using a smaller ball, smaller field of play and a smaller goal for children. They allow the clubs some latitude in determining the size of the pitch and goal. They are now in the process of determining national standards and plan to have small-sided games implemented over the next year. The youngest age group in which they have registered players is U8.

Mr. Paul Smalley

Director of Football for New Zealand Soccer.

## NORWAY

Our proposed match formats are:

U10, U9, U8, U7 5 vs. 5 (included goalkeepers)

U 11 and U12 7 vs. 7.

Mr. Dag Riisnas

Norwegian Football Association.

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[www.fotball.no](http://www.fotball.no)

## ROMANIA

5 vs. 5 or 8 vs. 8 for U11

Begin 11-a-side play at age 13.

## SCOTLAND

4 vs. 4 for U8 – no goalkeepers  
7 vs. 7 for U10 to U12 including goalkeepers  
11 vs. 11 for U13 and older

Mr. David Little  
National Secretary for the Scottish Youth Football Association.

{A complete list of the playing rules from the Scottish F. A. is available upon request from the US Youth Soccer Coaching Education Department.}

## SPAIN

### **Futbol 5--Soccer 5s (from age 7-10) Local Competition**

(grew out of Futbol Sala-- usually played on outdoor or indoor handball courts)

5 vs. 5 (4 + GK--all players rotate to play GK)

(35 x 23 meters)

#3 ball

all rules same as FIFA except offside only in the penalty area

2- 20 minute halves/10 minute rest

### **Futbol 7--Soccer 7s (from 11-13) Local League and Regional Championships**

60-70 meters in length x 45-55 meters (Goal Size 6 meters x 2'10)

#4 ball

all FIFA rules --offside inside penalty area only (penalty spot 13 meters from the goal line)

7 vs. 7 (6 + GK)

2 -35s

### **Futbol 9--Soccer 9s (from 14-16) Regional and National Championships**

Field 70-75 meters x 55-60 (Goal size same as Futbol 7s)

9 vs. 9 (8 + GK)

#5 ball

all FIFA rules (lines inside field are same as 11 vs. 11 field)

2-40s

**11v11 Regional and National Competition begins at age 17**

## SWEDEN

This is the Swedish age groups:

5 vs. 5 (7-9 years old)

7 vs. 7 (10-12 years old)

11 vs. 11 (13- years old)

Med vänlig hälsning

Peter Brusvik

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Mr. Peter Brusvik

Development Department

The Swedish Football Association

## SWITZERLAND

Junioren kategorien schweizer fussball

USFT

Name: Urs Baumgartner

Department: Sekretariat

Premier Youth Soccer (cut off Date is January 1st)

U-19 (1985 - 1988)

U-18: 16 and 17 year olds (1986-1987)

U-16: 14 and 15 year olds (1988-1989)

U-15: 13 and 14 year olds 1989-1990)

Youth A 1984-1986

Youth B 1987-1990

Youth A + B 11 v. 11

Amateur Youth Soccer

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Youth A: 17, 18 and 19 year olds

Youth B: 15 und 16 year olds

Youth A + B 11 v. 11

Intermediate Youth Soccer

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Youth C: 13 and 14 year olds

Youth D: 11 and 12 year olds

Youth C 9 v. 9

Youth D 7 v. 7

Kid's Soccer

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Youth E: 9 and 10 year olds

Youth F: 7 and 8 year olds

Youth E 7 v. 7

Youth F 5 v. 5

Mr. Urs Baumgartner

General Secretary

## TURKS AND CAICOS ISLANDS

As you know FUTSAL is becoming very popular. I personally like to use it, maybe modifying it a little, for U/10 applications. The four seconds rule makes the game much crisper and the 22x42 meters field is a perfect size for children. The accumulated fouls teach discipline and work on the children's attention span development. So...since 5-aside exists and has its own specific set of rules, and a World Championship (which the TCI have just entered, by the way), why not use it? Dump the "low-bounce" ball and use a # 4; get rid of the stop watch and do 20 minute halves; change the kick-in for the throw-in ... and so on to suit your needs.

### TURKS & CAICOS ISLANDS FOOTBALL ASSOCIATION

Captain Alessio (Alex) Girotti

Development Officer (Grand Turk, South Caicos, Salt Cay) & National Director of FUTSAL

## UNITED STATES OF AMERICA

3 vs. 3 for U6 – no goalkeepers

4 vs. 4 for U8 – no goalkeepers

6 vs. 6 for U10 including the goalkeeper

8 vs. 8 for U12 including the goalkeeper

11 vs. 11 for U13 and older players

For a complete set of the modified rules, field diagrams and addendums for the U6, U8, U10 and U12 age groups please visit [www.usyouthsoccer.org](http://www.usyouthsoccer.org).

Mr. Tom Goodman

Director of Coaching Education

US Youth Soccer

[tgoodman@usyouthsoccer.org](mailto:tgoodman@usyouthsoccer.org)

## WALES

The small-sided game has been in force in Wales for about 8 years at under 12 level. At first, although mandatory, it was organised to recommended standards, this has recently been reviewed and rules and regulations have been established to ensure uniformity across Wales. The rules allow for flexibility which can take into account the age and ability of the player, by reducing numbers, applying conditions, playing without goalkeepers and rotating players with no limitations on substitutions etc. As a rule the games are non competitive; i.e., they do not form part of a league structure and therefore the result whilst important is not crucial in a bigger scheme. This is supposed to reduce negative parental influence.

Mr. Rob Sherman

Player Development Manager for the Football Association of Wales.

{A copy of the Welsh rules is available from the US Youth Soccer Coaching Department upon request.}

# *The Game for **All** Kids!*®

Many thanks to Mr. Roberto Lopez, Mr. Juan Carlos DeRada, Mr. Eric Privat and Mr. Manni Klar for their contributions and translation efforts on behalf of US Youth Soccer.