

## Small-Sided Soccer Information for U4-U7

- 4v4 with no goal keepers
- Field size is 20 x 30 yards
- Goal size is 4 x 6 feet
- Ball is a size 3
- Games are four 8-minute quarters (10 minutes for U7)
- Substitutions will be at quarter breaks and for injuries
- No heading of the ball
- All free kicks are indirect (someone else must touch the ball to score)
- Defenders must stand 3 yards away on all free kicks
- Offside is not enforced

## Modifications for U8

- Games are four 10-minute quarters
- Substitutions allowed at:
  - Throw-in for team in possession
  - Goal-kick for either team
  - After a goal for either team
  - Injured player on either team at stoppage
  - Halftime
  - Cautioned player may be substituted