

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
- 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