

Player Development Initiatives

USSF BOD Approved - 07/05/2015



Small Sided Standards

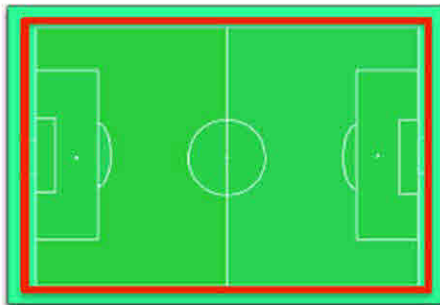


Small Sided Standards



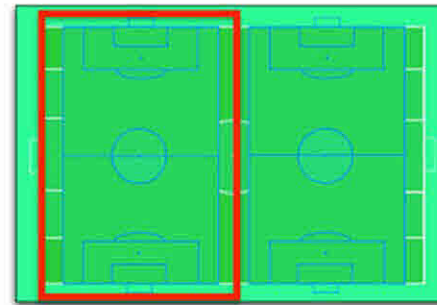
- Objective
 - Develop more confident, skillful and smarter players at an early age

Field Types and Progression



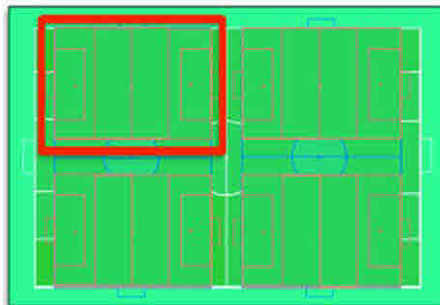
FULL SIZE FIELD

1. 112x75 yards
2. 11v11
3. U13 onwards
4. White lines
5. One field



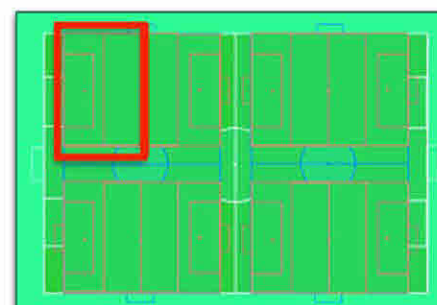
SMALL SIDED FIELD

1. 75x47 yards
2. 9v9
3. U11 and U12
4. Blue lines
5. Two fields



DEVELOPMENT FIELD

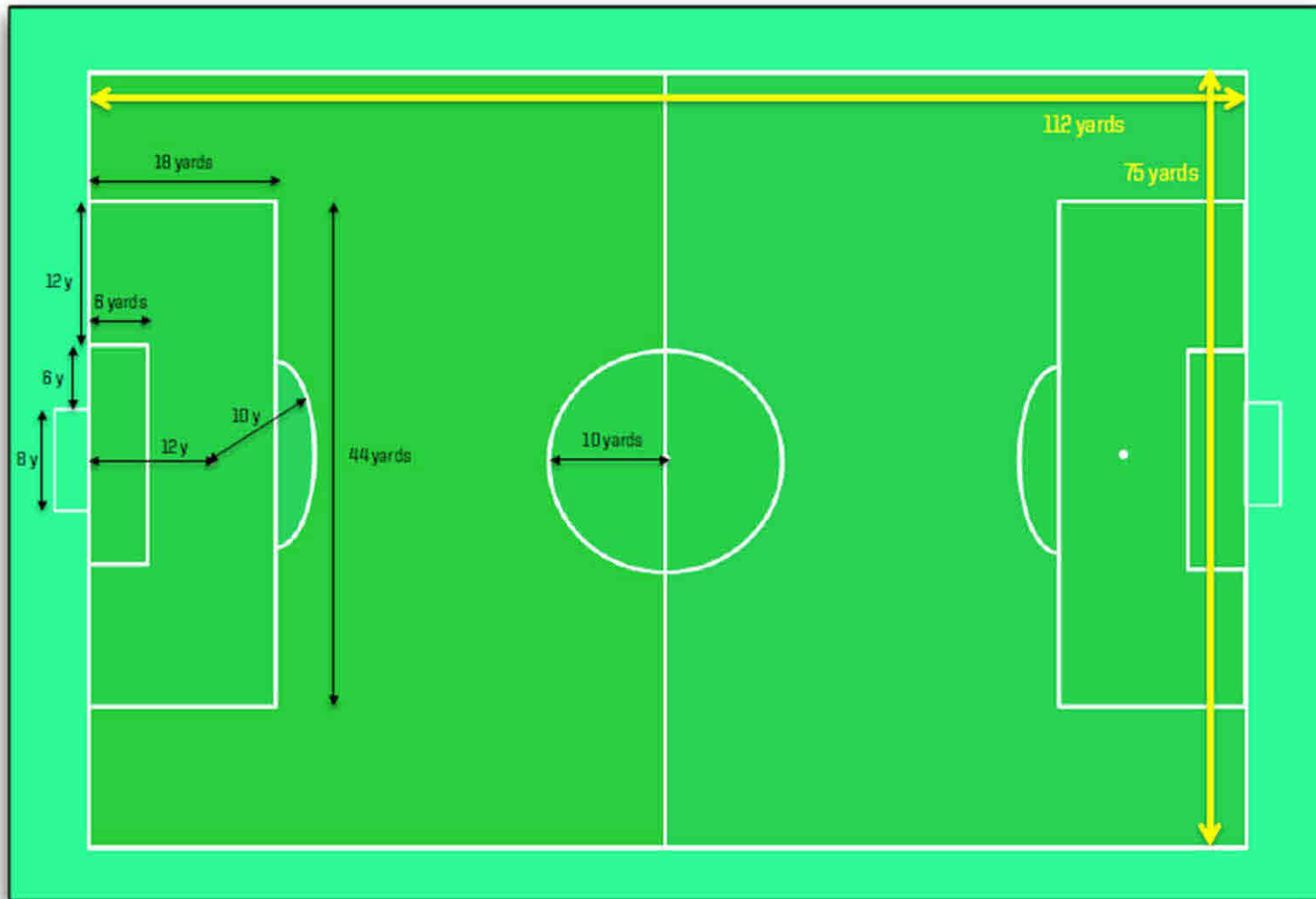
1. 47x30 yards
2. 7v7
3. U9 and U10
4. Red lines
5. Four fields



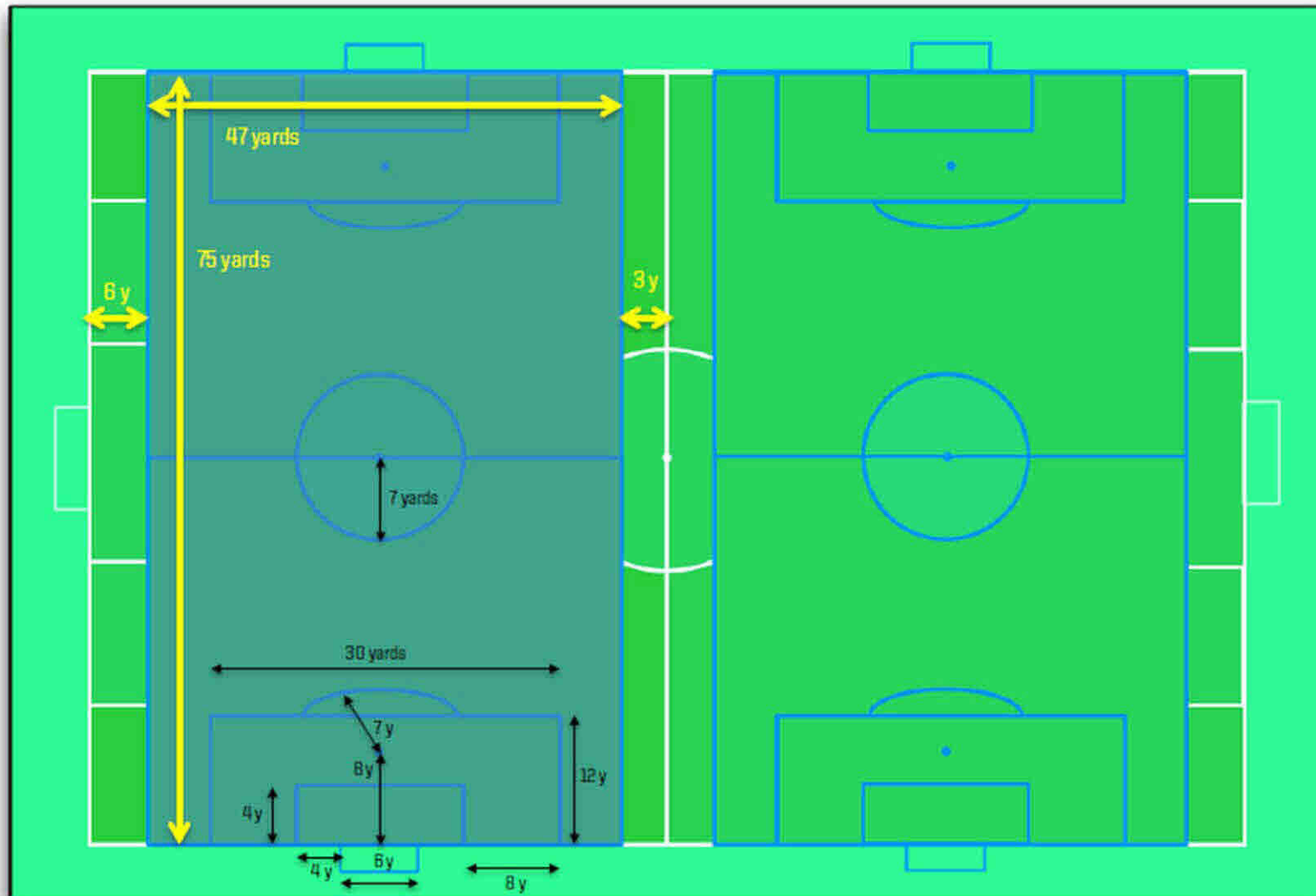
MINI FIELD

1. 30x20 yards
2. 4v4
3. U6, U7 and U8
4. Red lines
5. Eight fields

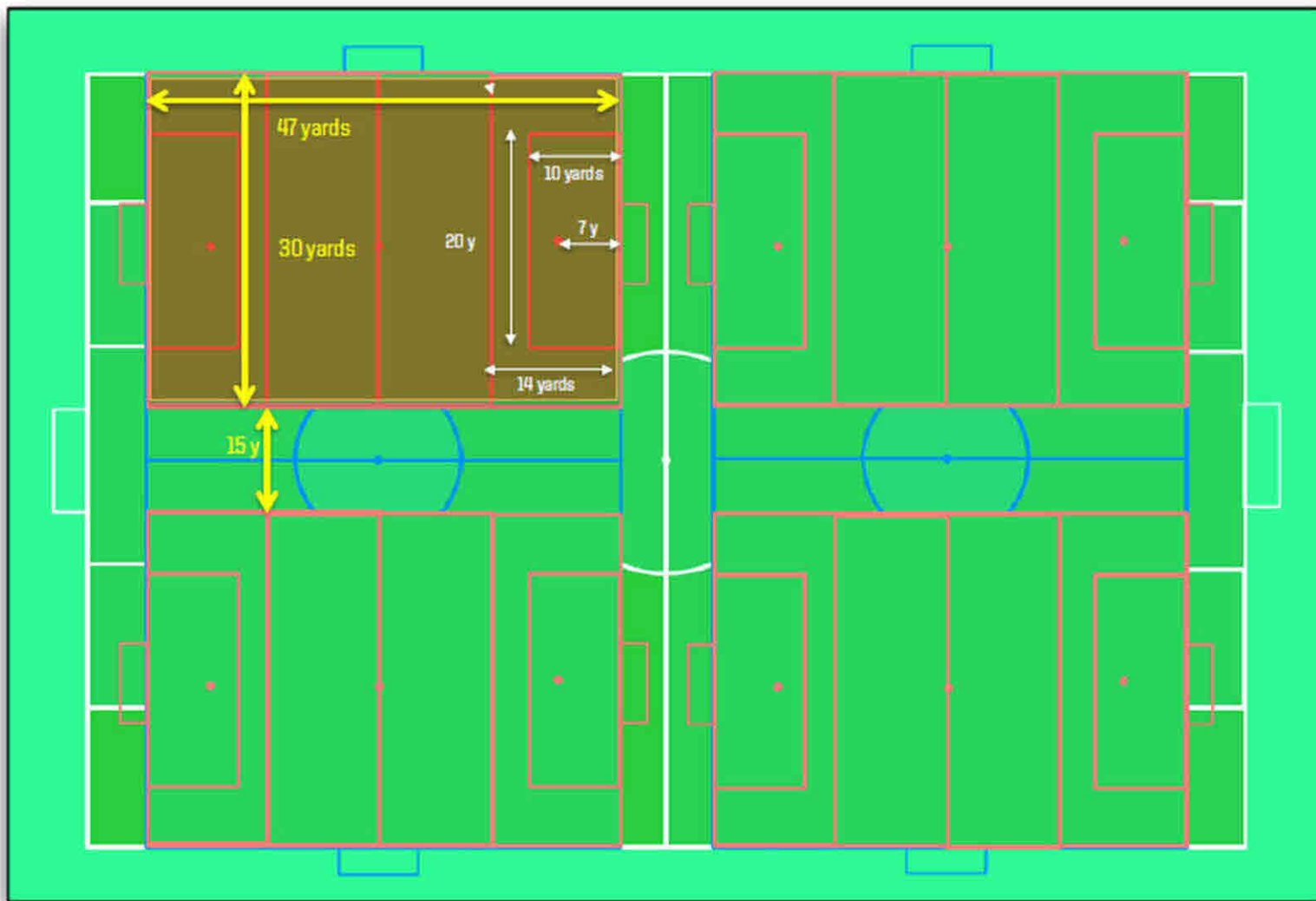
Full Size Field - 11v11



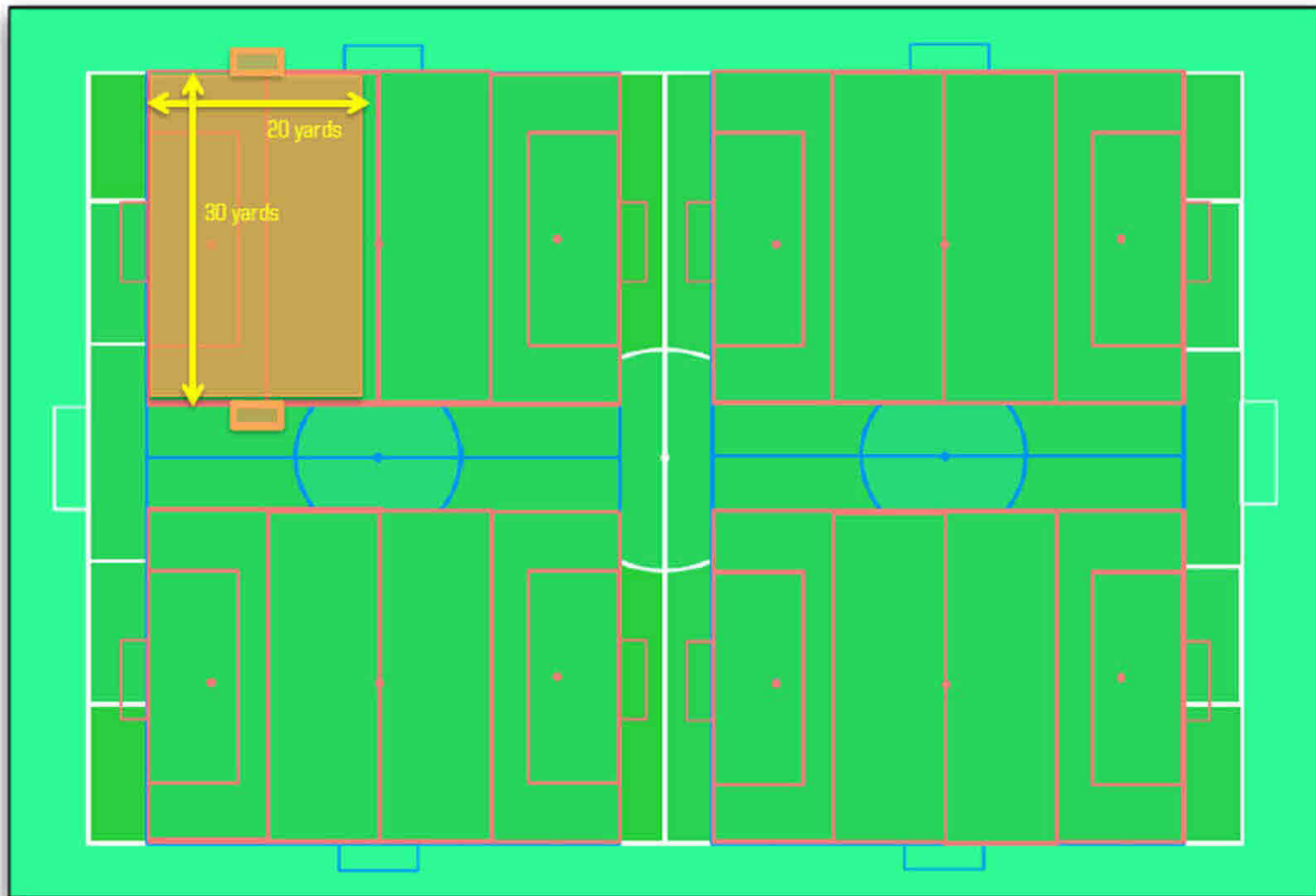
Small Sided Field - 9v9



Development Field - 7v7



Mini Field - 4v4

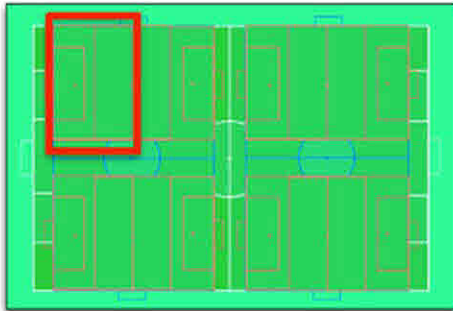


Standards Chart



	U6	U7	U8	U9	U10	U11	U12	U13
Field Size	30x20 yards	30x20 yards	30x20 yards	47x30 yards	47x30 yards	75x47 yards	75x47 yards	112x75 yards
# of Players	4v4	4v4	4v4	7v7	7v7	9v9	9v9	11v11
GK	No	No	No	Yes	Yes	Yes	Yes	Yes
Playing Times	4x 8 min	4x 8 min	3x 15 min	2x 25 min	2x 25 min	2x 30 min	2x 30 min	2x 35 min
Break Times	5 min	5 min	5 min	10 min	10 min	10 min	10 min	15 min
Ball Size	3	3	3	4	4	4	4	5
Goal Size	4'x6'	4'x6'	4'x6'	6.5'x18.5'	6.5'x18.5'	6.5'x18.5'	6.5'x18.5'	8'x24'
Offside	No	No	No	Yes	Yes	Yes	Yes	Yes

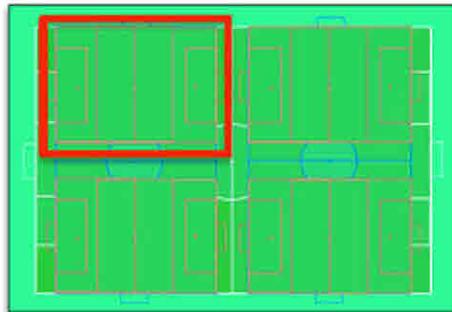
Rationale



MINI FIELD - 30x20 yards

- U6, U7 and U8 - 4v4

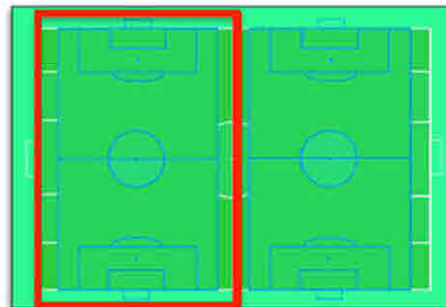
Players at this age need to develop basic motor skills such as walking, running and changing direction. A smaller space will help them to develop these skills while also providing more interaction with the ball, teammates and opponents.



DEVELOPMENT FIELD - 47x30 yards

- U9 and U10 - 7v7

Players at this age are need to develop speed and agility. For this reason we promote play on a bigger field. Players will have more space to move in control of the ball and face 1v1 situations against an opponent in different parts of the field.



SMALL SIDED FIELD - 75x47 yards

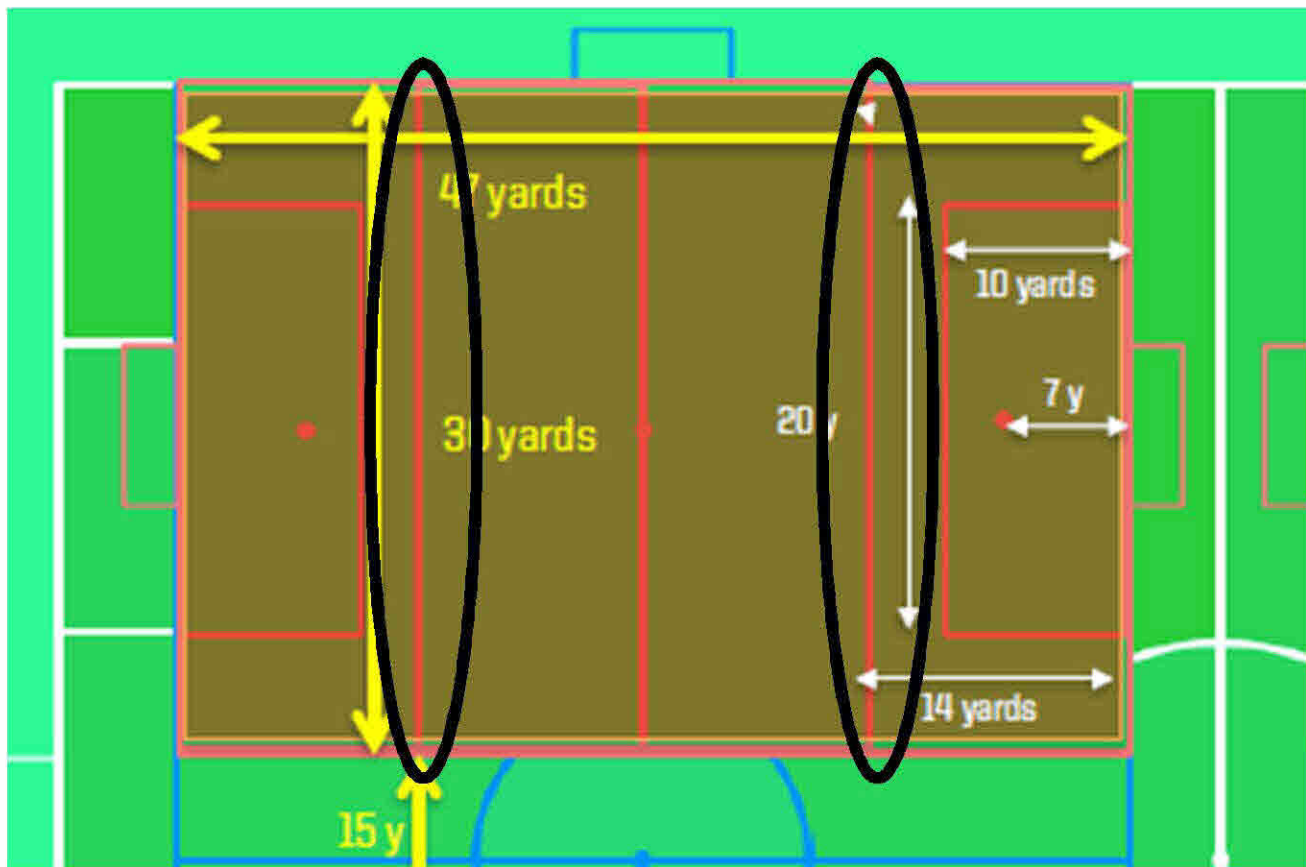
- U11 and U12 - 9v9

Players at this age are sensible to develop coordination, balance and visual awareness. Increasing the number of players requires faster decision making so players can develop partnerships and game intelligence.

Development Rules for 7v7



- Build out lines



Development Rules for 7v7



- The build out line is used to promote playing the ball out of the back in an unpressured setting
- When the goalkeeper has the ball, either during play or from a goal kick, the opposing team should move behind the build out line

Development Rules for 7v7



- Once the opposing team is behind the build out line, the goalkeeper can pass or throw/roll the ball to a teammate (no punting)
- After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal

Calendar Birth Years



Calendar Birth Years



- Objective
 - Align with international standards and Youth National Team program

Implementation



Implementation



- Adopted as Best Practice
 - August 2016
- Mandated
 - August 2017

Player Development Initiatives

May 31, 2015

