

ADDENDUM

MODIFIED RECOMMENDATIONS OF THE GAME FOR U12

Law 1 The Field of Play dimensions are smaller to accommodate the eight-versus-eight game and are appropriate for the movement capabilities of ten- and eleven-year-old children. These adjusted dimensions provide more practical space allowing players to be successful.

Field Markings: per FIFA with the exception of the smaller center circle.

Goals: the goal, 6 x 18 feet, is the same for the U10 and U12 age groups. By using the same size goal for both age groups clubs will have to buy fewer goals.

Law 2 The Ball: must be a size four. The smaller ball is lighter and more easily kicked, received, headed, dribbled, caught, thrown and passed.

Law 3 The Number of Players: The eight-a-side game includes the goalkeeper. The smaller number of field players will provide the opportunity for the children to further develop their physical and technical abilities. These are valuable traits for all soccer players to develop. With fewer players on the field each child has an increased number of contacts with the ball and has more actual playing time. Additionally the players will be required to make more decisions and experience repeating game situations frequently. The work rate and involvement of players will be more consistent. While learning both offense and defense, players will become well rounded and will understand more readily the roles and importance of teammates. The smaller field dimensions and number of players on the field of play will require more concentration on transition, which a vitally important tactical concept for the players to learn.

Law 6 The Assistant Referees: per FIFA. Use registered referees or club linesmen.

Law 7 The Duration of the Match: per FIFA with the exception of the halves being 30 minutes each.

Law 8 The Start and Restart of Play: per FIFA. The distance the defending players must be away from the ball until it is kicked is the same as the radius of the center circle.

Law 10 Goal Scored: shall conform to FIFA and the sections concerning Winning Team and Competition Rules shall conform to US Youth Soccer guidelines.

Law 13 Free Kicks: per FIFA. The distance the defending players must be away from the ball until it is kicked is the same as the radius of the center circle.

Law 14 Conform to FIFA with the exceptions that the penalty mark is ten yards from the center of the goal line and that players other than the kicker and defending goalkeeper are at least eight yards from the penalty mark. The distance of eight yards conforms to the radius of the center circle. The distance of ten yards from the center of the goalmouth for the penalty mark fits within the reduced dimensions of the penalty area and is a reasonable distance for the kick.

Law 17 The Corner Kick: per FIFA. The distance the defending players must be away from the ball until it is kicked is the same as the radius of the center circle.

- ⇒ Roster Size: The recommended minimum roster size is eleven and the maximum recommended roster size is thirteen.
- ⇒ Playing Time: refer to the Effective Playing Time chart.

ADVANTAGES OF PLAYING SMALL SIDED GAMES

- More time with the coach
- Energetic workouts due to playing both offense and defense
- More efficient use of field space
- Matches can be played simultaneously across a full size field
- Children are physically more efficient in smaller space
- Children are actively involved for a longer period of time
- It takes less time to score a goal or advance to goal
- Greater success rate for the players

US Youth Soccer Recommendations

- ❖ Opposing coaches, players and parents should shake hands after each match.
- ❖ Parent/coaches, non-participating players and spectators should be there to enjoy and encourage the activity of the youngsters.
- ❖ Spectator and team benches should be on opposite sides of the field.

- ❖ No alcoholic beverages or tobacco products will be consumed or allowed near the playing area.
- ❖ Coaches of U12 teams should attend the U10/U12 Youth Module coaching course and the Grade 9



referee course.

Effective Playing Time Relative to Game Format and Roster Size

Roster Size >		3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Game Format	Game Duration																
3v3 (U-6) Single Game	4 x 8 min. quarters	100% 32	75% 24	60% 19	50% 16												
3v3 (U-6) Split Game	4 x 8 min. quarters				100% 32	86% 28	75% 24	67% 21	60% 19	55% 18	50% 16						
4v4 (U-7/8) Single Game	4 x 10 min. quarters		100% 40	80% 32	67% 27	57% 23	50% 20										
4v4 (U-7/8) Split Game	4 x 10 min. periods						100% 40	89% 36	80% 32	73% 29	67% 27	62% 25	57% 23	53% 21	50% 20		
5v5 (U-7/8) Single Game	4 x 10 min. quarters			100% 40	83% 33	71% 28	63% 25	56% 22	50% 20								
5v5 (U-7/8) Split Game	4 x 10 min. quarters								100% 40	90% 36	83% 33	77% 31	71% 28	67% 27	63% 25	59% 24	55% 22
5v5 (U-9) Single Game	4 x 15 min. quarters			100% 60	83% 43	71% 37	63% 33	56% 29	50% 26								
5v5 (U-9) Split Game	4 x 15 min. quarters								100% 60	90% 47	83% 43	77% 40	71% 37	67% 35	63% 33	59% 31	55% 29
6v6 (U-10) Single Game	4 x 15 min. quarters				100% 60	86% 52	75% 45	67% 40	60% 36	55% 35	50% 30						
6v6 (U-10) Split Game	4 x 15 min. quarters										100% 60	93% 56	86% 52	80% 48	75% 45	71% 43	67% 40

8v8 (U-11) Single Game	2 x 35 min. halves						100% 70	89% 62	80% 56	73% 51	67% 47	62% 43	57% 40	53% 37	50% 35		
11v11 (U-12) Single Game	2 x 35 min. halves									100% 70	92% 64	85% 60	79% 55	73% 51	69% 48	65% 46	61% 43

This table shows effective playing time relative to game format and roster size. The figures are presented as a) percentages of total playing time and b) as actual minutes played. Both figures assume equal rotation of players. At the youth level, a minimum goal of 70% playing time is recommended.

Table provided by Dr. Thomas Turner.