

# REASONS FOR SMALL SIDED PLAY

## Philosophical

1. Because we want our young soccer players to have more *individual teaching time* with the coach! Fewer players on the field will guarantee this! (Need to feel worthy...need to feel important)
2. Because we want to distance our young soccer players from the external undo pressures of the adult game. (eliminate extrinsic value)
3. Because we want our young soccer players to enjoy the game for its own sake. (foster intrinsic value)

## Educational

1. Because we want our young soccer players to touch the soccer ball more often and become *more skillful* with it! (Individual technical development)
2. Because we want our young soccer players to make *more quality decisions* during the game! (Tactical development)
3. Because we want our young soccer players to be more physically *efficient* in the field space in which they are playing! (Reduced field size)
4. Because we want our young soccer players to have *more involved playing time* in the game! (More opportunity to solve problems that only the game presents)
5. Because we want our young soccer players to have *more opportunities to play on both sides of the ball!* (More exposure to attacking and defending situations)
6. Because we want our young soccer players to have *more opportunities to score goals and make saves!* (Pure excitement)

The “Small-Sided” environment is a *developmentally appropriate environment* for our young soccer players. It’s a **FUN** environment that *focuses on the player*.

These are the reasons why US Youth Soccer endorses “Small-Sided Games” for U6, U8, U10 and U12 players across the board...across America.

**Twelve and Thirteen year olds** (U14 players) participate in and enjoy the game because their intellect and technical ability allows for more mature play. The game now appears more like the adult version. Training is economical in nature, merging the technical, tactical, physical and psychological components of the game.

**game playing numbers:** *7 versus 7 (6 field and 1 GK)*

**maximum field size:** *40 yards x 60 yards*

**goal size:** *6 ft high x 18 ft wide (use goals provided)*

**ball size:** *Number 5*

**length of game:** *Two – 30 minute halves*

**playing time:** *every player is to play as close to 50% or more of game*

**uniforms:** *home team to wear pinnies in case of conflict*

**start and restart:** *opponent 8 yards from ball*

**fouls and free kicks:** *conform to USYSA rules (direct & indirect kicks)*

**throw-in:** *conform to USYSA rules*

**goal kick:** *conform to USYSA rules, opponents outside penalty area*

**corner kick:** *from 1 yard from corner, opponents 8 yards away*

**offside:** *conform to USYSA rules*

**team and spectators:** *to be on opposite sides*

**scoring and standings:** *conform to USYSA rules*

A referee will be provided for each game. If no referee present, coaches will assist or recruit a parent volunteer. All officials should be treated respectfully.

*Safety*

*Enjoyment*

*Learning*

*Sportsmanship*

*Teamwork*

Coaching Resources:

[www.usyouthsoccer.org](http://www.usyouthsoccer.org)

[www.nmysa.net](http://www.nmysa.net)

[www.northernsc.org](http://www.northernsc.org)