

Small-Sided Games: Field Size Recommendations

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U6: 3V3 (no goalkeepers)

Length: 20 to 30 yards

Width: 15 to 20 yards

Goal Area: not needed

Penalty Area: not needed

Goal: cones or flags may be used or a 4 foot high by 6 foot long goal

Center Circle: 3 yard radius

Corner Arc: optional, 1 yard radius

Corner Flags: cones may be used

U8: 4V4 (no goalkeepers)

Length: 40 to 50 yards

Width: 20 to 30 yards

Goal Area: optional, 3 yards out from each post and 3 yards forward

Penalty Area: not needed

Goal: cones or flags may be used or a 4 foot high by 6 foot long goal

Center Circle: 5 yard radius

Corner Arc: optional, 1 yard radius

Corner Flags: cones may be used

U10: 6V6 (including goalkeepers)

Length: 45 to 50 yards

Width: 35 to 40 yards

Goal Area: per FIFA rules

Penalty Area: 12 yards out from each post and 12 yards forward

Goal: 6 foot high by 18 foot long

Center Circle: 8 yard radius

Corner Arc: 1 yard radius

Penalty Arc: 8 yard radius

Corner Flags: cones may be used

U12: 8V8 (including goalkeepers)

Length: 70 to 90 yards

Width: 45 to 60 yards

Goal Area: per FIFA rules

Penalty Area: 14 yards out from each post and 14 yards forward

Goal: 7 foot high by 21 foot long

Penalty Spot: per FIFA rules

Center Circle: per FIFA rules

Corner Arc: per FIFA rules

Penalty Arc: per FIFA rules

Corner Flags: per FIFA rules