

Recommended formats and pitch sizes for each youth age group.

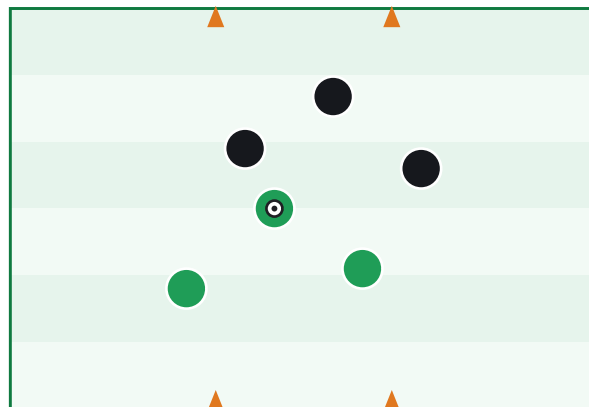
Small-sided games (SSGs) are the engine room of youth development: more touches, more decisions, more shots and more fun than full-sided football. This guide gives recommended formats and pitch sizes by age group, plus tips on how to get the most out of them. Exact numbers vary by association, so treat the sizes as a starting point and check your local rules.

Formats by age group

Age	Format	Pitch (yds, approx)	Ball	Offside?
U7-U8	5v5	40 x 30	Size 3	No
U9-U10	7v7	60 x 40	Size 3-4	No
U11-U12	9v9	80 x 50	Size 4	Yes
U13+	11v11	90 x 55+	Size 4-5	Yes

Why small-sided works

- Far more touches per player - the ball is never far away.
- More 1v1s, shots and decisions in every minute of play.
- Everyone is involved; no one hides on the wing for the whole game.
- Easy to adapt - change the numbers, size or rules to coach a theme.



A simple SSG pitch with mini-goals - easy to set up anywhere.

Coach the theme, then let them play

Set the game up to encourage your session theme (e.g. small goals to reward switching play), give one or two coaching points, then let the game do the teaching. Keep teams even and rotate so everyone plays plenty.