

Player Development Initiatives

A resource for parents, coaches and referees
supporting the growth and improvement of
grassroots soccer



7V7 U9 (2008), U10 (2007)

Player Development Philosophy

Coaches should have the age appropriate license issued by U.S. Soccer.

The training-to-game ratio should be 1-2 training sessions per game played Rosters should include no more than 12 players.

Players should participate in no more than 20 games per calendar year and in no more than one game per day.

Every player should play a minimum of 50% of the time in each game.

Results and standings should not be recorded.

Players should have a minimum of 2 rest days per week during the season along with planned breaks from organized soccer during the calendar year.

Any travel should be limited to no more than an hour away.

Events (tournaments, showcases, festivals, etc.) should provide a predetermined number of games with no advancement, placement games or champions.

Concussion Initiative

Per U.S. Soccer's Concussion Initiative, if a player is suspected to have a head injury the referee is instructed to stop play to allow for treatment/evaluation as needed and keep the player's pass

If the player leaves the field of play for additional evaluation, a substitution can be made in that moment.

The player with the suspected head injury may not return to the game unless a Health Care Professional (HCP) or Certified Athletic Trainer (ATC) has cleared the player. The player clearance must be sent to the LIJSL office by the Club president or Club Registrar and then the player pass will be released.

Any coach or parent insisting on returning the player to the game without approved clearance will result in the referee ending the game.

Deliberate heading is not allowed in 7v7 games

If a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense.

If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred.

Build Out Line

The build out line promotes playing the ball out of the back in a less pressured setting.

When the goalkeeper has the ball, either during play (from the opponent) or from a goal kick, the opposing team must move behind the build out line until the ball is put into play

Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play (**punting is not allowed**).

After the ball is put into play by the goalkeeper the "first touch is free" in ENYYSA/LIJSL competitions ([see separate handout](#)), the opposing team can cross the build out line and play resumes as normal. If a goalkeeper punts the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the punt occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred.

The build out line will also be used to denote where offside offenses can be called.

Players cannot be penalized for an offside offense between the halfway line and the build out line.

Players can be penalized for an offside offense between the build out line and goal line.

Modified Laws of the Game

Law 1 – Field of Play

- 55-65 yards (length)
- 35-45 yards (width)
- A 6.5 feet (height) x 12 feet (width) goal is recommended based on the age and ability of the players
- Goals should be no larger than 6.5 feet (height) x 18.5 feet (width) (**We are not the goal police LIJSL and ENY will allow goal sizes minimum 6.5 high x 12 feet wide, maximum 7 feet high x 21 feet wide as long as the goals on each end of the field are the same**)
- Diagram contains recommended field markings and dimensions
- Build out lines should be equidistant between the penalty area line and halfway line

Law 2 – Ball • Size 4

Law 3 – Players

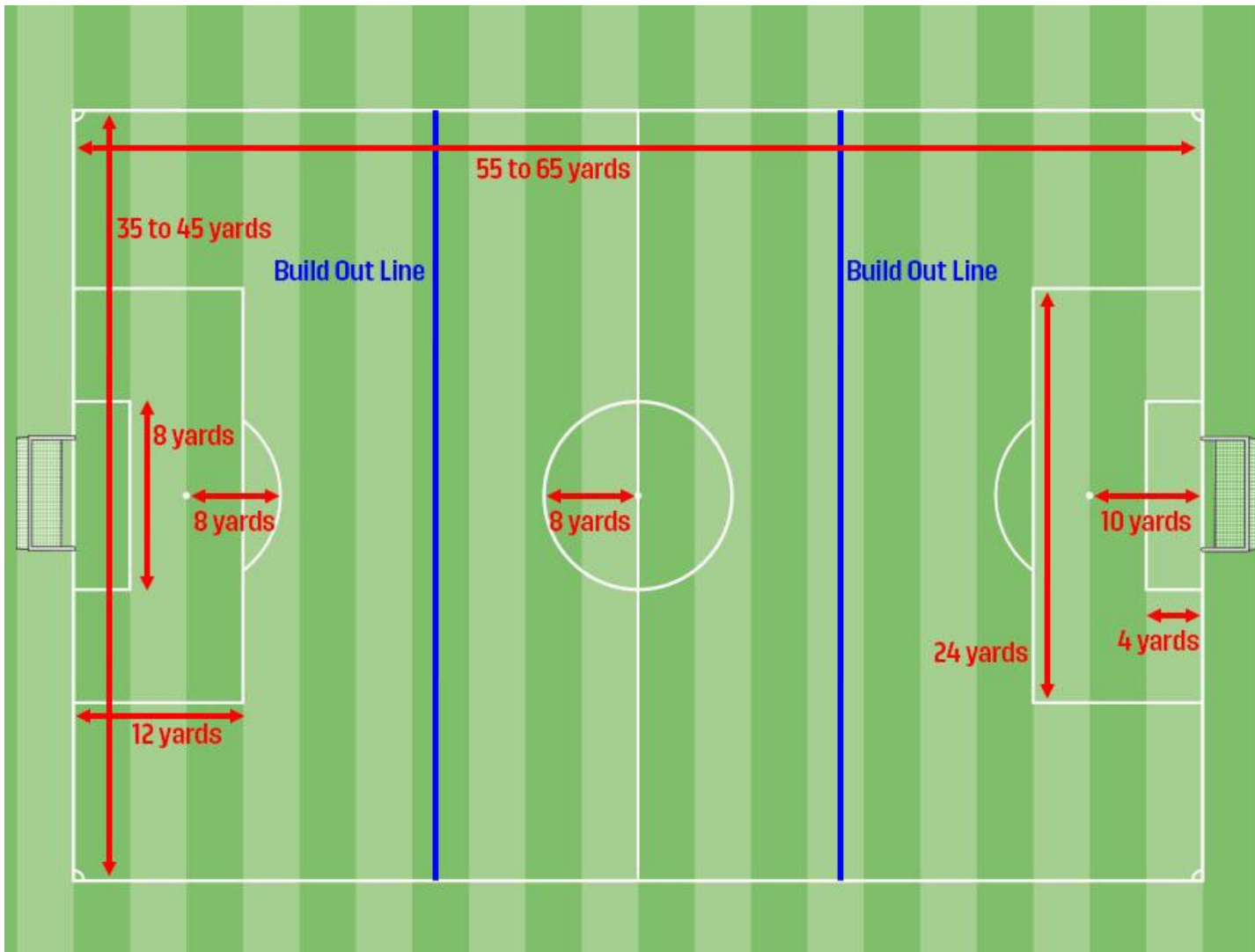
- 7v7 (6 field players and 1 goalkeeper)
- Game may not start or continue if there are less than 5 players on a team
- Substitutions are unlimited and can occur at any stoppage (with the permission of the referee)

Law 5 – Referee • Minimum certification as a U.S. Soccer Grade 9 Referee

Law 6 – Other Match Officials • Used at the discretion of the competition

Law 7 – Duration of the Match • 25 minutes halves • 10 minute halftime • No added time

7V7 Developmental Field for U9, U10



Small Sided Games Chart

	MINI FIELD			DEVELOPMENTAL FIELD		SMALL SIDED FIELD		
	U6 6 years old and younger	U7 7 years old and younger	U8 8 years old and younger	U9 9 years old and younger	U10 10 years old and younger	U11 11 years old and younger	U12 12 years old and younger	
Field Size (yards)	Length 25-35 Width 15-25	Length 25-35 Width 15-25	Length 25-35 Width 15-25	Length 55-65 Width 35-45	Length 55-65 Width 35-45	Length 70-80 Width 45-55	Length 70-80 Width 45-55	
Maximum Goal Size (feet)	Height 4 Width 6	Height 4 Width 6	Height 4 Width 6	Height 6.5 Width 18.5	Height 6.5 Width 18.5	Height 7 Width 21	Height 7 Width 21	
Ball Size	3	3	3	4	4	4	4	
Players	4v4 No GK	4v4 No GK	4v4 No GK	7v7	7v7	9v9	9v9	
Game Time (minutes)	4x10	4x10	4x10	2x25	2x25	2x30	2x30	
Offside	No	No	No	Yes	Yes	Yes	Yes	
	Build Out Line		N/A	Build Out Line		YES	Build Out Line	N/A
	Punting		N/A	Punting		NO	Punting	YES
	Heading		N/A	Heading		NO	Heading	U12's Only
	Corner Flags		NO	Corner Flags		YES	Corner Flags	YES
	Goal Box		N/A	Goal Box		4yds x 8yds	Goal Box	5yds x 12yds
	Penalty Area		N/A	Penalty Area		12yds x 24yds	Penalty Area	14yds x 36yds
	Penalty Kick/Spot		N/A	Penalty Kick/Spot		10yds	Penalty Kick/Spot	10yds
	Center Circle		N/A	Center Circle		8yds	Center Circle	8yds
	Distance on Restart		10 Feet	Distance on Restart		8yds	Distance on Restart	8yds