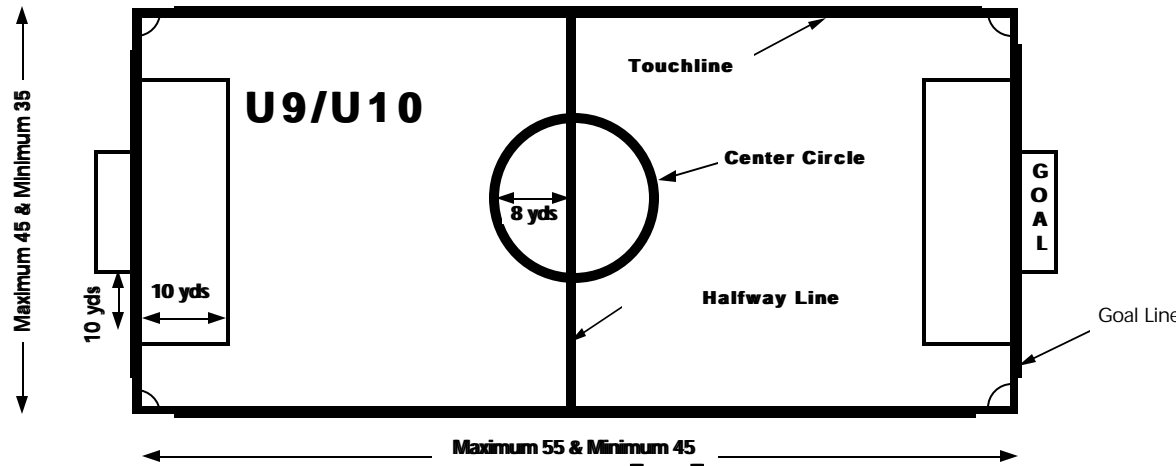
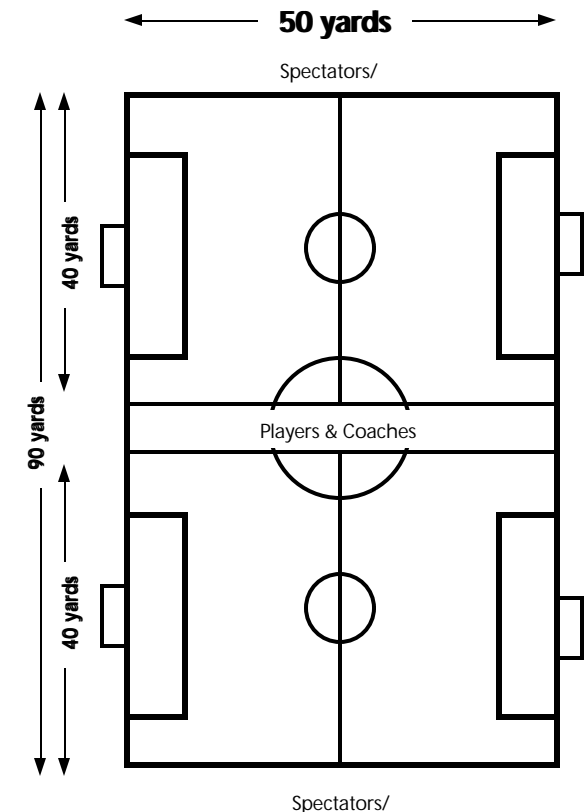


U 9/U10 ISA 6v6 Small Sided Games Format

Starting out with a 50x90 yard field. Divide that into two (2) smaller 40x50 yard fields with a ten (10) yard space in between.

The players and coaches are in between the fields while the spectators/parents are on the outside.

Field Directors may wish to consider using minimum field size requirements for U9 and maximum field size requirements for U10.



U 9/U10 ISA 6v6 Small Sided program

All Laws conform to FIFA rules with the following exceptions.

Law 1—The Field:

- Dimensions:** The field of play shall be rectangular, its length being not more than 55 yards nor less than 45 yards and its width not more than 45 yards nor less than 35 yards. The length in all cases shall exceed the width.
- Markings:** Penalty area ten (10) yards from each goal post and ten (10) yards into the field of play joined by a line parallel with the goal line.
- Goals:** 6' by 18'

Law II—The Ball: Size four (4)

Law III.—Number of Players:

- Maximum number of players on the field at any one time is six (6) including the goal-keeper.
- Maximum number of players on the roster 10.
- Substitutions: Any stoppage in play, at referees discretion.

U 9/U10 ISA 6v6 Small Sided PROGRAM

Law V—The Referee:

One registered referee, parent/coach or assistant that monitors play.

Law VII— Duration of the Game:

- The game shall be divided into two (2) equal halves of twenty five (25) minutes each. There shall be a half time break of five (5) minutes.

Law IX— Ball in and Out of Play:

- Corner kicks, Goal kicks, Throw ins.

Law X1 — Offside :

- Does not apply.

Law XII—Fouls and Misconduct:

- Shall be classified under one heading: Indirect
- Opponents must be eight (8) yards away before kick is allowed.

Law XIV—Penalty kicks: None, indirect kicks in the goal area would be placed on the line.

Law XV—Throw—In: Throw-ins are utilized.

Law XVI —Goal Kick: The ball is kicked from any point within the goal area.

Law XVII — Corner Kick: The ball is placed inside the corner arc at the nearest corner flag post.

The Advantages of Playing Small Sided Games

The Child Has:

- More time with the coach
- More practical space to be successful
- Increased number of contacts with the ball
- More actual playing time
- Energetic workouts due to playing both offense and defense
- Required to make more decisions
- Experience repeating game situations more frequently
- The work rate and involvement of a player stays consistent

The Small Field Allows for:

- More efficient use of space
- Games to be played simultaneously across a full size field
- Children to be physically more efficient in smaller space
- Less time to achieve a goal or advance to goal, successfully
- Children to be actively involved for a longer period of time

Children growing Children having fun What is ISA?

All boys and girls under the age of 19 are eligible. Through the Iowa Soccer Association our children and volunteers have access to:

- Free player and coach clinics
- Licensing programs for coaches and referees
- Access to liability and medical insurance coverage
- Subscription to "News And Notes"
- Olympic Development Program
- Recreational programs for all players

Age Group Curriculum for Youth Player Development U9/U10

The motivation to learn basic skills is very high at this age level. Children gradually begin to change from being self-centered to being self-critical and develop the need for group and/or team games. The **"Six principles"** of U9/U10 player development should be the cornerstone of any program.

1. Are activities developmentally appropriate.
2. Provide clear, concise and correct information.
3. Organize activities simple to complex.
4. Provide safe and appropriate training area.
5. Include decision making by the players within activities.
6. Ensure activities have implications for the game.

Coach: Sensitive Teacher; Patient; Enthusiastic; Imaginative; Ability to Demonstrate; Understanding of Technique.

License—State Youth Module Level 2

Technique: Repetition of technique through fun games and dynamic activities.

Dribbling: Use of all surfaces, basic turns, basic moves to beat an opponent, speed dribbling in open space

Receiving: Body behind the ball, cushion ball=> ground, bouncing and air balls.

Shooting: Proper striking technique (Open body, position of plant foot, toe down, ankle locked, strike ball with laces, follow thru) hit moving ball.

Passing: Proper technique for Laces, Inside, Outside.

Heading: Introduction—Build confidence, eyes open, mouth closed, hit ball with forehead.

Activities checklist:

- Are the activities FUN?
- Are the activities organized?
- Are the players involved in the activities?
- Is creativity and decision making being used?
- Are the spaces used appropriate?
- Is the coach's feedback appropriate?
- Are there implications for the game?

Tactics: Fundamental tactical concepts

Play a variety of positions => Develop the complete player.

Attacking 1 v 1

Support, Width, Depth => 3 v 1

Shape

Defending 1 v 1

Goal side; Immediate chase; Pressure to the ball

Physical: All fitness with the ball

Coordination

Agility—Changing Direction while in Motion

Psychological: Keep it FUN and ENJOYABLE to foster a desire to play (Intrinsic Motivation). Demonstrate increased self responsibility for preparation, and discipline. Let them initiate play and learn through self discovery/self expression. Enjoy competition, all activities should have objectives/method of scoring. Have ability to work in groups, incorporate cooperative game and activities.

Iowa Soccer Association

6 v 6 Program

Under 9 & Under 10

The Small-Sided Game



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