

LVR Soccer Club - Small Sided Program Format

	← LVR House League			SYSA City League →	
	<u>U-07</u>	<u>U-08</u>	<u>U-09</u>	<u>U-10</u>	<u>U-11</u>
<u>Field Size</u>	25 x 30	25 x 40	25 x 40	30/35 x 35/55	35/50 x 50/80
<u>Goal Sizes in Feet</u>	4' x 6'	4' x 6'	6' x 8' (new)	6' x 18'	8' x 24'
<u>Ball Size</u>	#3	#3	#4	#4	#4
<u>Roster Size</u>	6	8	9	10	14
<u>Field Players</u>	3	4	5	6	9
<u>Goal Keepers</u>	No	Yes	Yes	Yes	Yes
<u>Game Lengths</u>	2 x 20 Min Halves	2 x 20 Min Halves	2 x 25 Min Halves	2 x 25 Min Halves	2 x 30 Min Halves
<u>Recommended Coaching Licensing</u>	U-8 Certificate	U-8 Certificate	U-10 Certificate	U-10 Certificate	U-12 Certificate