

U12 Game Rules

9 v 9

Goalkeepers

Throw Ins, Direct Kicks, Offside

Rules and Recommendations

- Games are comprised of 30 minute halves.
- Size #4 Soccer ball.
- All players must play 1/2 of the game. No player can play a full game until all players have played 3/4 of the game.
- Any player, who is playing in the goal, must get an equal or greater amount of time on the field.
- Free Substitution – substitutions may be made, with the consent of the referee, at the following times:
 - Prior to a throw-in in your favor.
 - Prior to a goal kick, by either team.
 - After a goal, by either team.
 - After an injury, by either team, when the referee stops the play. Substitutions shall not be limited to only the injured player or his team.
 - At half time.
 - After a caution, by either team.
 - Substitutions are not allowed during the stoppage of play for a player being sent off (red card).
- Slide tacking is discouraged

U12 Skill Priorities:

- Introducing Shape and Positioning
- Understanding Offside
- Promote decision making: when to pass, when to dribble
- Dribble with all sides of both feet
- Dribble out of trouble
- Dribble past someone
- Shielding
- Soft first touch
- Encourage proper shooting technique and passing

Reasons for Small-Sided Play

- To touch the soccer ball more often and become more skillful with it while making more quality decisions during the game. Increasing individual technical development through more opportunities to possess the soccer ball. Increasing tactical development, because the fewer players on the field, the less complicated the decision making.
- To teach them to be more physically efficient in the field space in which they are playing! (High intensity play with the ball versus long runs chasing after the ball)
- Maximize involved playing time in the game! (More opportunities to solve problems that only the game presents)
- They should have more opportunities to play on both sides of the ball! More exposure to both attacking and defending situations to enhance tactical awareness
- Because we want our young players to have more opportunities to score goals!