

U14 Game Rules

11 v 11

Goalkeepers

Throw Ins, Direct Kicks, Offside

Rules and Recommendations

- Games are comprised of 30-35 minute halves.
- Size #5 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, unless you have an identified keeper rostered.
- 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).

U14 Skill Priorities:

- Introducing Shape and Positioning
- Understanding Offside
- Promote decision making: when to pass, when to dribble
- Dribbling, passing, shooting
- Special awareness, where to run
- Group offense/defense
- Roles on the field

Introduction to Full Sided Play

- 11v11 play and introducing formations
- Typically teams play 4 defenders, 3-4 midfielders and 2-3 forwards
- Positions, roles and responsibilities that come with each line within the team.
- Full field, more space and a greater physical demand on players
- Transition of all skills learned playing small sided soccer to the larger field