

US Youth Soccer 14U Modifications to The Game

Playing numbers: 11v11 (with goalkeepers)

Field Dimensions:

Length 112 yards

Width 75 yards

Goal Dimensions:

Height 8 feet

Width 24 feet

Duration: two periods of 35 minutes

Ball: number 5

Offside: yes

Practice & Game Considerations

Practice Length: 75-90 minutes

Practice/Game Ratio: 3 practices:1 game