

**Player Development Matrix**  
**Westfield Youth Soccer Association**  
**Westfield Indiana**  
**Spring 2003**

AGE DIVISION	PLAYERS ON FIELD	MAX PLAYERS PER TEAM	MINIMUM PLAYING TIME	FIELD SIZE	GOAL SIZE	BALL SIZE	GAME LENGTH AND PERIODS	FREE KICKS	PASSBACK TO KEEPER'S HANDS?	ON FIELD COACHING	OFF-SIDE RULE	GOAL FROM KICK-OFF	SUBSTITUTIONS	PENALTY KICKS	PRIMARY EMPHASIS
U5 (age 4) U6 (age 5)	3 v 3 no goalie no stopper	12 2 groups of 6	>50%	20x30 yards	4'x6'	3	4 quarters 10 minutes per quarter (subs @ 5 min)	All indirect	N/A	Coach allowed on field	No	No	At 5 min half or if tired	No	Fun, individual soccer skills, basic soccer rules
U7 (age 6)	4 v 4 No goalie	6-7	>66%	25x45 yards	5'x10'	3	4 quarters 10 minutes per quarter (each player plays about 3 quarters)	All indirect	N/A	Coach from touchline	No	No	On deadball or injuries or if tired	No	Individual skill development is the primary objective. First exposure to positions (1 forward, 2 midfield, 1 defense). Learn passing and receiving.
U8 (age 7)	5 v 5 4 on field plus 1 goalie	7	>75%	35x50 yards	5'x10'	3	4 quarters 12 minutes per quarter (each player plays at least 3 quarters)	All indirect	OK	Coach from touchline	No	Yes	On deadball or injuries or if tired	No	Emphasize individual skills and team work. Learn positions (2 forwards, 2 defenders, 1 goalie), passing and receiving
U10 (ages 8 and 9)	8 v 8 7 on field plus 1 goalie	12	>75%	50x70 yards	7'x16'	4	4 quarters 12 1/2 minutes per quarter (each player plays at least 3 quarters)	Direct and indirect per FIFA	No	Coach from touchline	Yes	Yes	At quarter breaks or player exhaustion at next dead ball	Yes, 12 yd from goal line	Playing positions (1-2-2-2) or (1-3-3), passing, teamwork, and individual skill development
U12 (ages 10 and 11)	8 v 8 7 on field plus 1 goalie	12	>75%	45x75 yards	8'x24'	4	2 halves 30 minutes per half	Direct and indirect per FIFA	No	Coach from touchline	Yes	Yes	Possession throw-in, any goal kick, after a goal, any injury	Yes, 12 yd from goal line	

Date : August 12, 2001