



7V7



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# U.S. SOCCER PLAYER DEVELOPMENT INITIATIVES (PDIS)



## Why PDI's

The PDI's were designed to shift the focus of youth soccer from results based to individual player development. Tasked with advancing the sport at all levels, these initiatives are implemented to create uniform standards with the primary consideration extended to the individual player at each age level based on their developmental needs.

[Read More](#)





|                                     | U8*                                 | U9                                  | U10                                 | U11                                 | U12                                 |
|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| <b>Field Size Ranges (Yards)</b>    | <b>Length 55-65<br/>Width 35-45</b> | <b>Length 55-65<br/>Width 35-45</b> | <b>Length 55-65<br/>Width 35-45</b> | <b>Length 70-80<br/>Width 45-55</b> | <b>Length 70-80<br/>Width 45-55</b> |
| <b>Max Goal Size (Feet)</b>         | <b>6.5X18.5</b>                     | <b>6.5X18.5</b>                     | <b>6.5X18.5</b>                     | <b>6.5X18.5-7X21</b>                | <b>6.5X18.5-7X21</b>                |
| <b>Ball Size</b>                    | <b>4</b>                            | <b>4</b>                            | <b>4</b>                            | <b>4</b>                            | <b>4</b>                            |
| <b>Players</b>                      | <b>7v7</b>                          | <b>7v7</b>                          | <b>7v7</b>                          | <b>9v9</b>                          | <b>9v9</b>                          |
| <b>Game Time (halves X minutes)</b> | <b>2x25</b>                         | <b>2x25</b>                         | <b>2x25</b>                         | <b>2x30</b>                         | <b>2x30</b>                         |
| <b>Offside</b>                      | <b>Yes</b>                          | <b>Yes</b>                          | <b>Yes</b>                          | <b>Yes</b>                          | <b>Yes</b>                          |
| <b>Build Out Line</b>               | <b>Midfield</b>                     | <b>Midfield</b>                     | <b>Midfield</b>                     | <b>N/A</b>                          | <b>N/A</b>                          |
| <b>GK Punting/Drop Kicks</b>        | <b>Not Allowed</b>                  | <b>Not Allowed</b>                  | <b>Not Allowed</b>                  | <b>Allowed</b>                      | <b>Allowed</b>                      |

• U8 RECOMMENDED SIZE PER THE USSF PDI'S IS 4V4 - HISTORICALLY CLUBS, TEAMS, AND FAMILIES WERE NOT INTERESTED IN TRAVEL AND PLAYING AT THE 4V4 SET UP AND WERE EAGER TO EXPAND TO 7V7 SOONER, SO FOR NHSL TRAVEL PURPOSES U8 IS PLAYED WITHIN THE 7V7 MODEL



# WHY SMALL SIDED?

With fewer players on the field, players have a greater opportunity to play more meaningful minutes. They will be involved in the game, with or without the ball, much more than in a full-sided game, creating more chances for learning and improvement.

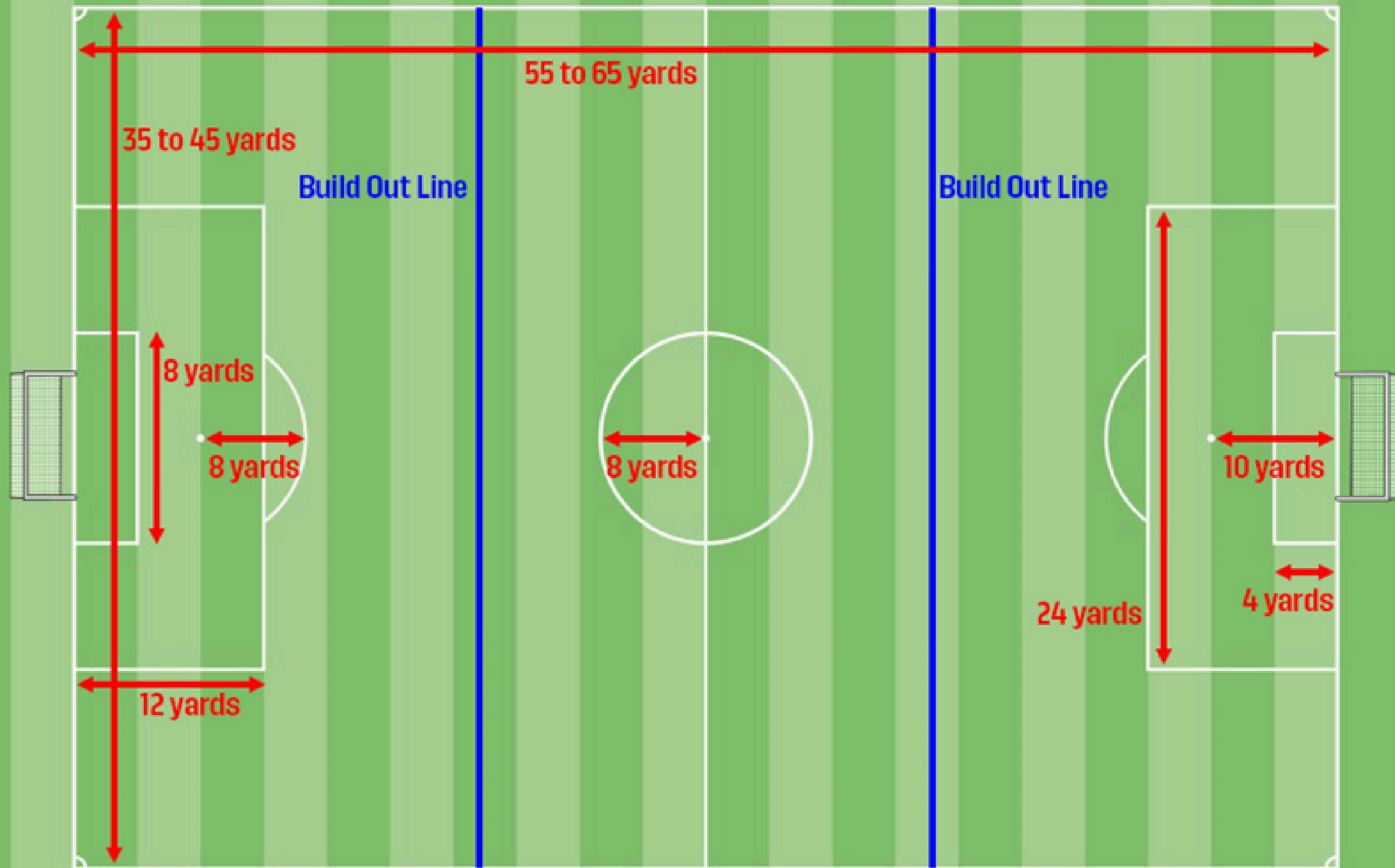
Reading the game and decision making are some of the most important qualities for a player that will benefit from playing small sided games.

This also caters to the physiological needs of each age group. Having consistent standards across the country allows players to develop on a level playing field and allows U.S. Soccer to better serve and educate parents, players, coaches and referees and clubs.





# RECOMMENDED FIELD DIMENSIONS







# RULES AND RECOMMENDATIONS

- Connect with the other coach and referees to discuss rules and make sure everyone is on the same page.
- There tends to be confusion / challenges on use of build out lines, ball sizes, newer referees knowledge of rules, etc.
- A quick conversation can resolve potential issues.
- **No Goalkeeper punting or drop kicks**







# BUILD OUT LINE

- A horizontal line drawn from sideline to sideline between the goalie box and midfield.
- Build-out lines will encourage possession and playing the ball out of the back.
- When a goalkeeper has the ball in hand or takes a goal kick, the opposing team remains behind the build-out line until the ball is put into play. This line also indicates where offside can be called.
- **We encourage not crossing the build out line until the receiving player receives the ball.**
- **We also encourage using the midfield line as a build out line when appropriate to allow attempts at building out of the back**







# THANK YOU



## FUN, HOLISTIC, PLAYER CENTERED

