



STRIKERS

Why play small-sided soccer (4 V 4) at U8 and younger?



“As a kid you need to touch the ball as much as you can. You should always be with the ball. You should have a feeling that wherever the ball is, you can do anything with it.”

– Landon Donovan, USA World Cup Hero

US Youth Soccer recommends:

U6: 3 v 3

U8: 4 v 4

4. Because we want our young soccer players to have more individual teaching time with the coach! Less players on the field and less players on the team will guarantee this! (Need to feel worthy and need to feel important)
5. Because we want our young soccer players to have more, involved playing time in the game! (More opportunity to solve problems that only the game presents)
6. Because we want our young soccer players to have more opportunity to play on both sides of the ball! (More exposure to attacking and defending situations)



Elite S.C. Youth Programs Director
Eric Love

7. Because we want our young soccer players to have more opportunities to score goals (Pure excitement)

These are the reasons why Elite Soccer fosters "Small-Sided Games" in our youth soccer programs. The "Small-Sided" environment is a developmentally appropriate environment for our young soccer players. It's a FUN environment that focuses on the young soccer player.



US Youth Soccer has thought long and hard about the answer to the question, “Why small-sided games?” Here’s what they have to say:

1. Because we want our young soccer players to touch the soccer ball more often and become more skillful with it! (Individual technical development)
2. Because we want our young soccer players to make more, less-complicated decisions during the game! (Tactical development)
3. Because we want our young soccer players to be more physically efficient in the field space they are playing in! (Reduced field size)

