

REASONS FOR SMALL SIDED PLAY

http://www.usyouthsoccer.org/assets/Small_Sided_Games_Manual.pdf

Philosophical

1. Because we want our young soccer players to have more *individual teaching time* with the coach! Fewer players on the field will guarantee this! (Need to feel worthy...need to feel important)
2. Because we want to distance our young soccer players from the external undo pressures of the adult game. (eliminate extrinsic value)
3. Because we want our young soccer players to enjoy the game for its own sake. (foster intrinsic value)

Educational

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 quality decisions* during the game! (Tactical development)
3. Because we want our young soccer players to be more physically *efficient* in the field space in which they are playing! (Reduced field size)
4. 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)
5. Because we want our young soccer players to have *more opportunities to play on both sides of the ball!* (More exposure to attacking and defending situations)
6. Because we want our young soccer players to have *more opportunities to score goals and make saves!* (Pure excitement)
7. The “Small-Sided” environment is a *developmentally appropriate environment* for our young soccer players. It’s a **FUN** environment that *focuses on the player.*

These are the reasons why US Youth Soccer endorses “Small-Sided Games” for U6, U8, U10 and U12 players across the board...across America.