

# Coaches Cheat Sheet

About to kick off another year and don't know all the details? Here's a quick guide to get you back on track before your first game.



## The big changes from year to year:

### U6

Everything is new. Go for it and have a blast!

### U7

Four players this year! Field is a bit bigger too.

### U8

Lots of changes: Goalies, throw-ins, and free substitutions.

### U9

6 field players and offsides comes into play.

### U10

No changes from U9. Well, that was easy...

### U11/12

8 field players and the goalie can punt the ball.

### Movin' on up.

If you're coaching the same team year after year, you'll move up to the next age group every Fall. For example, if you're coaching U8 girls, you'll move up to U9 girls in the Fall, and stay U9 for the Spring season as well. Then, move up to U10 the following Fall etc.

FORMAT

SIZES

GAME PLAY

**U6**

**U7**

**U8**

**U9**

**U10**

**U11/12**

Field players

3

4

4

6

6

8

Keeper?

No

No

Yes

Yes

Yes

Yes

Format

Jamboree

Jamboree

2x25 min

2x25 min

2x25 min

2x30 min

Ball size

3

3

4

4

4

4

Field size

20x30 yds

25x40 yds

30x50 yds

40x70 yds

40x70 yds

50x90 yds

Goal size

4x6 ft

4x6 ft

4x6 ft

5x15 ft

5x15 ft

6.5x18 ft

Out of bounds

Kick in

Kick in

Throw in

Throw in

Throw in

Throw in

Substitutions

3 min horn

3 min horn

Freely\*

Freely\*

Freely\*

Freely\*

Offsides

No

No

No

Yes

Yes

Yes

Retreat line

Mid field

Mid field

Mid field

Mid field

Mid field

30 yards

Punting?

No

No

No

No

No

Yes

Headers?

Never

Never

Never

Never

Never

Never

\* 1 keeper per half