



SAY of Chicago – Abbreviated Laws of the Game & Skills

	U5	U7	U9	U12	U15
Law 1 - Field of Play (Size)	40 x 25 yards	45 x 30 yards	60 x 40 yards	100 x 50 yards	110 x 60 yards
Law 2 – The Ball (Size)	3	3	4	4	5
Law 3 - Players and substitution (Players)	6 x 6	7 x 7*	8 x 8*	9 x 9*	11 x 11*
Law 3 - Players and substitution (Players)	Not less than 3	Not less than 5	Not less than 5	Not less than 6	Not less than 7
Law 3 - Players and substitution (Substitution)	Unlimited	Unlimited	Unlimited**	Unlimited**	Unlimited**
Law 3 - Players and substitution (Goalie)	No	Optional	Required	Required	Required
Law 5 - Referee	Coaches	Coaches	Yes	Yes	Yes
Law 7 – Duration of the Game (Play Time)	4 x 10 min	2 x 20 min	2 x 20 min	2 x 25 min	2 x 30 min
Law 7 – Duration of the Game (Break Time)	2 min	5 min	5 min	5 min	5 min
Law 8 – Start and restart of play (Kickoff)	Yes	Yes	Yes	Yes	Yes
Law 11 - Offside	No	No	No	Yes	Yes
Law 13 - Free kick (Direct)	No	No	Yes	Yes	Yes
Law 13 - Free kick (Indirect)	No	No	Yes	Yes	Yes
Law 14 – Penalty kick	No	No	Yes	Yes	Yes
Law 15 – Throw in	Yes	Yes	Yes	Yes	Yes
Law 16 – Goal kick	Yes	Yes	Yes	Yes	Yes
Law 17 – Corner kick	No	Yes	Yes	Yes	Yes

*Includes Goalie

**Substitutions have to take place at the middle of the field, during a stop in play and with the referee's approval.



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There is not just “one way” to teach soccer to players, nor is there just one style of coaching. There is a broad spectrum of styles and methods for how each of us experiences the game. Some of this comes from our backgrounds, while some of this also is the product of our own personalities. At the youth and junior levels, however, there is a set of fundamental principles that must be considered by anyone involved with soccer. In general, young soccer players require a certain amount of uninterrupted play. This allows them to experience soccer first hand. They should be allowed the opportunity to experiment, and with that, succeed and fail.

The most fundamental skill in soccer is individual mastery of the ball and the creativity that comes with it. This should be a priority in training and games, especially in the early years. As this skill is mastered, the rest of the game becomes easier - both to teach and to learn.

U5	U7	U9	U12	U15
Master the ball (Ball control)	Continue U5 Skills	Continue U7 Skills	Continue U9 Skills	Continue U12 Skills
Not to play out of bounce	Focus on passing	Intermediate Shooting	Triangle passing	Positions
Correct form for throw-in	Dribbling	Dribbling	Referees for games + offside	Tactical play
Early forms of passing	Shooting	Introduce to triangle passing	Aggressiveness to the ball	Team Building
Everybody touches the ball	Introduce positions	Referees for games	Dribble with head up	Technical Development
Sportsmanship	Introduce “Do not fear ball”		Shooting	