

Key recommendations for the game

An at-a-glance guide to junior football

U7/8s



- Format:** 5 v 5
- Match length:** 20 mins E/w
- Player game time:** 40 mins/day, 60 mins/comp
- Pitch size:** 40yd x 30yd
- Ball size:** 3
- Goal size:** 12ft x 6ft
- COMPETITIONS**
Two weeks of trophy events, three times a season
- KEY LEARNINGS**
 - having fun
 - playing with my friends

U9/10s



- Format:** 7 v 7
- Match length:** 25 mins E/w
- Player game time:** 60 mins/day, 90 mins/comp
- Pitch size:** 60yd x 40yd
- Ball size:** 3 for U9s, 4 for U10s
- Goal size:** 12ft x 6ft
- COMPETITIONS**
Four weeks of trophy events, three times a season
- KEY LEARNINGS**
 - acquiring skills
 - trying my best

U11/
12s

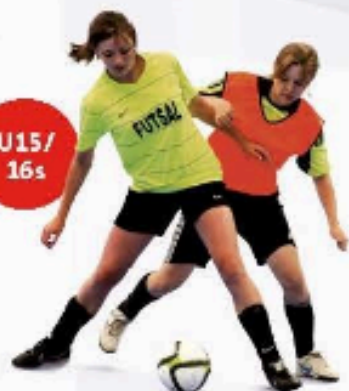


- Format:** 9 v 9
- Match length:** 30 mins E/w
- Player game time:** 80 mins/day, 120 mins/comp
- Pitch size:** 80yd x 50yd
- Ball size:** 4
- Goal size:** 16ft x 7ft
- COMPETITIONS**
Six weeks of trophy events, three times a season. U12s as U13/14s
- KEY LEARNINGS**
 - being part of a team
 - game play



U13/
14s

- Format:** 11 v 11
- Match length:** 35 mins E/w
- Player game time:** 100 mins/day, 150 mins/comp
- Pitch size:** 100yd x 60yd
- Ball size:** 4
- Goal size:** 21ft x 7ft
- COMPETITIONS**
Any varieties including one season long league table
- KEY LEARNINGS**
 - taking responsibility
 - positional awareness



U15/
16s

- Format:** 11 v 11
- Match length:** 40 mins E/w
- Player game time:** 100 mins/day, 150 mins/comp
- Pitch size:** 110yd x 70yd
- Ball size:** 5
- Goal size:** 24ft x 8ft
- COMPETITIONS**
any varieties including one season long league table
- KEY LEARNINGS**
 - in-game decisions
 - tactical appreciation



U17/
18s

- Format:** 11 v 11
- Match length:** 45 mins E/w
- Player game time:** 120 mins/day, 180 mins/comp
- Pitch size:** 110yd x 70yd
- Ball size:** 5
- Goal size:** 24ft x 8ft
- COMPETITIONS**
any varieties including one season long league table
- KEY LEARNINGS**
 - in-game decisions
 - tactical appreciation