



# SOFC Under 9 & Under 10 League: Youth Development Program

**Category:** Technical: Ball Control  
**Difficulty:** Beginner

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Individual-Young Member

## U9 & U10 Game

Game Play: 7v7 to two goals. Teams score at opposite ends.  
Team shape: 3-2-1 {3 defenders, 2 midfielders & 1 forward}  
Deviate as you wish.

One referee. Coaches must be on coaching sideline. Parents must be on parent's sideline.

Time: two, 25 minute halves

No camping defenders- everyone defends and attacks. Team connectivity is key.

Equal playing time

Kick off at center after a score and to start each half. Cushion on kick off = center circle.

Throw ins, goal kicks & corner kicks are implemented. Build out line used on goal kicks and after GK possession.

Taking advantage of an offside position is not taught. Offside infraction called if obvious and past blue build out line.

No slide tackles. Players should stay on their feet at all times.

All other FIFA laws of the game apply. All decisions are at the discretion of the referee.

Verbal abuse of referees is never allowed. Questions should be directed to SOFC staff.

