

Field, Goal, and Ball Sizing Information and Diagrams

Youth soccer guidelines recommend that fields be sized age appropriately to account for player mobility and strength. Too often is the case that young players are put on oversized fields and end up spending most of their time running rather than handling the ball. Guidelines recommend that if an age appropriate sized field is not available, to use a field the next size smaller to increase the focus on ball handling and tactics, rather than stamina.

Youth Field Size Recommendations:

U8	60 to 75	feet wide	90 to 120	feet long
U9	90 to 105	feet wide	120 to 150	feet long
U10	120 to 150	feet wide	180 to 240	feet long
U11	120 to 150	feet wide	210 to 240	feet long
U12	120 to 165	feet wide	300 to 315	feet long
U13 and up	150 to 180	feet wide	300 to 330	feet long

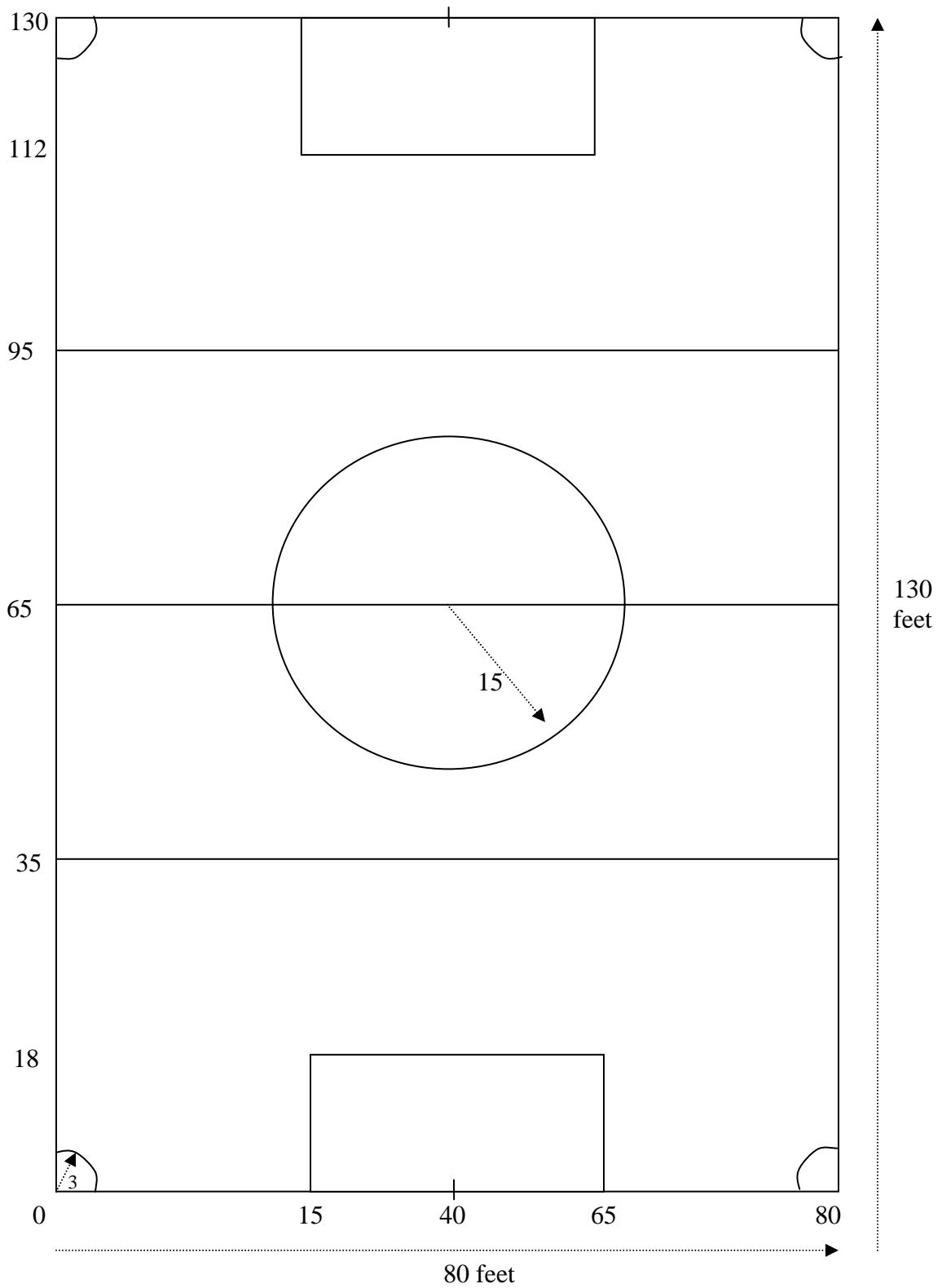
Goal Sizes:

U8	4.5 to 6.5	feet high	9 to 12	feet wide
U9	6.5	feet high	12 to 18.5	feet wide
U10	6.5 to 7	feet high	18.5 to 21	feet wide
U11	6.5 to 8	feet high	18.5 to 24	feet wide
U12	7 to 8	feet high	21 to 24	feet wide
U13 and up	8	feet high	24	feet wide

Ball Size:

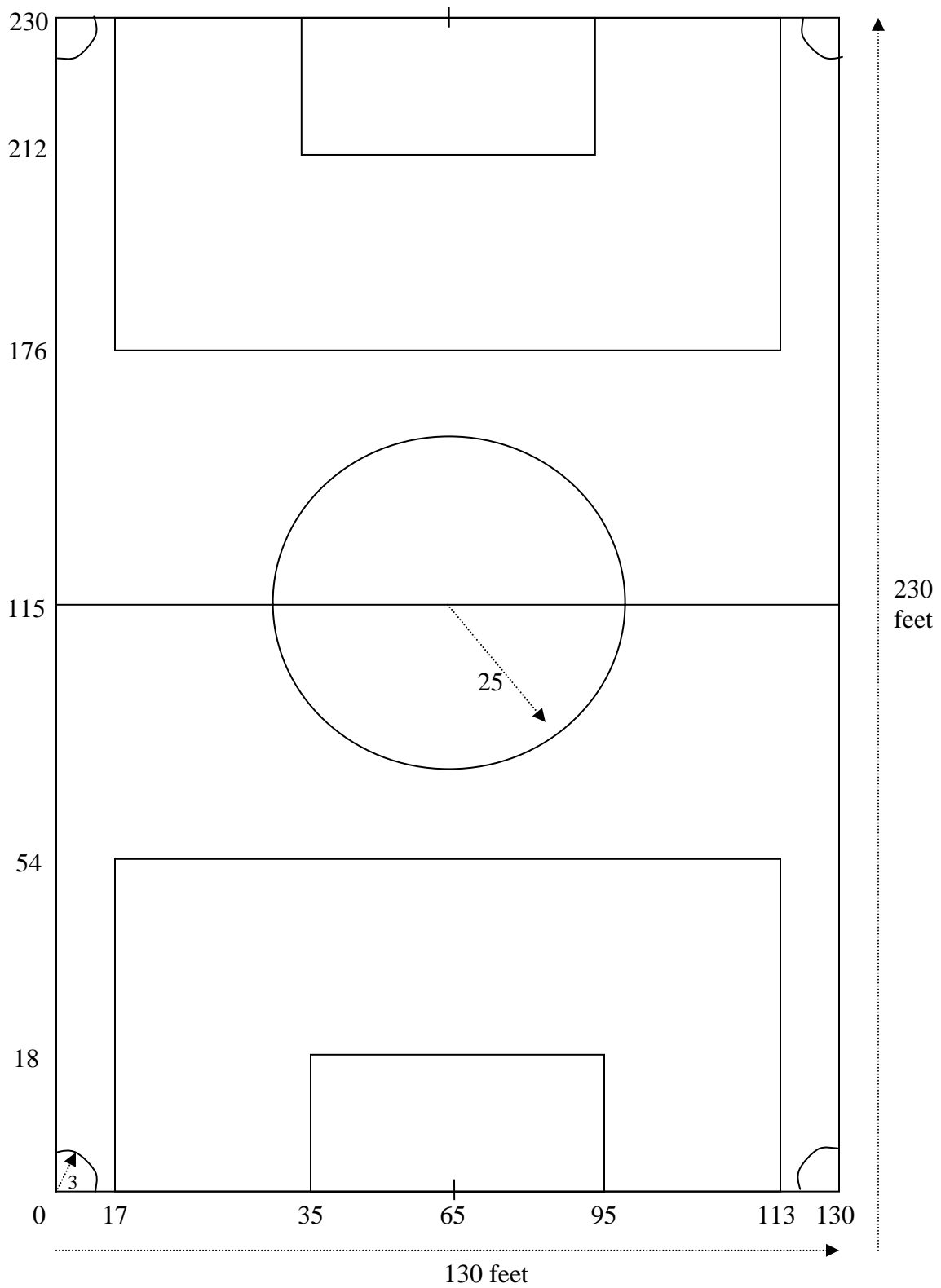
U8 and below	#3
U9-U12	#4
U13 and up	#5

U8 (6v6) Field Layout



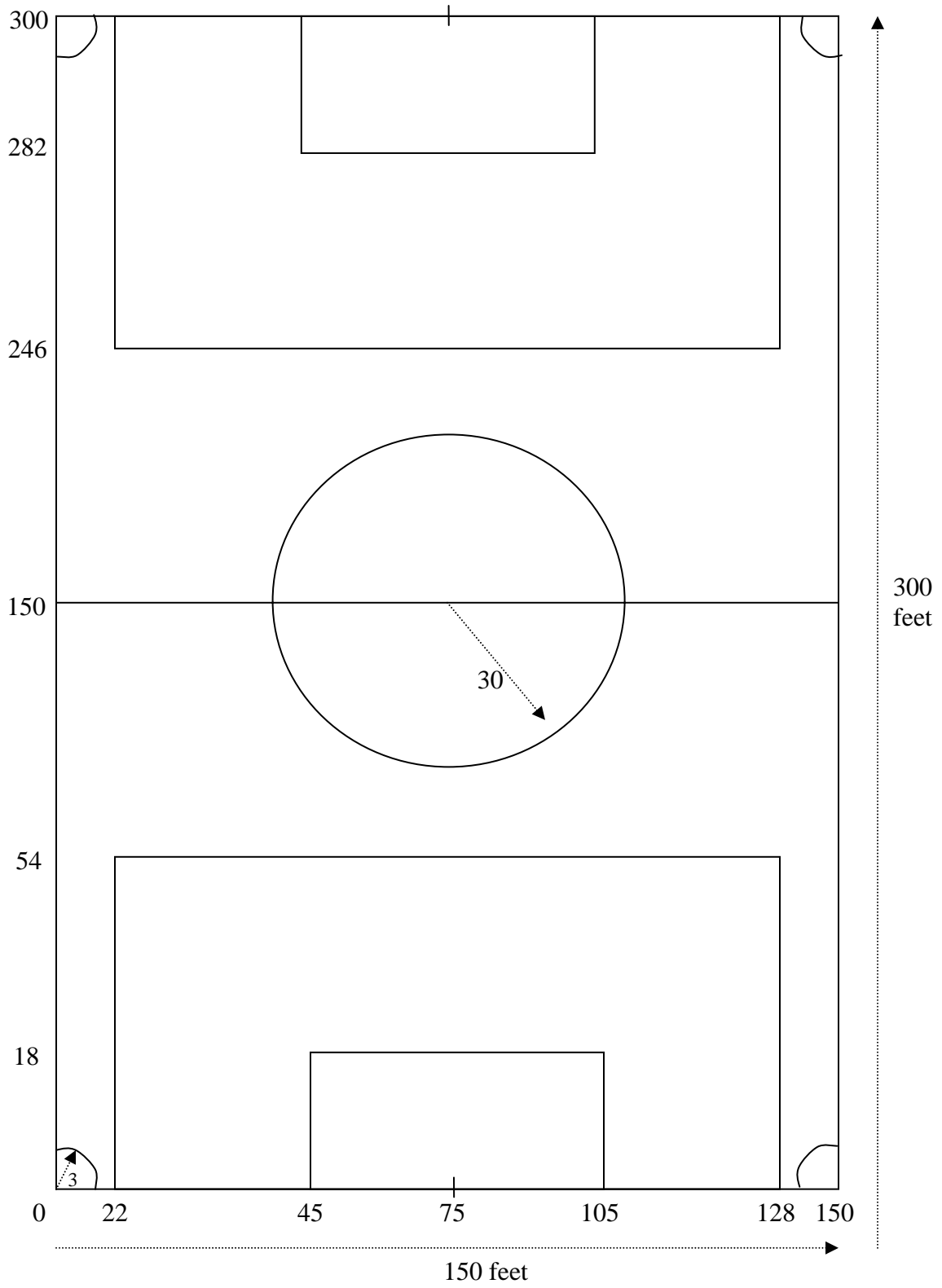
Field Diagonal Dimension = 152.6 feet

U11 (8v8) Field Layout



Field Diagonal Dimension = 264.2 feet

U12-U14 (11v11) Field Layout



Field Diagonal Dimension = 335.4 feet