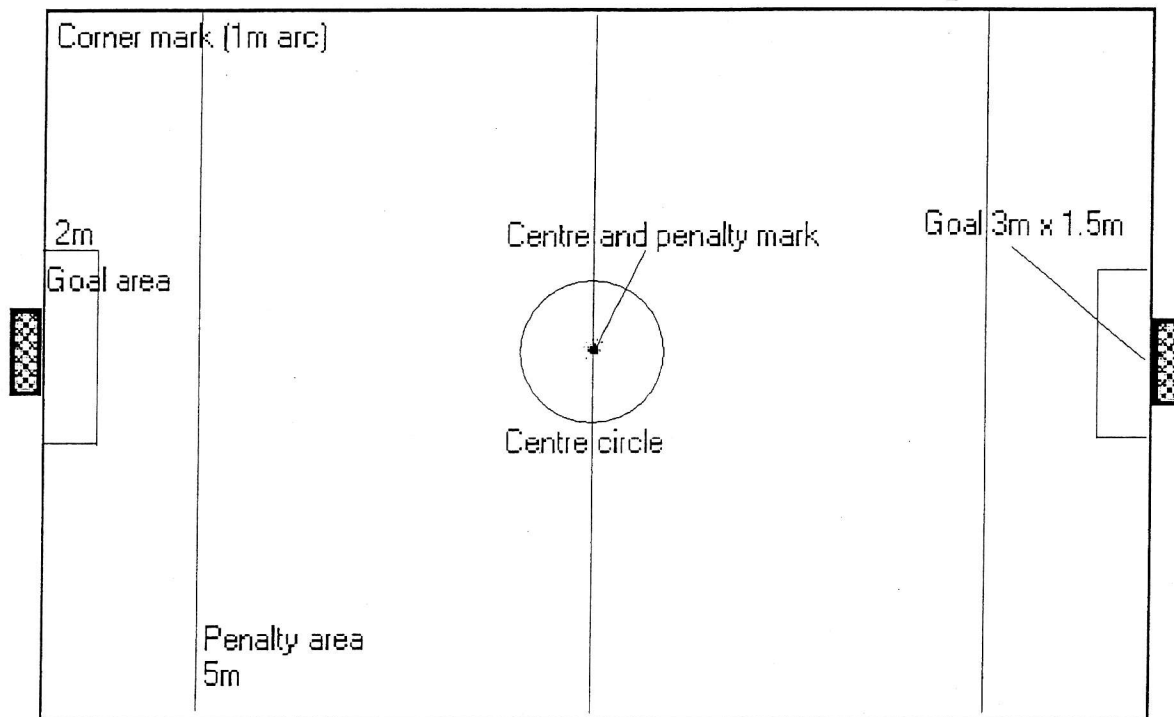


3 Field



**Age Group:** U8/U7

**Category:**

**Focus:**

**Description**

Dimensions: 25m wide x 40m long  
 Goal area: 2m from posts, 2m from goal-line  
 Penalty area: 5m from posts, full width of field  
 Centre circle: 3m from centre of field at half-line  
 Corner marking: 1m arc from corner for corner kicks  
 Penalty arc: none  
 Penalty mark: use centre of field  
 Players: 4v4  
 Ball size: 3  
 Goal size: 3m wide x 1.5 m high (10'w x 4.5'h)  
 Game duration: 2 x 15 min. halves (5 minute halftime)  
 Team size: 7-9  
 Coaching: on field allowed

**Key Teaching Points**

**Key Execution Points**