



BETTER COACHES. BETTER PLAYERS.

#EXPERIENCEON

Matching Field Sizes to Playing Numbers Tom Turner, July 2013

One of the first key challenges of the coaching process is to create playing areas that are proportional to the number of players involved. Make an area too small and the players will find it difficult to spread out and circulate the ball in a purposeful way; make an area too big and the players won't be able to defend effectively. The age, ability and motivation of the players will impact the selected dimensions, as will the training objectives.

The minimum size for an 11v11 field is 100 yards x 50 yards; the maximum is 130 yards by 100 yards. The soccer field must be rectangular.

While the playing areas should always be adjusted to match the objectives of the training session, the suggested guidelines for space and numbers are provided below. The inclusion/exclusion of goalkeepers in the playing numbers will impact the dimensions of the playing area.

Game Form	Suggested Dimensions
1v1	20 yds x 12 yds
2v2	25 yds x 16 yds
3v3	30 yds x 20 yds
4v4	40 yds x 25 yds
5v5	50 yds x 30 yds
6v6	60 yds x 40 yds
7v7	70 yds x 45 yds
8v8	80 yds x 50 yds
9v9	90 yds x 60 yds
10v10	100 yds x 65 yds
11v11	110 yds x 70 yds