

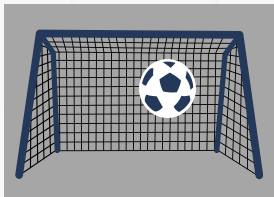
# What is the Game Format Project?

- US Youth Soccer continues to research soccer to **identify the best playing environments** that take a **player-centered approach to advance player development**.
- Your club was one of only 18 clubs selected to participate in this project. Clubs participating in the Game Format Project will support playing either 2v2 or 3v3 at the U5 and U6 age groups applying specific recommendations for games.

## Why the New Game Format?

- Research in the US and Europe has shown the 2v2 and 3v3 game formats allow players to have more touches on the ball than 4v4.
- These game formats **support greater individual skill development and decision-making**. Players' enjoyment increased with touches on the ball and opportunities to score. Parents' perception of their child's experience with soccer was more positive.

## Modified Rules



Larger 5' x 3' Goals



\*Restarts: Dribble/Kick-In  
or "New Ball"

**\*What are restarts?** When the ball goes out of bounds there are different options for the ball to re-enter the field.

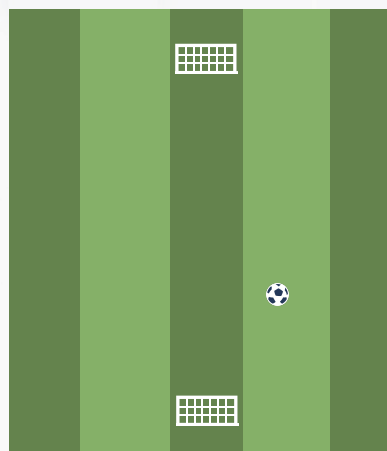
**Dribble/Kick-In:** A player is given the choice to kick or dribble the ball back into play from the sideline.

**"New Ball":** The coach passes a new ball to a player on the field.

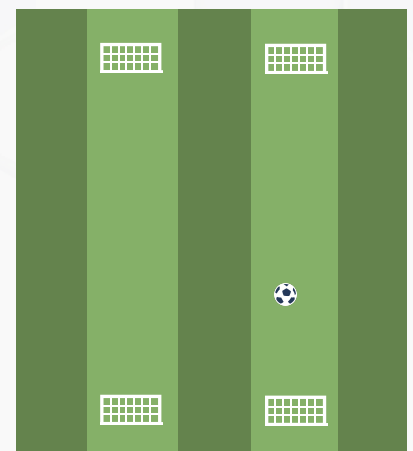
### RATIONALE

- Small Sided Games:** Appropriate numbers to enable players to have more touches on the ball, more engagement in the play, and the right amount of challenge.
- Large Goals:** Provide more opportunities for players to score, have fun, positively impact their development.
- Four-Goal Games:** Increase players' opportunities to score and make more on-field decisions.
- "New Ball" restarts:** Ensures a flow to the game, increases player involvement, and reduces downtime

### Game Formats both support 2v2 or 3v3



2 Goals



4 Goals

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