



AUCKLAND  
FOOTBALL  
FEDERATION

## Auckland Football Federation Junior/Youth match formats 2010

Grade	Team size	Match Duration	Field Size (M)	Goal Size (M)	Ball	Keeper
<b>AFF Junior Small Whites (preferred format)</b>						
5th-6th Grades	4-a-side	2 x 15 min halves	Min: 20x15 Max: 25x20	2 x 1	Size 3	No
7th-8th Grades	5-a-side	2 x 20 min halves	Min: 30x20 Max: 35x25	2 x 1	Size 3	No
9th Grade	7-a-side	2 x 20 min halves	1/2 pitch (min: 50x30 max: 65x45 ideal: 60x40)	Min: 3.6 x 1.8 Ideal: 4 x 2	Size 3	Yes
<b>Other Junior Grades</b>						
5th-6th Grades	7-a-side	2 x 15 min halves	1/4 pitch (min: 30x25 max: 45x33 ideal: 40x30)	Min: 3.6 x 1.8 Ideal: 4 x 2	Size 3	Yes
7-9th Grades	7-a-side	2 x 20 min halves	1/2 pitch (min: 50x30 max: 65x45 ideal: 60x40)	Min: 3.6 x 1.8 Ideal: 4 x 2	Size 3	Yes
<b>Youth</b>						
10th Grade Boys/Girls	7-a-side	2 x 25 min halves	1/2 pitch (min: 50x30 max: 65x45 ideal: 60x40)	Min: 3.6 x 1.8 Ideal: 4 x 2	Size 4	Yes
11th Grade Boys/Girls	7-a-side	2 x 25 min halves	1/2 pitch (min: 50x30 max: 65x45 ideal: 60x40)	Min: 3.6 x 1.8 Ideal: 4 x 2	Size 4	Yes
12th Grade Girls	7-a-side	2 x 25 min halves	1/2 pitch (min: 50x30 max: 65x45 ideal: 60x40)	Min: 3.6 x 1.8 Ideal: 4 x 2	Size 4	Yes
<b>Youth</b>						
12th Grade Boys	11-a-side	2 x 27.5 min halves	Full field	Full size	Size 4	Yes
13th Grade Boys/Girls	11-a-side	2 x 27.5 min halves	Full field	Full size	Size 4	Yes
14th Grade Boys/Girls	11-a-side	2 x 27.5 min halves	Full field	Full size	Size 5	Yes
15th Grade Boys/Girls	11-a-side	2 x 35 min halves	Full field	Full size	Size 5	Yes
17th Grade Boys/Girls	11-a-side	2 x 40 min halves	Full field	Full size	Size 5	Yes

### Benefits of Small Sided Games (4-a-side/5-a-side/7-a-side):

The use of Small Sided Games for juniors carries a range of benefits that are listed below. By allowing more touches on the ball, players become more comfortable with a ball at their feet, make more decisions, and are more active, increasing their enjoyment.

A large body of research has been conducted into the use of Small Sided Games for player development, which has highlighted the following benefits:

- More touches by all players
- More shots on goal
- Repeated decision making
- Ball in play more often
- Game is easier to understand
- Freedom - no positions in early stages

### Benefits of 7-a-side vs 11-a-side:

- Children at early youth age are not adult sized, therefore cannot be expected to cover the full distance of an adult field
- 7-a-side reduces the complexity of the game at 11-a-side, making it more appropriate to their age and development level
- Children are unable to switch the ball from one side of an adult field to the other
- The field is too large so the play becomes too spread out with too much reliance on longer kicks than shorter passes
- It is a logical progression from younger ages, where the jump to the 11-a-side format is too large

For more information contact Auckland Football Federation Director of Football Sean Douglas – [sean@aucklandfootball.org.nz](mailto:sean@aucklandfootball.org.nz)