

FROM DISCUSSION PAPER – JUNIOR GIRLS DEVELOPMENT MODEL

Playing Formats

The writers' opinion is that small sided games such as 3 v 3 and 4 v 4 have there place and are valuable coaching tools however he strongly opposes this becoming a standard format for Saturday game time.

Research results from the past two years of the Junior Development Model show larger rather than smaller playing formats produce better results for both the individual players and for the Team. The following table highlights these research results:

Junior Development “Bradley” Playing Model

Age during Calendar Year	Number of Players	Number of Substitutes	Size of Ball	Size of Pitch	Duration of Game	Goalkeeper Allowed	Basic Rules
6 (6 th Grade)	7	1	3	Quarter	12 min x 2	No	No Offsides Rolling Substitution Goal kicks 8m
7 (7 th Grade)	7	1	3	Quarter	15 min x 2	No	No Offsides Rolling Substitution Goal kicks 8m
8 (8 th Grade)	9	1	3	Half	20 min x 2	Yes	Offsides Rolling Substitution Goal kicks 8m Hand/Ground
9 (9 th Grade)	9	1	4	Half	24 min x 2	Yes	Offsides Rolling Substitutes Goal kicks 8m Hand/Ground
10 (10 th Grade)	9	2	4	Half	28 min x 2	Yes	Offsides Rolling Substitutions Goal kicks 5m Hand / Ground