



U.S. Soccer Best Practices

- Appropriate types of organized play in Zone 1

Zone	1	1	1	1	2	2	2
Age Grp.	U-6	U-8	U-10	U-12	U-14	U-16	U-17
No. of Games per Year	No Organ. Games	No Organ. Games w/ Score	Ltd. # of Org. Gms. (2:1 training-game ratio)	30 Max. (3:1 training-game ratio)	30 Max. (3:1 training-game ratio)	30 Max. (3:1 training-game ratio)	30 Max. (5:1 training-game ratio)
Periods of Rest	Voluntary	Voluntary	Multi-sport partic.	Time Off & Cont. Multi-sport	Some Time Off	Limited Breaks	Limited Breaks
Amount of Travel	None	None	In State (1 Hr. Max.)	Day Trips, plus 2 Over-nights	Regional	National	National
Partic. in Tourn.	None	None	Jamboree or Festival	Round Robin Only	Max. 3 Games in 4 Days	Max. 3 Games in 4 Days	Max. 3 Games in 4 Days
Championships	None	None	None	State (small-sided)	State and Regional	State and Regional	State, Reg. and National