

If people see you hustling, they are more likely to jump in and help you. Everyone wants to start on time, feel free to politely ask for help on moving cones around.

- 1) Move the goals up to the restraining line (30 yard line), allow the teams to start warming up their goalie
- 2) Use the disc cones to create a crease, 9' radius or 3 long steps from the center of the goal
- 3) Coaches can choose between a 40 yards wide field (wing lines) or larger (sidelines)
- 4) Move the cones from the perimeter corners up to the 15 yard line creating a new endl ine
- 5) Adjust the substitution box so that it is only 10 yards wide (5 yards each side of midfield)
- 6) In the event you have a 12U, 14U, or High School game after the 10U, complete these steps in reverse.

