

FOOTBALL FIELD SPACING GUIDE

	30	35	40	45	50	45	40	35	30
1				XXXXXXXXXX	XXXXXXXXXX				
				11	11				
2				XXXXXX	XXXXXX				
				6	6				
3				XXXXX	XXXXX				
				5	5				
4				XXXX	XXXX				
				4	4				
5				XXX	XXX				
				3	3				

1. **SHOULDER TO SHOULDER SPACING** = 11 individuals per 5 yards. Each member stands shoulder to shoulder creating a tight line.
2. **ELBOW SPACING**= 6 individuals per 5 yards. Each member stands side by side with hands on hips touching elbows.
3. **HIGH KICK SPACING**= 5 individuals per 5 yards. Each member stands hooked up for high kicks with hands on the next girl's shoulder. If every other girl steps forward, the line will become fingertip spacing distance.
4. **HAND TO ELBOW SPACING**= 4 individuals to 5 yards. Each member stands with arms extended and fingertips touching the elbows of the next member.
5. **FINGERTIP SPACING**= 3 individuals to 5 yards. Each member stands with arms extended and fingertips touching the next girl's fingertips.