

# Small Sided Games - GHFA

## A Quick Guide for Coaches and Managers

### What and Why Small Sided Games (SSG)?

- SSG's have fewer players in a smaller area
- Parents feel more comfortable as Leaders (coaches)
- More shots on goals and touches of the ball
- More 1v1's and the ball is in play more
- Emphasis on player development, less on winning
- Greater decision making and more forward passes
- Easier to understand
- Better use of facilities
- Freedom to play without positions
- Most top footballing nations do SSG's.



### Important Information for Coaches

- Your role is to make the football experience fun for all those involved in the team (families, players, referees) and help develop the players as much as possible
- During games please only give positive support and minimal instruction. All instruction should be development based
- As we want players to enjoy the experience please do not focus on scores or winning but rather on playing, skills and fun. There are no competition tables,
- Remember players at this age have a short attention span, like to play with the ball, make mistakes but are not worried about them unless the coach is, love encouragement, like challenges but aren't fussed about winning or losing and train best with the ball.

### The Ranking System

The Ranking System for U6 to 8 teams was introduced in 2009 due to the amount of lopsided games which were occurring. It is important to note that this is a ranking of teams and NOT a grading of individuals. Teams are ranked without any individual player grading procedures in the U6 to U7 age groups. There are 3 ranks. The U8 age group **may** do a soft individual player grading for one team and then rank the other teams within the 3 rankings. Clubs can put however many or however few teams in each rank they would like. The aim is to get teams enjoying winning, losing and drawing during the season in equal servings.

### The Rules

#### 4v4 - Under 6

- Squads of 6ish players • Field 20\* 30m • Goals 2\*1m
- Only outside markings. No penalty area
- Ball size 3 and yes it needs to be round
- No goalkeeper • 15 mins halves with 5 min half time.
- Referee should be coach/manager (share half each)
- Ask players not to stand in front of the goal
- Kick the ball in from where it goes out
- The other team must be 4m away. 3 seconds to get in, referee calls "Ready, Set, Go!". No touching ball a second time until it is touched by another player (Free Kicks as well)
- If ball goes over the backline and is touched last by the attacking team it's a goal kick from anywhere ON the back line
- When the ball goes out the back and was touched last by the defending team it is a corner kick for attack
- When a goal is scored a kickoff is taken from half way
- A goal can be scored from a corner. Goals can't be scored from kickoffs, freekicks, goalkicks, kick-ins or throw-ins (after deflection OK unless it is kicked dangerously at a player), or after infringement .
- Ball is out or a goal is scored when the whole ball crosses the whole line
- Interchange must happen near halfway with a high five on the outside of the line, by the player coming off to the player going on, before the player coming on enters the field. **MAKE SURE PLAYERS GET EQUAL TIME** (interchange sheets at [www.ghfa.com.au](http://www.ghfa.com.au))

#### 5v5 - Under 7

As above except:

- Squads about 7 players • 20 minute halves
- Team stands 5m back on free kicks

#### 7v7 - Under 8

As above (5v5) except:

- Squads about 9 players • 35m by 50m field
- Have a GK (5m GK Circle marked) • Goals 1.5m \* 5m
- Throw-ins from sideline • No "Ready Set Go".
- No direct free kicks or penalties • Team stands 7m back on indirect free kicks. Those given inside GK area to be taken to nearest point 2m outside the area (7m).



#### 9v9 - Under 9

As above (7v7) except:

- Squads about 12 players • Competition table
- 45m by 70m field • Min. 6 players to take the field
- Normal field markings • Offside rules apply
- Team must stand 9m away on free kicks
- Direct free kicks allowed • Penalties can be given

*Please turn over for more information!*

## What's the role for the Referee?

The Referee is now called an Instructing Referee. Their role is to keep the play moving and instruct the players on rules and how to behave. They should aim to make BOTH teams have as much fun and learn as much as possible. Keep the BIG picture in mind.

They can be junior players, parents or beginning/official referees.

## Will teams play all clubs?

Teams will only play against clubs in their local area. This means teams will only need to travel to their local SSG grounds. Details at [www.ghfa.com.au](http://www.ghfa.com.au) (SSG Coaching link). This should greatly help with player transport.

Some teams may play against teams from their own club but this will be avoided as much as possible. For this reason teams will need to have a set of bibs.

## How will less players work for organising teams?

- Clubs will decide what system best suits their teams.
- Some clubs will organise teams as individual entities who train and play Independently from other teams.
- Other clubs will put 2 teams together as a dual squad who will train together (where possible). Teams who choose this method can share a coach and a manager if need be. Please make sure the coach is from one team and the manager is from the other team.
- Clubs can move their players between teams where needed at any time of the year (remember this decision needs to take in all points of view).

## How do we train the teams and where do we get resources to help us?

Teams can train together, individually or as part of a Co-operative Training process. Your club will let you know the one that is best for you.

The following resources/in-services will be available from the GHFA:

- Free download of the Co-operative Training Program. (Go to [www.ghfa.com.au](http://www.ghfa.com.au) and click on Coaching)
- Free download of the Football Rules, including SSG, in Plain English
- Free Player of the Week Certificate downloads
- Free 280 page Coaching Book for all official Team Leaders (Coaches) of the teams (will be given out at GHFA in-services), which included the Co-operative Training program

The following resources will be available from the FFA:

- A How to DVD on Small Sided Games (will also include a Training Ideas file). Clubs will each be given a copy of the DVD and will be able to burn copies for all coaches.

## How does it help players move to 11v11?

Players have much to learn to develop towards sound and enjoyable full field gameplay.

We don't ask students to go from basic Maths to complex Algebra without a progression which gives them the tools to complete it with confidence. SSG's progressions allow for players to develop their technical and tactical skills to a greater degree thus creating players who not only enjoy the game more but also have a greater chance of attaining a higher skill level.

If we go from 4v4, to 5v5, to 7v7, to 9v9 to 11v11 you can see that this will create a smoother transition to full sided play. Goalkeepers do not start until later in this small sided games system as modern goalkeepers need to be good with their feet. Prolonged periods in goal can also lead to disinterest and boredom.

## Is there a reason to keep it the way it was?

The major reason is that it is what we have always done. Just like when we moved from Imperial measurement to Metric a lot of people did not like the change but now we feel Metric is by far the better system (and rightly so).



## Need more information?

- Go to [www.ghfa.com.au](http://www.ghfa.com.au) and click on the Coaching link
- See your club or if you need additional information contact:
  - Kay or Nicole for Administration questions at [ghfa@ghfa.com.au](mailto:ghfa@ghfa.com.au)
  - Tim Thorne for coaching enquiries at [community@ghfa.com.au](mailto:community@ghfa.com.au)

