

SMALL SIDED FOOTBALL - GHFA

For Under 6, 7 and 8s

Saturday Gameday Helpful Hints

Important Information for Coaches

- Your role is to make the football experience fun for all of those involved in the team (ie families, players, referees etc) and help develop the players as much as possible
- During games please only give positive support and minimal instruction. All instruction development based
- As we want player to enjoy the experience please do not focus on scores or winning but rather on playing, skills and fun. There are no competition tables.
- In essence there are only a few rules in the game, just get the ball and try to score in the other team's goal

Ideas of what the Coach of a team, who is dominating the other team, can do to technically develop their team and ensure the other team enjoys their game experience as well.

Remember it is the responsibility of all adults to help players on all teams enjoy the experience. Below are some hints which dominating team coaches can use. Encourage your team, or dominate individuals, in that team to:

- Beat one player and then pass once past them
- Dribble towards a player or group of players and then pass just before getting to them
- Pass the ball back or to the other side of the field before they shoot at goal
- Pass the ball with their non-dominant foot only
- Dribble the ball with their non-dominant foot only
- Sheet the ball with their non-dominant foot only
- All the previous 3 together

NOTE: The main aim of this is to help both teams. Please use the above hints to achieve this aim.

What the referee (game leader) can do if one team is dominating another team

- If a player has scored 3 goals and their team is 3 goals ahead that player can only score another goal when one of their team mates has scored a goal

Warm Up Hints

Warm up should start with them practicing their on the ball skills together (which means they all need to bring a ball to the game), then all players shoot at a target at the same time. If you have additional time you can then have them play pair games of possession (partners try to get the ball off each other) and when the coach calls "shoot" they shoot. You can then also play a possession game with 2 teams and one ball with the players passing the ball in the direction the team (or the coach) says they should. The main point being they are all participating (no lines).
