

SMALL SIDED FOOTBALL - GHFA INFORMATION SHEET

UNDER 6, 7, 8

What and Why Small Sided Football (SSF)

- SSF have fewer players in a smaller area
- Parents feel more comfortable as Leaders (coaches)
- Players get more shots on goal and touches of the ball
- More 1 v 1'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 SSF'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 Under 6 to Under 8 teams was introduced 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 Under 6 to Under 7 age groups. There are 3 ranks in Under 6s and 3 in Under 7s.

The Under 8 age group MAY do a soft individual player grading for 1 or 2 teams 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

Under 6 – 4 v 4

- Squads of 6is players - Field 20 x 30m - Goals 2 x 1m
- Only outside markings. No penalty area
- Ball size 3
- No goalkeeper - 15 minute halves with 5 minute half time
- Referee should be coach/manager (each team to share half each)

- Ask players not to stand in front of goal
- Kick the ball from where it goes out
- The other team must be 4m away. 3 seconds to get it in, referee calls “Ready, Set, Go” No touching ball a second time until it is touched by another player. This is for free kicks as well.
- If the ball goes over the back line and was touched last by the attacking team, it’s a kick from anywhere ON the back line – the attacking team must retreat to the halfway line.
- If the ball goes over the back line and was touched last by the defending team, it’s a corner kick for attack.
- When a goal is scored a kick off is taken from half way
- A goal can be scored from a corner. Goals can’t be scored from kick offs, free kicks, goal kicks, kick-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 half way 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 available at www.ghfa.com.au)

Under 7 – 5 v 5

As above except:

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

Under 8 – 7 v 7

As for above except:

- Squads about 9 players - Field 35m x 50m - (5m GK circle marked) - Goals 5m x 1.5 – 2m
- Have Goal keeper
- Throw ins from sideline - No “Ready, Set Go”
- No direct free kicks or penalties - Team stands 7 m back on indirect free kicks. Those given inside GK area to be taken to the nearest point 2m outside the area (7m)

UNDER 9 & 10

- Squads about 12 players - Field 45 x 70m - Goals 5m x 1.5 – 2m
- Teams must have 6 players at all times on the field
- Under 9s will play 20 minute halves
- Under 10s will play 25 minute halves
- Competition table
- Normal field markings and normal rules of the game apply
- Team must stand 9m away on free kicks
- Direct free kicks allowed - Penalties can be given
