



# GHFA Small Sided Games

## 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 (i.e. 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 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 up to U8.
- 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 dominant 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
- shoot 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). The GHFA resource has many fun warm-ups

### 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