



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 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
- 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. Beating a team by a large margin does not always develop players on that dominating team. While limiting their dominance by asking a higher technical level you will develop them as well as creating a greater chance that the other team will walk away with a positive experience as well. 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 choose 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 their team mates has scored a goal

(COACHING HINT: Encourage them to practice their passing to a player in free space then moving to free space or getting past the byline and passing the ball backwards diagonally to a player in front of the goal)

Warm Up Hints

Warm-up should start with them practicing their on the ball skills all at once (which means they all need to bring a ball to the game), then all shooting at a target at once. 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 about 6 players
- Field 20* 30m. GHFA will pre-mark these fields
- Goals 2m*1m. GHFA will provide these
- Only outside markings. No penalty area
- Ball size 3 and yes it needs to be round
- No goalkeeper
- 15 mins halves with a 5 mins half time.
- Referee should be coach (share half with the other team)
- Ask players not to stand in front of the goal
- Kick the ball in from where it goes out
- The other team must be 4.5m away. 3 seconds to get in, team leader calls "Ready, Set, Go!"
- If the ball goes out the back and is touched last by the defending team it is a goal kick from anywhere ON the back line
(COACHING HINT: Teach them to put it on the opposite side of the goal to where the ball went out and pass it to the player on that far side line as that is where the space should be. Remember coach at the training session but not during the Saturday games)
- When a goal is scored it is the same as a goal kick unless the team who conceded the goal is 3 goals behind in the score. In which case it is a Kick-off instead
- 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.

5v5 - Under 7

As above except:

- Squads about 7 players
- 20 minute halves

