

Small Sided Games



Presentation to Member Federations & Clubs



Benefits of SSG

Small Sided Games are played and endorsed throughout; England, Ireland, Netherlands, Scotland, Germany, France, Korea, USA, Capital Football, Football Northern Territory and Ku-ring-gai DSA to name a few.

The demonstrated benefits of SSG's over the 11 v 11 game based on observational research of existing successful SSG models can be seen below;

- Far more repeated touches of the ball by all players
- More touches throughout all areas of the pitch
- More passes attempted and in a forward direction
- More attacking 1v1s, final third and penalty area entries
- Repeated decision making experience
- The ball is in play far more



Benefits of SSG

- Repeated experience of basic tactical situations
- Active participation is directly related to increased fitness and enjoyment
- More experience in all phases of the game. There is less hiding or dominant player hogging the ball. Every child has to participate in all facets of the game, attack and defend. The emphasis is on PLAYER DEVELOPMENT
- Better success rate leads to improved quality of play, self esteem and player retention
- The game is easier to understand
- Freedom of expression – no positions in early stages
- Less perceived stress on the player
- 80% of children believed that they touched the ball more often in the small-sided game
- Less perceived pressure from coaches and parents
- Children enjoyed the progressive and sequential game formats



Statistics

Small Sided Games studies of young football players in England, Ireland, Netherlands, Scotland, Germany, France, Korea and USA provided the following information between 4 v 4, 7 v 7 & 11 v 11;

- Players touch ball five times more in 4 v 4, 50 % more in 7 v 7 than in 11 v 11
- Players attempted three times more 1 v 1's in 4 v 4, two times more 1 v 1's in 7 v 7 than in 11 v 11
- Goals scored on average every 1.5 mins. in 4 v 4, 3.6 mins. in 7 v 7 & 8 mins in 11 v 11
- Technical skills performed by a goalkeeper is between two & four times more in 7 v 7 than in 11 v 11
- Ball is out of play 8% of the match in 4 v 4, 14% in 7 v 7 and 34% in 11 v 11



Playing Formats

Under 6

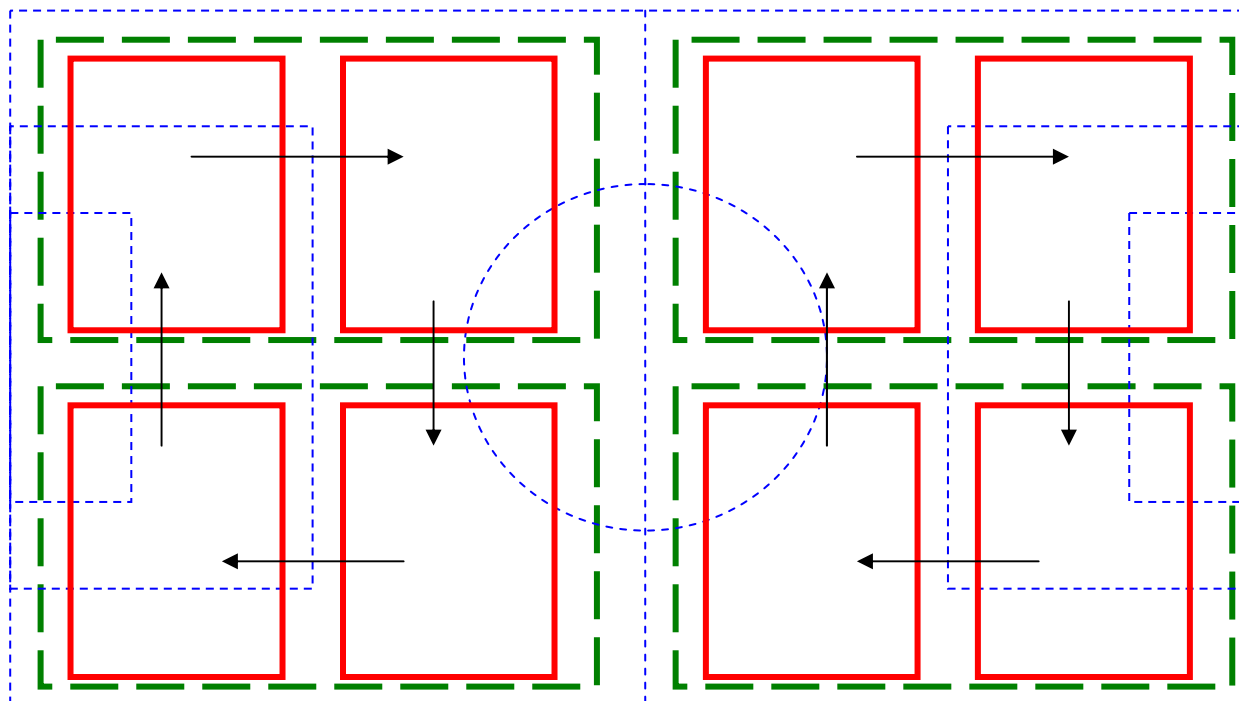
- Numbers: 4 v 4
- Field Size: 30m x 20m
- Markings: Markers or painted line markings
- Penalty Area: Nil
- Goal Size: Minimum 1.80m x 0.90m
Maximum 2.00m x 1.00m
- Goal Type: Markers, Poles, Goals
- Ball Size: Size 3
- Goalkeeper: No
- Playing Time: 30 minutes (2 x 15 minutes)
- Half Time: 5 minutes
- Referee: Game Leader
- Competition: No



Field Set-up

Under 6

Six to eight SSG pitches per full size pitch if required. SSG pitches to the correct dimensions can also be set-up on existing smaller fields or open grass areas.





Playing Formats

Under 7 & 8

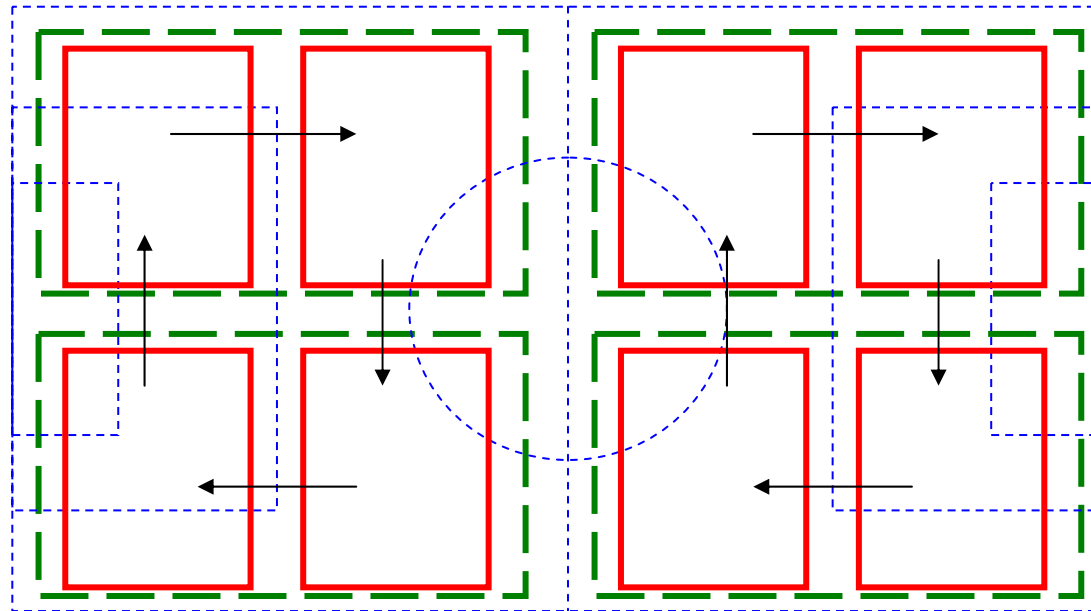
- Numbers: 5 v 5
- Field Size: 30m x 20m
- Markings: Markers or painted line markings
- Penalty Area: Nil
- Goal Size: Minimum 1.80m x 0.90m
Maximum 2.00m x 1.00m
- Goal Type: Markers, Poles, Goals
- Ball Size: Size 3
- Goalkeeper: No
- Playing Time: 40 minutes (2 x 20 minutes)
- Half Time: 5 minutes
- Referee: Game Leader
- Competition: No



Field Set-up

Under 7 & 8

Six to eight SSG pitches per full size pitch if required. SSG pitches to the correct dimensions can also be set-up on existing smaller fields or open grass areas.





Playing Formats

Under 9 & 10

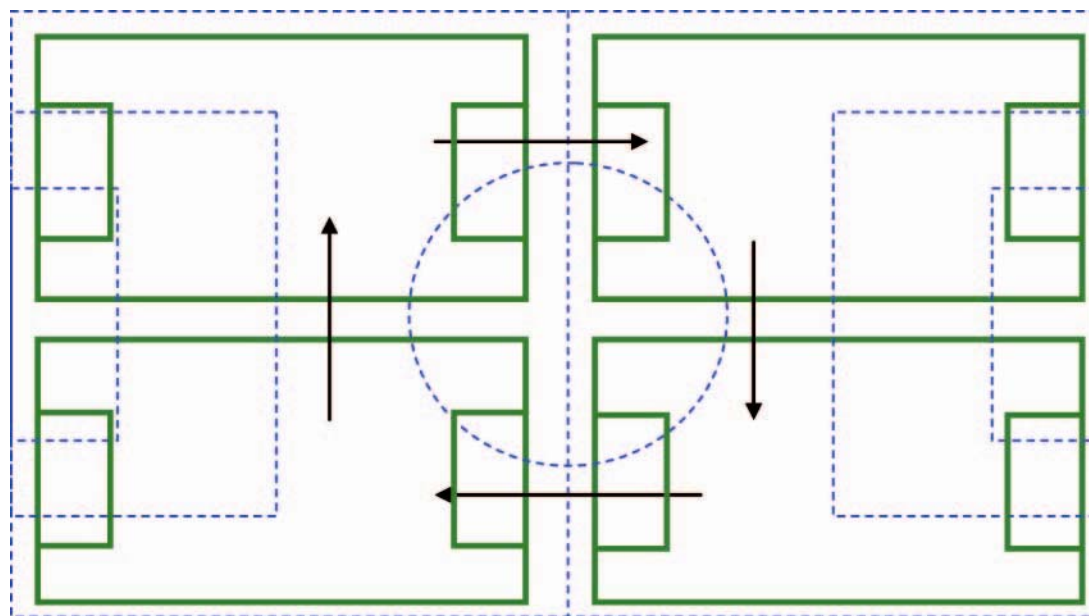
- Numbers: 7 v 7
- Field Size: 40m x 30m
- Markings: Markers or painted line markings
- Penalty Area: 8m length x 16m width
- Goal Size: Minimum 4.80m x 1.60m
Maximum 5.00m x 2.00m
- Goal Type: Markers, Poles, Goals
- Ball Size: Size 3
- Goalkeeper: Yes
- Playing Time: 50 minutes (2 x 25 minutes)
- Half Time: 5 minutes
- Referee: Instructing Referee
- Competition: No



Field Set-up

Under 9 & 10

Two to four SSG pitches per full size pitch if required. SSG pitches to the correct dimensions can also be set-up on existing smaller fields or open grass areas.





Playing Formats

Under 11 & 12

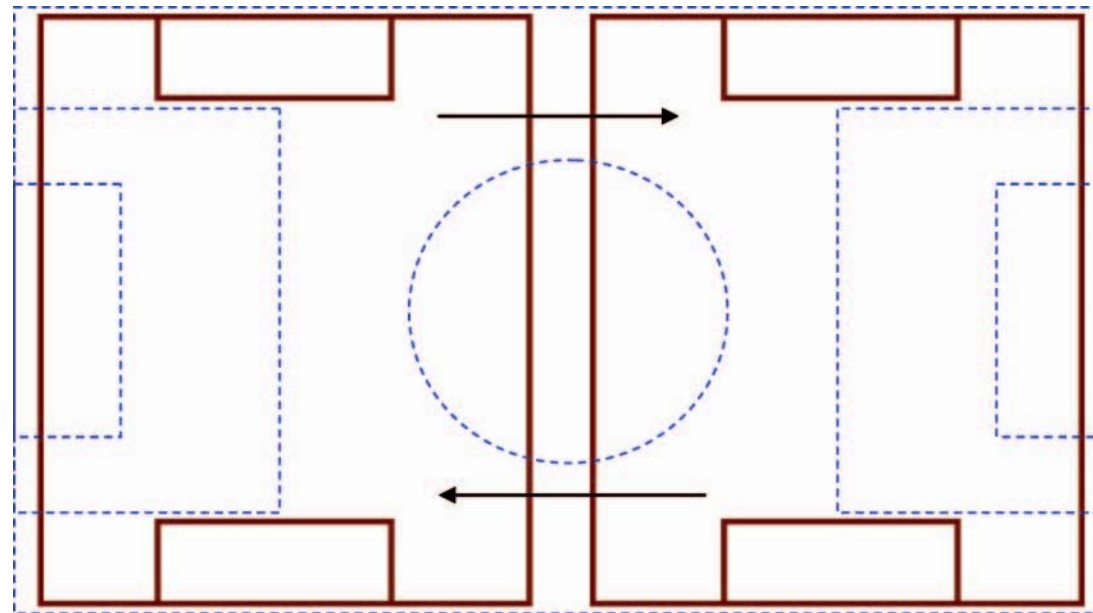
- Numbers: 9 v 9
- Field Size: 60m x 40m
- Markings: Markers or painted line markings
- Penalty Area: 8m length x 16m width
- Goal Size: Minimum 4.80m x 1.60m
Maximum 5.00m x 2.00m
- Goal Type: Markers, Poles, Goals
- Ball Size: Size 4
- Goalkeeper: Yes
- Playing Time: 60 minutes (2 x 30 minutes)
- Half Time: 7.5 minutes
- Referee: Instructing Referee
- Competition: Optional



Field Set-up

Under 11 & 12

Two SSG pitches per full size pitch if required. SSG pitches to the correct dimensions can also be set-up on existing smaller fields or open grass areas.



SSG Playing Format Summary



Format	Under 6	Under 7 & 8	Under 9 & 10	Under 11 & 12
Numbers	4 v 4	5 v 5	7 v 7	9 v 9
Field Size	30m x 20m	30m x 20m	40m x 30m	60m x 40m
Field Markings	Markers or painted line markings	Markers or painted line markings	Markers or painted line markings	Markers or painted line markings
Penalty Area	Nil	Nil	8m length x 16m width	8m length x 16m width
Goal Size	Min: 1.80m x 0.90m Max: 2.00m x 1.00m	Min: 1.80m x 0.90m Max: 2.00m x 1.00m	Min: 4.80m x 1.60m Max: 5.00m x 2.00m	Min: 4.80m x 1.60m Max: 5.00m x 2.00m
Goal Type	Markers, Poles, Goals	Markers, Poles, Goals	Markers, Poles, Goals	Markers, Poles, Goals
Ball Size	Size 3	Size 3	Size 3	Size 4
Goalkeeper	No	No	Yes	Yes
Playing Time	2 x 15 minutes	2 x 20 minutes	2 x 25 minutes	2 x 30 minutes
Half Time Break	5 minutes	5 minutes	5 minutes	7.5 minutes
Referee	Game Leader	Game Leader	Instructing Referee	Instructing Referee
Competition	No	No	No	Optional

Role of Clubs

Establish and conduct SSG Formats for each age group in line with directive from FFV implementation handbook.

Ensure equipment is in line with SSG Formats for each age group and implementation method;

- Goal type and size – markers / poles suggested Under 6 – 8 and goals suggested Under 9 & 10 and 11 & 12
- Field markings – markers suggested for ease of field transfer

Register and form teams within each age group with a designated coach / manager / supervisor

Appoint coaching co-ordinator and SSG venue co-ordinator or committee responsible for SSG coach education, game day program, ground set-up and changeover.





Education Process

Conduct SSG practical and education sessions using the SSG handbook, DVD and FFV Implementation Handbook for coaches, managers, volunteers and parents prior to commencement of season.

Coaching Co-ordinator provide continual education and advice to coach / manager / parents on philosophy and training methods that compliment and are specific to SSG formats.

Ensure SSG philosophy, formats, playing conditions and codes of conduct are promoted throughout the club websites, newsletters, canteens and notice boards.