



COACHES AND MANAGERS

A GUIDE TO

SMALL SIDED GAMES 2009



**NEPEAN SOCCER
THE WORLD GAME**



N.D.S.F.A.

UNDER 5,6, & 7

SEASON 2009



NEPEAN DISTRICT SOCCER SMALL SIDED GAMES 2009



SEASON DATES: SATURDAY MARCH 21ST TO SATURDAY AUGUST 15TH (18 WEEKENDS)

NO PLAY DATES: SATURDAY APRIL 11TH. EASTER WEEKEND
SATURDAY 18TH APRIL. CLUB DECISION MIDDLE WEEK OF SCHOOL HOLIDAYS
SATURDAY 25TH APRIL. ANZAC DAY SPORTING RESTRICTIONS
SATURDAY 18TH JULY. CLUB DECISION MIDDLE WEEK OF SCHOOL HOLIDAYS

NDSFA acknowledges that a variety of SSG rules exist throughout NSW and that coaches, managers and teams may have experienced different rules to those in operation within Nepean District. The rules set out in this booklet attempt to provide players with the best experience possible during their introductory years of playing soccer. The rules aim to make the game as fair as possible for all players whilst maintaining the framework of the game as determined by FIFA – world governing body.

NEPEAN WET WEATHER & CLUB INFORMATION SERVICE 1900 240 042

Mini Team Coaches & Managers have a varied role within each club. For 2009 season, if your club is participating in Hubs – one of your primary functions is to ensure that your parents and care providers know where to go each week and what is expected of them.

All Information is contained on the association web-site at www.nepeansoccer.com.au and is also sent to club secretaries and other club officials that request to be copied. It is a good idea to check the association web-site for last minute information and quite often the same information may be found on your own club's web pages or within newsletters that some clubs distribute on a regular basis. Whatever system you employ, it is your responsibility for setting up a communication channel that ensures your players and their families are up to date with all aspects of their soccer season.

Introduction

Small Sided Games (SSG) is played on smaller fields with a reduced number of players on each side. The object of (SSG) is to provide children with more opportunities to touch the ball during a game and give them greater opportunities to score goals. The primary objective is to improve the overall skill levels of all children in the district and retain more children in soccer for longer without the pressure provided by competitions. A secondary objective is to develop games that match teams based on ability rather than a random draw each week.

Match Day Format - Under 5, 6, 7

Match days are held each week at a local hub on a roster basis. Each match day is divided into two sessions referred to as "try It" and "play it".

The start and finish times will be controlled by the SSG Co-ordinator who is employed by the association to manage each Saturday session.

The total time spent will be no more than 1 hour and 15 minutes.

The morning is divided into a practice and play session.



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The coordinator will provide all coaches present with a practice routine for the morning. Where possible, the practice will be demonstrated. It is likely that the practice will be simple, but will involve the use of a basic soccer skill. On some occasions, the first session may involve practicing several skills or drills, or combining several routines (dribble and shoot) .

At the end of the “try it” session, there will be a five minute break.

The second session will begin on the siren and will be a game played between two of the teams that are present for the day.

Coaching of Players During a Game

Coaching of young players is permitted only from the sideline. At no time are coaches allowed to be on the field to coach. It is confusing and ultimately disadvantageous to the development of the players’ soccer skills to have adults getting in their way on the field.

Coaches & Managers Responsibilities

Coaches and Managers are encouraged to organise the parents carefully to ensure a positive environment is maintained at all times. Encourage parents and spectators to cheer all children when scoring a goal but not to exaggerate their joy when a particular child scores a goal. Discourage spectators from conducting flamboyant goal-scoring routines or from making loud wailing type noises when their child scores or saves a goal.

A coach should attend each weekend hub with the team’s training equipment. Minimum requirements for a session include a set of bibs – one for each player to wear in the event of a colour clash. A set of cones or domes for practice and a set of size 3 practice balls (at least one ball per two players). Other equipment such as foldaway or Pug Goals may be helpful at some sessions.

ID Cards

All participants in SSG games must have a current NDSFA ID Card. The card should be held by the Team Manager and must be produced at the request of an official from either the NDSFA or a member club.

Interchange

Play does not have to be stopped for interchange to take place.

Players must enter field from the same side as the coach.

Players leaving the field can exit from anywhere.

There is unlimited interchange.

Playing Equipment

Ball Size: Size 3

Both teams must supply an approved licensed ball. Please ensure that the ball is properly inflated.

Player Dress Code

- All players must be dressed correctly in approved club strip – socks, shorts, and club shirt.
- Shirts must be worn. (Numbers not required).
- Boots are preferable but joggers may be worn. Boot should have a moulded sole with plastic or nylon studs or cleats. Screw In studs must be approved by the player’s club as being safe and fit for purpose.
- Shin pads are compulsory and must cover the leg between knee and ankle.



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- No watches or jewellery are permitted on the field.
- Safety spectacles as prescribed for sport by an optometrist may be worn on the field of play. Players who wear glasses should obtain a letter from their optometrist and carry it with them at all times stating glasses are safety glasses.

Forfeits / No Show

Forfeiting a Saturday morning SSG session should not happen whilst using “HUBS”. At the very least, it should be the absolute last resort for team managers and coaches. As the Hub is attended by multiple teams, it should be possible to borrow players and swap them around to make up team numbers. Most young players just want to kick the ball around and are not too concerned about which team they play for.

If the team is not going to appear at the next Saturday hub, the club must be given 48 hours notice. The club will then contact the local hub coordinator, who will try to make contingency plans to cover the absence. Penalties will apply for late notification.

Grading and Regrading of Teams

As learning the game and enjoyment of players are the prime focus of SSG, every effort is made by the Association to ensure that teams will play other teams of similar ability. The association encourages clubs to form teams of similar ability and experience and not to have one or two players in a team that are much stronger than their team mates. This practice can be detrimental to the development of all players in the team and makes it difficult to grade a team and to provide appropriate games against other teams.

Results are monitored throughout the season by the Hub co-ordinator and the weekly draw is altered to try and ensure teams always play opposition that has similar ability.

Results

Before leaving the hub at the end of a session, the manger or coach is required to record the game score with the hub co-ordinator. The results are only maintained in order to assist in matching teams that possess similar ability. Results and League Tables are not published by the association and the publication of sensational headlines involving SSG teams is discouraged.



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CODES OF CONDUCT

Parents

Remember that children participate in sport for their enjoyment, not yours.

Encourage children to participate, do not force them.

Focus on the child's efforts and performance rather than winning or losing.

Encourage children always to play according to the rules and to settle disagreements without resorting to hostility or violence.

Never ridicule or yell at a child for making a mistake or losing a game.

Remember that children learn best by example. Appreciate good performances and skilful plays by all participants.

Support all efforts to remove verbal and physical abuse from sporting activities.

Respect the referee's decisions and teach children to do likewise. You do not have to agree with the decision. However, you are required to accept it and not to enter into discussions/arguments/protests.

Show appreciation for volunteer coaches, officials and administrators. Without them, your child could not participate.

Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

DO NOT STAND BEHIND THE GOAL LINE. This is not a coaching or observation area.

Coach & Manager

Remember that young people participate for pleasure and winning is only part of the fun.

Never ridicule or yell at a young player for making a mistake or not winning.

Be reasonable in your demands on players' time, energy and enthusiasm.

Operate within the rules and spirit of the game and teach your players to do the same.

Ensure that the time players spend with you is a positive experience. All young people are deserving of equal attention and opportunities.

Avoid overplaying the talented players; the "just average" need and deserve equal time.

Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of all players.

Display control, respect and professionalism to all involved with the sport. This includes opponents, coaches, officials, administrators, the media, parents and spectators. Encourage your team players to do the same.

Show concern and caution toward sick and injured players. Follow the advice of a physician when determining whether an injured player is ready to recommence training or competition.

Obtain appropriate qualifications and keep up to date with the latest coaching practices and the principles of growth and development of young people.



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Any physical contact with a young person should be appropriate to the situation and necessary for the player's skill development.

Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

At no time are coaches allowed to be on the field to coach.

Spectators

Remember that young people participate in sport for their enjoyment and benefit, not yours.

Applaud good performance and efforts from all individuals and teams. Congratulate all participants on their performance regardless of the game's outcome.

Respect the decisions of officials and teach young people to do the same.

Never ridicule or scold a young player for making a mistake. Positive comments are motivational.

Condemn the use of violence in any form, whether it is by spectators, coaches, officials or players.

Show respect for your team's opponents. Without them there would be no game.

Encourage players to follow the rules and the officials' decisions.

Do not use foul language, sledge or harass players, coaches or officials.

Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

No one is to stand on or behind the goal line.

SUMMARY OF SSG

Age group	Under 6	Under 7
Numbers	4 v 4	5 v 5
Maximum team size	6 players	7 players
Field size	30 x 20 metres	30 x 20 metres
No goal keeper	No goal keeper	No goal keeper
On the field	Players & ref only	Players & ref only
Playing time	2 x 15 minutes	2 x 20 minutes
Half time	5 minutes	5 minutes
Ball size	Size 3	Size 3
No field markings	No field markings	No field markings



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RULES FOR SMALL SIDED GAMES

NDSFA acknowledges that a variety of SSG rules exist throughout NSW and that coaches, managers and teams may have experienced different rules to those in operation within Nepean District. The rules set out below attempt to provide players with the best experience possible during their introductory years of playing soccer. The rules aim to make the game as fair as possible for all players whilst maintaining the framework of the game as determined by FIFA – world governing body.

Objective

The aim is to engage children as much as possible in a game of soccer. This is achieved through reduced number of players, increasing touches on the ball and a higher level of involvement. The children are presented with a simple game where the ball is either in or out, and barring major injuries or foul play there is little to no adult intervention. The children should be having fun.

1. Kick Off

Kick off is decided by a choice between “Captains” as to which hand the referee has his whistle or through the use of a coin toss. The game is started with a kick forward to a team mate from the centre of the field, or as close to it as possible. The opposition must retreat 4.5 metres from the ball at this time. Note-if the player kicks the ball into the goal without a team mate touching the ball it is a no goal, when it deflects off a defender into the goal then a goal is awarded.

2. Ball in and out of play.

The ball is out of play when it has wholly crossed the goal line, back line, the sideline, or when play has been stopped by the referee.

3. Restarting

a. Ball crosses the sideline

The team not responsible for the ball crossing the sideline kicks the ball into play from behind the sideline. The non kicking team must retreat 4.5 metres from where the ball is placed by the referee. To encourage quick restarts, the referee provides a countdown, “ready set go” or “three, two, one, play” and then the player must play the ball. After this time, the ball is deemed to be in play and the defending team can encroach within the 4.5 metre zone and attempt to win the ball. The player kicking the ball in to the field of play may not touch the ball a second time until the ball has been touched by another player from either team.

b. Ball crosses the back line after touching the defending team last

This results in a corner kick.

c. Ball crosses the back line after touching the attacking team last

This results in a Goal kick. The goal kick is taken from an approximate point, where the ball crossed the line before leaving the field.

d. A goal has been scored

The team that conceded the goal kicks off from the halfway line as per rule 1.



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4. Off side.

There is no off side.

5. Fouls and misconduct.

All free kicks are indirect. All indirect free kicks awarded in close proximity to goal are to be moved to approximately 8 metres from the goal mouth.

The aim is to teach and encourage “fair play” but with minimal intervention by officials.

The referee or game leader should award a free kick against a player that deliberately handles the ball or fouls an opponent. This is simply to teach players about fair play from an early age.

6. Hat-Trick Rule

1. When a player has scored three goals in a game, they are not allowed to score again until another team member has scored a goal. (This is to encourage star players to include other members of the team and to pass the ball and create opportunities for the whole team).
2. If a single player scores four goals before another team member scores a goal, the fourth goal will not count, and play is re-started with a kick from the back line adjacent to the goalposts.

7. Penalty Shoot Out

1. At the completion of the game, players from both teams line up at one end of the field to take part in a penalty shoot out.
2. The referee or game leader creates a penalty spot, by pacing out approximately 8 metres from the goal, mid-way between the goalposts.
3. Each player is given the opportunity to score a goal by taking a single kick from the spot.
4. Goalkeepers are not used for a penalty shoot out.
5. No player is allowed to stand between the penalty spot and the goal being used for the penalty shootout.

Notes for Coaches, Referees and Parents

The main role is to assist the players during the game and to keep the game moving fluently. When the ball goes out of play or a goal is scored keep the opponents 4.5 metres away from all restarts.

There are no throw –ins. This is a skill that will be properly taught and learnt at a later stage of player development.

Football is a contact sport and each action is dealt with at the time it occurs. Explain the foul in simple terms, restart, and let the game continue.

The idea is that a referee is not punishing players but “instructing” them and helping them to enjoy the game. Most fouls and hand balls at this level are committed through lack of co-ordination. There is rarely any intent. Try to give advantage to the attacking team when you can. Be fair to both sides. Encourage full participation by all players. This will help to remove the “superstar” element.

A size three ball shall be used for SSG in under 6 & 7. All players must wear regulation shin pads and should wear football boots with moulded studs or cleats.



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Coaches are encouraged NOT to place players in front of the goal they are defending, simply to prevent a goal from being scored. The idea of the game is that 4 or 5 players pass and dribble the ball around the SSG field trying to score a goal together as a team. Placing a player in front of the goal as a “minder” defeats the purpose of the game and does not allow the player to be fully included in the team as he is isolated from team mates if made to occupy a static position.

Coaches that feel they will be judged by the club or by parents according to the number of wins achieved and goals scored are advised to study more on the subject. Children play sport to have a good time and enjoy themselves. A game that ends 9 -7 will be fun, irrespective of which team scored nine goals. Within minutes of the game finishing, players are focused on the next activity of the day. In fact many players have a very limited concept of winning and losing. (These are adult concepts).

Ensure that all players receive as close to equal game time as possible. Sometimes the way to achieve this is for the “star player” to be substitute at the beginning of the game.

When you feel that you or the team is failing, be reminded that the children are there primarily to have fun and that your responsibility is to assist the children develop in their chosen spot.

NOTES & REMINDERS SECTION

USE THIS SECTION FOR REMINDERS AND NOTES TO REFER TO OR TO ASK QUESTIONS / PROVIDE FEEDBACK TO YOUR CLUB.



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NOTES & REMINDERS SECTION



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SSG Summary – This sheet is ideal for handout to interested parents and spectators.

Starting and Re-Starting a Game. **Always kick off from the centre of the field.**

1. Ball In and out of play. A kick in from the sideline taken from the point where it crossed the line. A kick in from the backline is taken from a point where the ball crossed the line.
2. Defending players – from kick off and kick in, players from the defending team must retreat a minimum of 4.5 metres.
3. Scoring a goal. A goal cannot be scored directly from a kick off or a kick in from the touch or back line. The ball must completely cross the line either on the ground or in the air.
4. No offside.
5. All free kicks are indirect.
6. Hat-Trick Rule

When a player has scored three goals in a game, they are not allowed to score again until another team member has scored a goal. If a single player scores four goals before another team member scores a goal, the fourth goal will not count, and play is re-started with a kick from the back line adjacent to the goalposts.

7. Penalty Shoot Out

At the completion of the game, players from both teams line up at one end of the field to take part in a penalty shoot- out. Each player is given the opportunity to score a goal by taking a single kick from the spot. Goalkeepers are not used for a penalty shoot- out.

ANY QUERIES OR QUESTIONS CONCERNING SMALL SIDED GAMES SHOULD BE MADE TO YOUR CLUB. IF FURTHER ASSISTANCE IS REQUIRED, THE CLUB WILL PASS ON THE DETAILS OF THE QUERY TO THE ASSOCIATION.



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**VISIT THE NEPEAN WEB SITE AND STAY UP TO DATE WITH ALL
THINGS IN DISTRICT SOCCER**

www.nepeansoccer.com.au

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WWW.FOOTBALLNSW.COM.AU

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www.footballaustralia.com.au

The world governing body of our sport can be found at:

www.fifa.com

