



Scottish FA Player Pathway In-service

Introduction to the Small Sided Game

Season 2019



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Female Game



4v4 &
5v5
(U7&U9)



7v7
(U11&
U13)



11v11
(U15+)

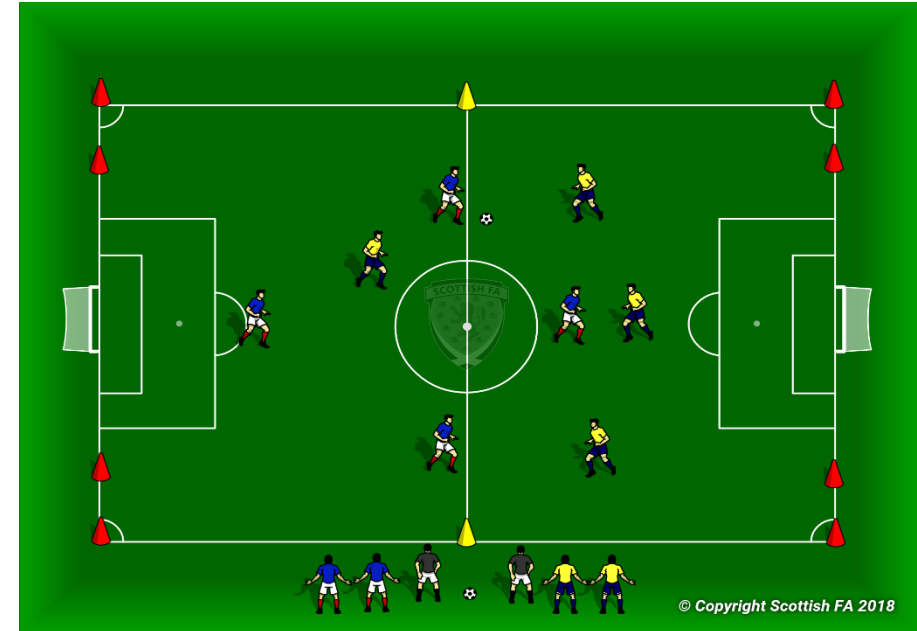


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Why Small Sided Games?

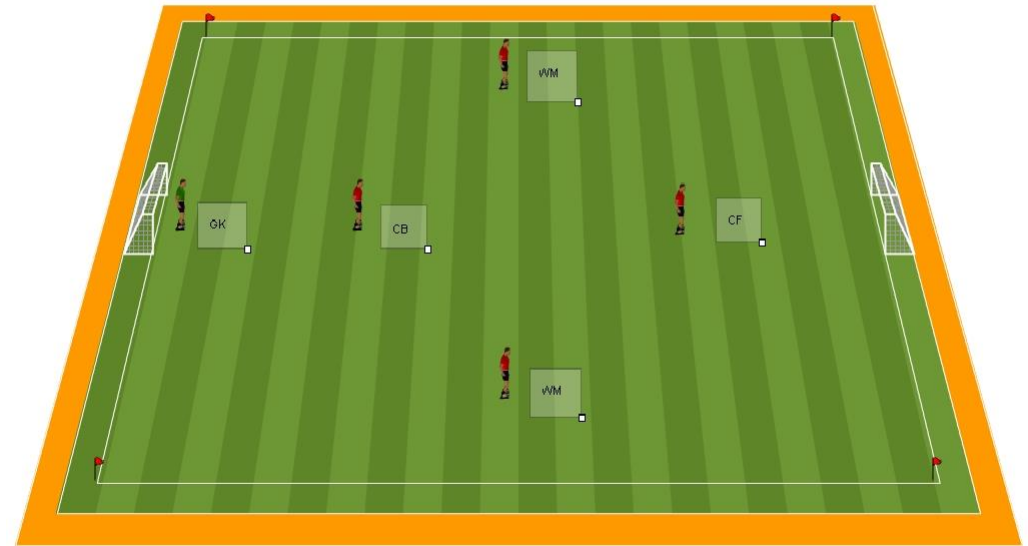
- More touches of the ball
- More attacking 1v1 situations & chances to score
- Decision making
- Improved confidence
- Being brave with and without the ball
- Freedom of expression
- Street Football





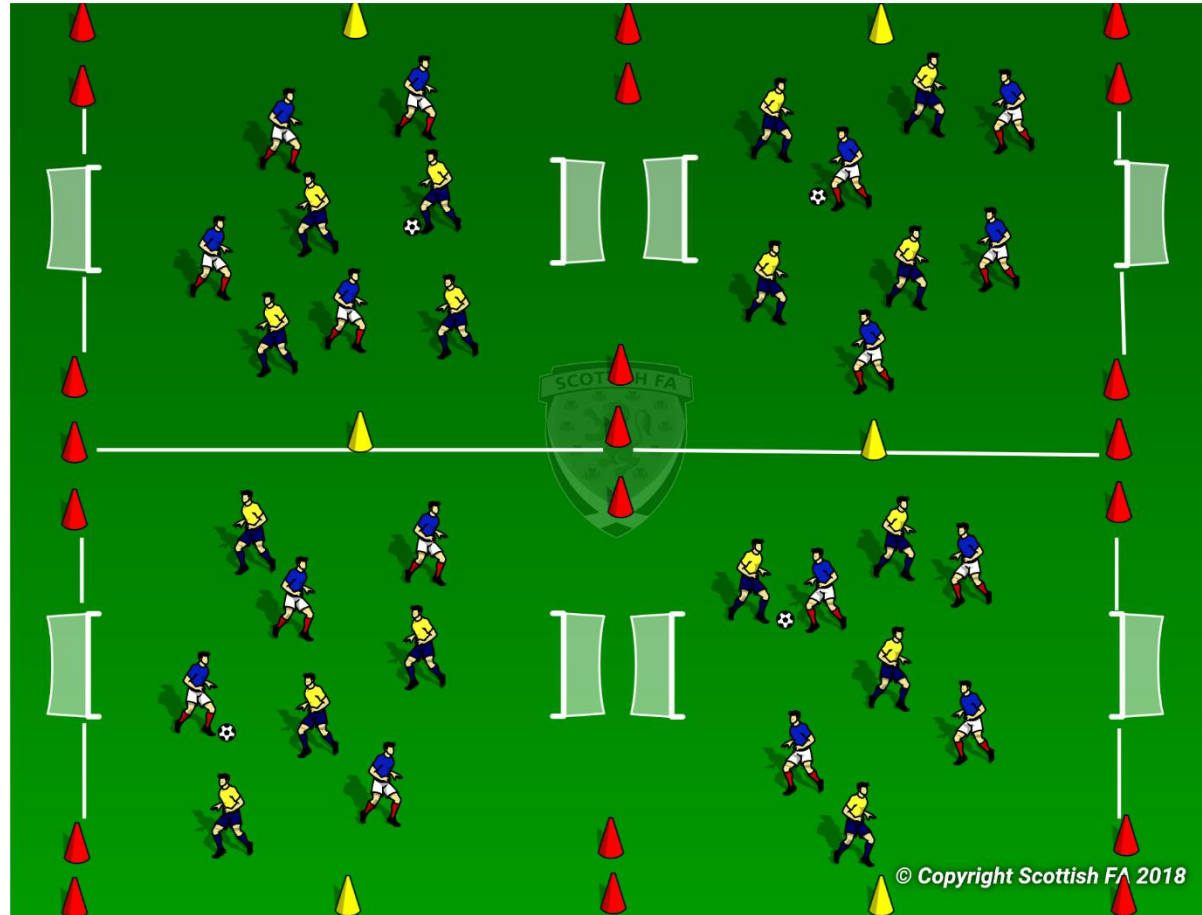
Why 5 v 5?

- Transition from 4s to 7s
- Bigger Pitch
- Bigger Goals





4v4
4 pitches
Pitch Set Up



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4v4 Game

Set Up

2 Teams of 4 players. Regular 4v4 Goals.

Coaches/Leaders stand on same side with additional players

'Ethos'

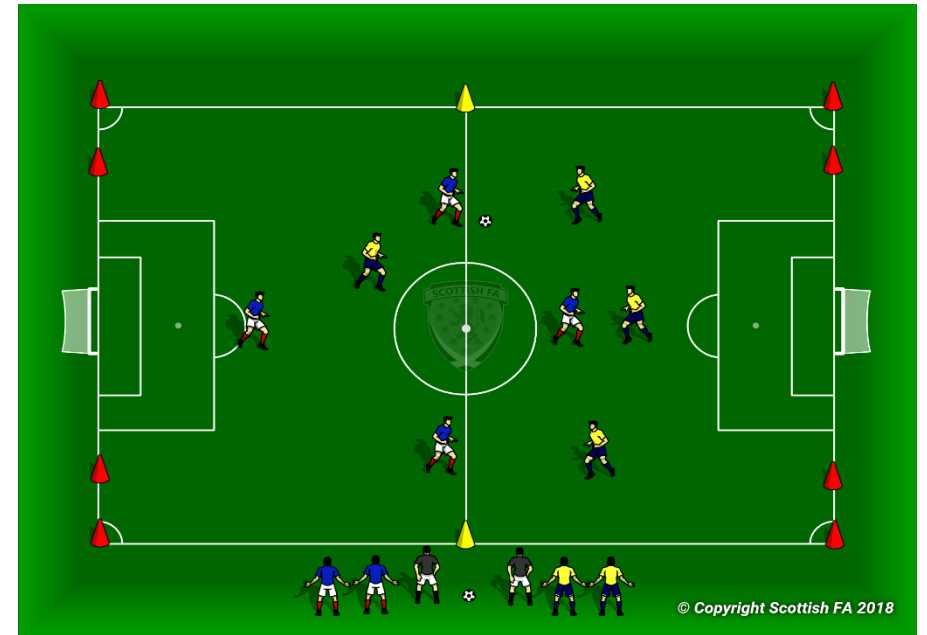
Coaches / Leaders facilitate the game by encouraging players to play with freedom. - "Learn the game by playing the game"

Restart of Play

Score – Conceding team can dribble back into play straight away, risk v reward or wait for opponent to drop to halfway.

Ball out of Play (side-line or end-line) – Dribble or Kick in from where ball went out. Opponent gives 3m space

Foul / Handball – Dribble or kick in from place of incident. Opponent gives 3m space



Considerations / Guidance for Leaders

Players encouraged to play with freedom in all areas of the field.

Players should not be restricted to "areas / positions" of the field by diamond or other structures.



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4 Gates Game

Set Up

2 Teams of 4 players. Regular 4v4 Goals turned round.

Cones or Markers used to create 4 Gates in Corners 4m wide and 2m off the end line (gives space to next / adjoining pitch)

Coaches/Leaders stand on same side with additional players

'To Score'

Player dribbles through either corner gate they are attacking (with control of the ball).

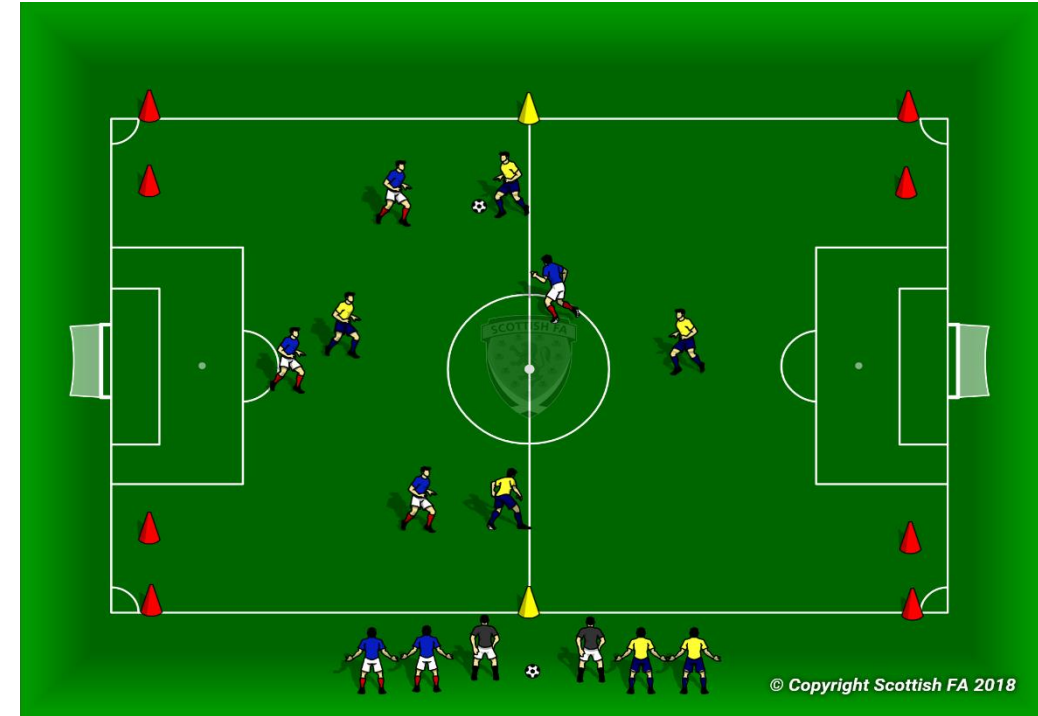
Restart of Play

Score – Conceding team can dribble back into play straight away, risk v reward or wait for opponent to drop to halfway.

Ball out of Play (side-line or end-line) – Dribble or Kick in from where ball went out. Opponent gives 3m space

Foul / Handball – Dribble or kick in from place of incident. Opponent gives 3m space

Player Blocking Gates - - Gates wide enough for opponent to get past, coach encourages player to come out and join in



Considerations / Guidance for Leaders

Encourage players to dribble and attack / find space

Change direction and



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Numbers Game

Set Up

2 Teams of 4-6 players. Regular 4v4 Goals plus corner gates.

Cones used to create 4 gates in corners. (Gates can be brought in off end line as per 4 goal game to give space to next / adjoining pitch if required – see next page)

Leaders stand on same side and work together for the benefit of all players, one as main feeder, the other with the 'magic ball'

'To Score'

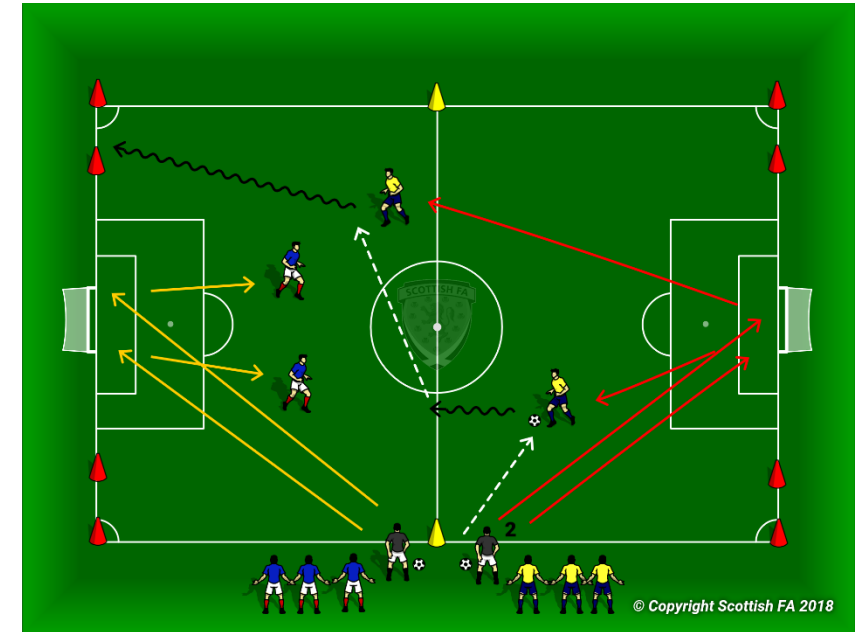
Players score in goal or dribble through either corner gate they are attacking.

How it Works

Leader calls any number between one and four. As per diagram, if leader calls "2", the first two players in each line run out, touch their goal and the leader feeds to one team to attack.

If a goal is scored inside 10 seconds or the ball goes out of play quickly, the other leader can use the 'magic' ball to play the ball in for a second attack.

If the game is going on for too long (over 30 secs) to leader can give a 5 second warning where one of the teams has to score or the game is over (this is to avoid inactivity with the players on the side)



Considerations / Guidance for Leaders

'Read the room' – make sure no players have long bouts of inactivity on the side. Use 1v1 – 4v4 games effectively.

Use the 'magic ball' effectively to engage kids. Feed to players who could benefit from being on the ball more.





Numbers Game (with pitch variation)

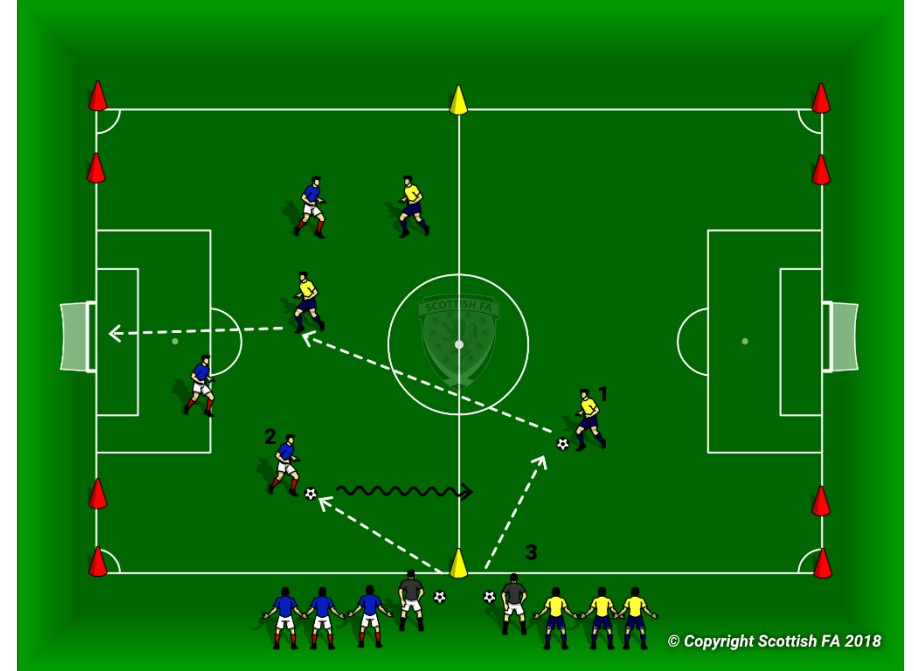
Cont.

As per previous slide, this time showing how 'magic ball' is introduced after a goal is scored quickly.

Note.

Players receive same number of points for scoring in either a middle or corner goal. The game is designed for players to work out quick solutions to problems

"Hits it Gets it" rule in operation to ensure players retrieve footballs and return to coached



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2019 Girls' South East Girls' Season

- Attendances much improved
 - But still erratic and therefore hard to plan for – not financially sustainable
- Consistent, weekly activity for BOTH 4v4 & 5v5 to help with “routine”
- **Clubs will need to sign teams up in advance to Blocks of activity**



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SOUTH EAST REGION GIRLS' 4v4 & 5v5 FESTIVAL CALENDAR 2019



February	Group	Time	Venue	
24th	4v4 - All Clubs	9:30-10:30	Broxburn Sports Club, Albyn Park, Outdoor 3G	EH52 5BP
March	Group	Time	Venue	
3rd	4v4 - All Clubs	9:45-10:45	Oriam, Indoor 3G	EH14 4AS
3rd	FORUM - ALL CLUBS	10:45 - 11:45	Oriam, Meeting Room 1	
10th	4v4 - All Clubs	9:30-10:30	Broxburn Sports Club, Albyn Park, Outdoor 3G	EH52 5BP
17th	4v4 - All Clubs	9:30-10:30	Livingston Stadium, Outdoor 3G	EH54 7DN
24th	4v4 & 5v5 KO Festival	9:00-11:00	Oriam, Indoor 3G	EH14 4AS
31st	4v4 & 5v5	9:30-10:30	Broxburn Sports Club, Albyn Park, Outdoor 3G	EH52 5BP
April	Group	Time	Venue	
7th	EASTER HOLIDAYS			
14th	EASTER HOLIDAYS			
21st	4v4 - All Clubs (Easter)	9:30-10:30	Oriam, Indoor 3G	EH14 4AS
28th	4v4 & 5v5	9:30-10:30	Livingston Stadium, Outdoor 3G	EH54 7DN
May	Group	Time	Venue	
5th	4v4 & 5v5	9:30-10:30	Broxburn Sports Club, Albyn Park, Outdoor 3G	EH52 5BP
12th	4v4 & 5v5	9:30-10:30	Livingston Stadium, Outdoor 3G	EH54 7DN
19th	4v4 & 5v5	9:30-10:30	Oriam, Indoor 3G	EH14 4AS
26th	4v4 & 5v5	9:30-10:30	Broxburn Sports Club, Albyn Park, Outdoor 3G	EH52 5BP
June	Group	Time	Venue	
2nd				
9th	<i>Sco v Eng WWC</i>			
16th	4v4 & 5v5	9:30-10:30	Oriam, Outdoor 3G	EH14 4AS
23rd				
July - Holidays				





Festival Calendar

4v4 & 5v5 split after KO Festival on 24th March
£6 p 4v4 team - £8 p 5v5 team

- Oriam – 24th March, 21st April, 19th May, 16th June
 - £24 4v4 - £32 5v5 (4 weeks)
- WLYF (Livingston) – 28th April, 12th May
 - £12 4v4 - £16 5v5 (2 weeks)
- Broxburn (Albyn Park) – 31st March, 5th May, 26th May
 - £18 4v4 - £24 5v5 (3 weeks)





Process

- Only teams with block bookings guaranteed a place
 - Will still need to confirm attendance via doodle
 - This should be done by the Monday before the festival
 - Bookings for any additional spaces will then be opened up on the Tuesday
- Additional teams can be added*
 - Slightly higher cost - £8 4v4 & £10 5v5
 - *Only if there is space after pre booked teams have signed up – not guaranteed





Questions / Comments?



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