

CANTERBURY AND DISTRICT SOCCER  
FOOTBALL ASSOCIATION INCORPORATED

# Small Sided Games

Guidelines for Under 6 & 7's;  
Under 8's & 9's; Under 10's & 11's

2010



18<sup>th</sup> January, 2010

## SMALL SIDED GAMES (SSG) GUIDELINES

The CDSFA, along with other Districts throughout NSW, is committed to implementing in full the FFA's program for small sided games (SSGs) for all under 6-11 inc. by 2011. The CDSFA is pleased to advise that we will be fully compliant for the 2010 season.

### Summary of the Mode of competition for 2010

Age	No of players	Pitch size
6	4 (no goalkeeper)	30 x 20m (Half a mini approx)
7	4 (no goalkeeper)	30 x 20m (Half a mini approx)
8	7 (goalkeeper)	40 x 30m (Mini pitch approx)
9	7 (goalkeeper)	40 x 30m (Mini pitch approx)
10	9 (goalkeeper)	60 x 40m (Half pitch approx)
11	9 (goalkeeper)	60 x 40m (Half pitch approx)
12	11	Full field

### UNDER 6 & 7 MODE OF COMPETITION FOR 2010

At this year's Mode of Competition meeting the following was approved for the Under 6 & 7 games for 2010. The only significant change from 2009 is that U7 will also play 4 v 4 (instead of 5 v 5). Matches will generally be organized by Clubs and games conducted **intra-club**. From feedback from the Clubs that ran SSG during the 2009 season they believe that a minimum of sixty (60) players makes for a successful intra-club season. **However** provided a Club has an even number of squads they should be able to conduct intra-club games before needing involvement with other Clubs. Clubs with only the handful of squads may choose to join neighboring clubs to conduct matches over the season. Gala Days may be organized between clubs from time to time for inter-club matches as the season progresses. The CDSFA guidelines in introducing Small Sided Games (SSG) are as follows:-

#### 1. **FIELD SIZE:**

The field of play should be rectangular. The stipulated field size is 30m x 20m. Fields may be marked with lines, cones or similar (witches hats are not recommended as they fall over). There are no internal markings, however for dedicated fields a halfway line is useful. Generally fields can be set up anywhere including: across mini fields; 6-8 fields can fit on main fields which may now have less usage on Saturday/Sunday mornings; or in other spaces currently not used. Generally fields would be set up in pairs to suit the recommended squad size (see below).

Goals: Min. 1.50m x 0.90m

Max. 2.00m x 1.00m

Rectangular folding goals or Pop Up goals are recommended. Poles are also acceptable. Cones or witches hats can be used but are not recommended.

**2. BALL:**

Approved & licensed size 3 ball shall be used.

**3. DURATION OF GAME:**

Under 6: two periods of 15 minutes;

Under 7: two periods of 15 minutes;

There will be a 5 minute break between each half.

It is suggested that a ground co-ordinator use an air-horn or similar to signal the simultaneous start, half time, restart and finish of all games.

**4. NUMBER OF PLAYERS:**

Under 6: 4 v 4 plus a maximum of two (2) interchange players;

Under 7: 4 v 4 plus a maximum of two (2) interchange players;

If a team is short of players they may borrow from any other team. If necessary a team may take the field with one player short.

**Where possible all players in attendance at a game should receive equal playing time (approximately).**

**5. SIZE OF PLAYING SQUAD:**

For coaching and game day purposes, playing squads should be multiples of the above team numbers. The recommended playing squad size is two (2) teams so that on match day the squad is divided into two small sided teams.

**Under 6:** Minimum of 8 players and maximum of 12 players per squad;

**Under 7:** Minimum of 8 players and maximum of 12 players per squad;

**6. PLAYING RULES:**

All games shall be played under modified FFA SSG rules:-

- a. Play should be continuous as possible with no stoppages. Interchange may be made at anytime without stopping the game, however a player must leave the field before his/her interchange player can take the field;
- b. There is no off-side, however players must be in their own half at kick-off;
- c. Coaches should not deliberately place players in an off side position and especially not place players near the opposition goal in an off-side position;
- d. The game is started with a kick off on the halfway line or mark;
- e. The team kicking off will be determined by the referee by toss of coin or which hand is the whistle etc;
- f. When a goal is scored, play will restart from the goal line at a spot 5m from the side of the goal post;
- g. The following restarts can be started with a pass or a dribble:
  - sideline kick in (when the ball travels over the sideline);
  - goal kicks (when the ball travels over the goal line);
  - kick offs (except at start of game which must be passed to a teammate);
- h. Corner kicks and indirect free kicks must be kicked into play (no dribbling);

- i. All free kicks are indirect kicks. A goal can not therefore be scored directly from a free kick, unless it is touched by a player (of either team) other than the kicker before it goes through the goal posts;
- j. All opposition players must stand at least 2m from the kicker for a sideline kick in and 5m from the kicker at every other restart;
- k. The ball must be touched by another player before a goal can be scored from any restart;
- l. The team taking a restart should recommence play as soon as possible;
- m. Where goal posts are not available, cones may be used. Where cones are used a goal is scored when the ball passes over the goal line and between the cones, without knocking the cones over;
- n. It is not in the spirit of the game to have a player permanently stationed in the goal area as an attacker or defender. The game leader should ensure that they discourage any team using the wrong tactic ;
- o. When the difference in score between the two teams reaches three or more goals at any point in the game, the losing team is allowed to restart from the half way line when a goal is scored against them instead of from their own goal line;

#### **7. REFEREEING:**

- a. Before each match starts both teams will agree on a person to act as the “GAME LEADER”;
- b. The game leader’s role is to assist the players from both teams during the game;
- c. The game leader’s main role is to keep the game moving fluently and with minimal breaks. In particular this applies to restarting the game, when the ball is out or a goal scored by keeping opponents 5m away from restarts and applying a “ready-set-go” countdown;
- d. Any player who continually fouls opposition players should be counseled by the game leader regarding his/her behaviour;
- e. The game leader must be fair to both sides;

#### **8. ON-FIELD COACHING:**

- a. On-field coaching is **NOT PERMITTED**.
- b. **Let the children play;** Coaches (and parents) are to have minimal involvement in the game;

#### **9. GRADING:**

**There is no grading as such.** It is recommended that Clubs give their squads a rating during the season using a scale of 1 to 4 with 1 being stronger than 4 for the purposes of better matching teams in any inter club matches or gala days etc.

**2010**  
**GUIDELINES – UNDER 8's & UNDER 9's**

The CDSFA has approved the following guidelines for the Under 8's & Under 9's in 2010. Under 8's and Under 9's will play on Mini fields.

**MODE OF COMPETITION FOR 2010**

The general Rules of the Association will apply regarding the number of teams per division; competition format; duration of competition; starting times of matches; home teams; minis and non-premiership junior rules; non-premiership presentation round. The following has been included in the guidelines to further assist Clubs:-

**1. FIELD SIZE:**

**Mini Field** size: The field of play should be rectangular. The recommended field size is 40m x 30m. Internal markings are to consist of a penalty area measuring 5m x 12m and a halfway line or centre spot.

Goals: Min. 2.50m x 1.80m (new minimum size)

Max. 5.00m x 2.00m (goals used for half fields are still acceptable for mini fields)

**2. BALL:**

Approved & licensed size 3 ball shall be used.

**3. DURATION OF GAME:**

Under 8: two periods of 20 minutes;

Under 9: two periods of 25 minutes;

There will be a 5 minute break between each half.

**4. NUMBER OF PLAYERS:**

Under 8: 7 v 7 (6 field players and a goal keeper);

Under 9: 7 v 7 (6 field players and a goal keeper);

**5. SIZE OF PLAYING SQUAD:**

Under 8 & Under 9: Squads shall consist of a minimum of 7 players and a maximum of 11 players. Up to 3 substitutes are permitted in any game.

**Where possible all eligible players in attendance at a game shall receive equal playing time (approximately).**

**6. PLAYING RULES:**

All games shall be played under existing CDSFA Rules of Association. The current Rules are listed below:-

1.19.5 Players may be interchanged at anytime. Play need not have been stopped for an interchange to take place. The referee need not be advised when an interchange is taking place, however a player must leave the field before his/her interchange player can take the field;

- 1.19.6 No coaching will be allowed from the sideline, except by the team's registered coach, and then only if encouragement and information is given in a restrained manner;
- 1.19.7 There is no off-side play, however players must be in their own half at kick-off;
- 1.19.8 Coaches should not deliberately place players in an off side position and especially not place players near the opposition goal keeper in an off-side position;
- 1.19.9 All free kicks are to be indirect. A goal can not therefore be scored directly from a free kick, unless it is touched by a player (of either team) other than the kicker before it goes through the goal posts;
- 1.19.10 At free kicks all opposing players must be at least 5 metres from the ball;
- 1.19.11 There are no penalty kicks, and any free kicks from either side given within the penalty area, shall be taken from a point on the edge of the penalty area closest to where the infringement took place;
- 1.19.12 Goal kicks may be taken from anywhere within the penalty area or from the line marking the penalty area;
- 1.19.13 Throw-ins are to be taken. However, a foul throw will not mean an automatic turnover. Rather, the same thrower is to be shown the correct way and allowed to throw again. Re-throws shall be limited to one per team on each occasion the ball goes out, after which the opposing team will be awarded the throw-in;
- 1.19.14 Opposition players are not to impede the thrower or throw;
- 1.19.15 Goalkeepers receiving the ball in the normal course of play may carry the ball to the edge of the penalty area before releasing it;
- 1.19.16 Corner kicks shall be taken from the corner of the field on the side the ball went out over the goal line;
- 1.19.17 Coaches are not allowed on the field of play;

**2010**  
**GUIDELINES – UNDER 10 & UNDER 11**

There are some changes to Under 11's in 2010. Under 10's & Under 11's will play on Half Fields **under the same format that the Under 10's played in 2009, playing competitively.**

**MODE OF COMPETITION FOR 2010**

The general Rules of the Association will apply regarding the number of teams per division; competition format; duration of competition; starting times of matches; points awarded; club championship; home teams; protests regarding matches; match forfeits; deferment of matches. **Because the Under 10's & Under 11's are playing competitively there will be no retaking of throw ins; direct free kicks should be taken when/where appropriate and penalties apply.** The following has been included in the guidelines to further assist Clubs:-

**1. FIELD SIZE:**

Clubs should be working towards the following:-

**Half Field** size: The field of play should be rectangular. The recommended field size is 60m x 40m. Internal markings are to consist of a penalty area measuring 16m x 8m and a halfway line or centre spot.

Goals: Min. 4.50m x 2.00m

Max. 5.00m x 2.00m

**2. BALL:**

Under 10: Approved & licensed **size 4** ball shall be used.

Under 11: Approved & licensed **size 4** ball shall be used.

**3. DURATION OF GAME:**

Under 10: two periods of 25 minutes;

Under 11: two periods of 25 minutes;

There will be a 5 minute break between each half.

The instructing referee will signal the start, half time, restart and finish of all games.

**4. NUMBER OF PLAYERS:**

Under 10 & Under 11: 9 v 9 (8 field players & a goalkeeper);

**5. SIZE OF PLAYING SQUAD:**

Under 10 & Under 11: Squads shall consist of a minimum of 9 players and a maximum of 15 players. Goalkeepers are allowed. Up to 3 substitutes are permitted in any game.

**Where possible all eligible players in attendance at a game shall receive equal playing time.**

## **6. PLAYING RULES:**

All games shall be played under existing CDSFA Rules of Association for competitions. Normal FIFA rules apply (including direct free kicks and penalties) with the exception that **there is no off-side. As this is the second year of competitive Under 10's on a Half Field and first year of competitive Under 11's on a Half Field, all Clubs are expected to ensure parents & coaches encourage their children to enjoy the game of football and to improve their skills during the season. Winning at all costs should not be encouraged.**

Coaches should encourage players NOT to place themselves in an off side position, especially not near the opposition goal keeper.

Penalties shall be taken from the edge of the penalty area (8m from the goal line), opposite the centre of the goal. Other players (except the goal keeper) shall be outside of the penalty area and at least 5 metres behind where the penalty is taken;  
Goal kicks shall be taken from the edge of the penalty box;.  
At kick-offs and free kicks opposing players shall be 5m from the ball;

## **7. REFEREEING:**

1. the Referee's Association may appoint a referee to any match;
2. If there is no referee appointed both teams will agree on a person to act as an "instructing referee", however the home team is expected to provide an adequate person;

## **8. RESULTS:**

All results are to be forwarded to the CDSFA within the normal timeframe.