

Small Sided Games U6, U7 & U8

	U6	U7 & U8
The start of play	<p>It is important that parents/teachers/coaches who start with this age group have minimal involvement in the actual game - all they need to do is tell the players which goal they need to score in! Let them have fun and assist them where necessary to enjoy the game even more.</p> <p>In principle there are no rules, just a ball and eight players running and trying to get the ball into the opposition's goal!</p>	<p>Kick-off is determined by a choice between the "captains" as to which hand the "match leader" has his or her whistle in, or coin, or grass with soil or any other alternative.</p> <p>A game is started with a kick forward to a team-mate from the middle of the halfway line. The opposition must be 4.5m away 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 no goal; when it deflects off a defender into the goal, it is a goal.</p> <p>For the Under 7 and 8 years of age group only, when a goal is scored, there is no kick-off but a restart from the back line.</p>
Ball in and out of play	The ball is out of play when it has wholly crossed the goal line or the back line, or when play has been stopped by the referee.	
Ball crossing the side line	No throw-in but a kick from behind the sideline. To encourage quick restarts and decision-making under pressure, the team in possession has three seconds to recommence the play from a restart. This can be done by the match leader having a countdown of "Ready-set-go!". When the match leader shouts out: "Go!", the ball is deemed to be in play and the defending team can encroach within the 4.5m zone and attempt to win the ball.	
Ball crossing the back line after touching the defending team last	Corner kick.	
Ball crossing the back line after touching the attacking team last	Goal kick off the ground from the back line.	
Method of scoring	A goal is scored when the whole ball crosses the line. When original goals or goal posts (poles) are not available and cones are used for goals then a goal is scored when the ball passes between the cones without knocking them over.	
Offside	There is no offside for the Under 6-12-year-old age groups.	
Fouls and misconduct	<p>There are only indirect free kicks with the exception of a penalty kick (refer below). All indirect free kicks within the penalty area shall be taken outside the 8m penalty box line.</p> <p>Fouls and misconduct are:</p> <ul style="list-style-type: none"> • kicks or attempts to kick an opponent • trips or attempts to trip an opponent • jumps at an opponent • charges an opponent • strikes or attempts to strike an opponent • pushes an opponent • tackles an opponent from behind to gain possession of the ball • making contact with the opponent before touching the ball • holds an opponent • spits at an opponent • handles the ball deliberately • plays in a dangerous manner • impedes the progress of a player. 	

Penalty Kick	<p>In Under 6, 7 and 8 years of age groups, no player is allowed to deliberately handle the ball with his or her hand and or arm anywhere on the field.</p> <p>A penalty kick is given because of deliberate "hand ball" in the penalty area or when the opponent commits a deliberate serious foul such as: kicking an opponent, striking an opponent, tackling an opponent in a dangerous manner etc.</p> <p>In Under 6, 7 and 8 years of age, the penalty kick is taken from an 8m spot with an empty goal - all other players must stand behind the halfway line.</p> <p>When a penalty kick is taken, the next penalty kick has to be taken by another player until all players have been used.</p>
Some practical recommendations	<p>All players must get an equal amount of playing time.</p> <ul style="list-style-type: none"> • Three-goal margin rule: When the difference in score between the two teams reaches three or more goals at any point during the match the losing team is allowed to restart from the middle line when a goal is scored against them instead of from their own back line - Under 8 years of age and below. • When an individual player is completely dominating the game and has already scored three goals and their team is winning by a three-goal margin, he/she can only score another goal when one of their team-mates has scored a goal. <p>This is to encourage good players to include other members of their team and to force them to create opportunities for others. If the particular player scores a fourth goal before any of his team-mates has scored and the goal margin is three or more goals, the goal does not count and play is restarted with a goal kick/dribble.</p> <ul style="list-style-type: none"> • The game leader must use common sense to ensure that the game flows as much as possible. He or she must assist the players in getting the game moving quickly. He or she should try to encourage as many players as possible to get involved. The idea is that the game leader is not punishing players but "instructing" them and helping them to enjoy the game all of the time. Most fouls and hand balls at this level are committed through lack of coordination. There is rarely any intent. Try to give advantage to the attacking team when you can. Be fair to both sides. • Once a player has been allocated to a team of five players on game day, he/she cannot be transferred across to the other field to help out a losing team, unless a player on the other field is unable to continue due to an injury and not transferring the player would result in a team being one player short.
Warm-up	<p>The following are recommended:</p> <ul style="list-style-type: none"> • Before the match starts the "coach-parent" will have to do a short warm-up. This can be done by starting with a small-sided game or position game between the members of the team (3 v 3, 4 v 3, 5 v 2.) <p>Or,</p> <ul style="list-style-type: none"> • Put the players in a circle of 10m and let them dribble the ball to a team mate and take his/her position. Later pass the ball and take his/her position, or the coach stands in the middle and passes the ball to a player and receives it back and the player runs around the circle until he/she is back in his/her own position etc. <p>Note: Directly after each match each player is allowed to take a "penalty" from the 8m spot. First, all players of the A-team and second, all players of the B-team take their penalty kicks (free shot from 8m spot - no goalkeeper).</p> <p>Note for the coaches/team leaders/parents</p> <p>It is advised by FFA to use the breaks to make some internal changes to the team when one team is far too strong and leading with more than three or four goals.</p> <p>It is a good measure to create more equal teams and play 2 x 20 minutes but start the second half again with a blank score, so there might be two winners that day. The same option is open to start a "new match" every 10 minutes (even more fun for the children).</p>
Role of the referee	<p>Under 6, 7 and 8 years of age groups</p> <p>We advise that a club member or parent assist the players during the game. His or her main role is to keep the game moving fluently and with minimal breaks. He or she is more of a game leader than a referee.</p> <p>Their main role as game leader is to explain to the children that when the ball goes behind the back line or when a goal is scored the game is restarted from the back line. Keep the opponents 4.5m away from all restarts.</p> <p>Note: 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!</p>