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small sided

Football

FFA

www.smallsidedfootball.com.au



Optus Small Sided Football

HANDBOOK

EFFECTIVE FROM 1 JANUARY 2012



FOOTBALL
FEDERATION
AUSTRALIA

'yes'
OPTUS

Optus Small Sided Football Formats

In 2009 Football Federation Australia (FFA) released the National Curriculum. The National Curriculum was a key initiative put forward in the FFA National Football Development Plan released in November 2007.

The National Curriculum aims to provide national guidance and an integrated and consistent approach to the development of players and coaches throughout the country.

With the release of the National Curriculum, combined with feedback from the football community including Member Federations, Associations, Zones and Clubs, the Optus Small Sided Football formats will continue to be implemented this season and beyond.

The Optus Small Sided Football formats for the 2012 season and beyond are summarized below;

| Playing Format | Under 6 & 7 | Under 8 & 9 | Under 10 & 11 |
|------------------------|---|---|---|
| Numbers | 4 v 4 | 7 v 7 | 9 v 9 |
| Field Size | Length: 30m Width: 20m | ¼ Full Size Pitch Length: 40m - 50m Width: 30m - 40m | ½ Full Size Pitch Length: 60m - 70m Width: 40m - 50m |
| Field Markings | Markers or line markings | Markers or line markings | Markers or line markings |
| Penalty Area | Nil | 5m depth x 12m width | 5m depth x 12m width |
| Goal Size | Width: 1.5m – 2.0m Height: 0.9m x 1.0m | Width: 2.5m - 3.0m Height: 1.8m - 2.0m | Width: 4.5m - 5.0m Height: 1.8m - 2.0m |
| Goal Type | Goals, Poles or Markers | Goals, Poles or Markers | Goals, Poles or Markers |
| Ball Size | Size 3 | Size 3 | Size 4 |
| Goalkeeper | No | Yes | Yes |
| Playing Time | 2 x 15-20 minutes | 2 x 20 minutes | 2 x 25 minutes |
| Half Time Break | 5 minutes | 5 minutes | 7.5 minutes |
| Referee | Game Leader | Instructing Referee | Instructing Referee |
| Point's Table & Finals | No | No | No |

The shaded areas in the above table represents flexible components for the Optus Small Sided Football formats, dependant on the needs of individual associations, zones and clubs. These however, should remain consistent where possible.

Laws of Optus Small Sided Football

The ball

Under 6 – 9

Size 3

Under 10 & 11

Size 4

The number of players

A key requirement for each team in the Optus Small Sided Football formats is to play the correct number of players on the field i.e. 4v4, 7v7 or 9v9. To this end, in accommodating player illness and absence, FFA recommends the following squad sizes be implemented when selecting players for teams.

Under 6 & 7

4 v 4 – no goalkeeper

Maximum of three substitutes who may rotate during the entire game. The coach or parent is allowed to make the substitutions while the ball is in play, but must wait until the substituted player has left the field.

Under 8 & 9

7 v 7 – including goalkeeper

Maximum of four substitutes who may rotate during the entire game. The coach or parent is allowed to make the substitutions while the ball is in play, but must wait until the substituted player has left the field.

Under 10 & 11

9 v 9 – including goalkeeper

Maximum of four substitutes who may rotate during the entire game. The coach or parent is allowed to make the substitutions while the ball is in play, but must wait until the substituted player has left the field.

Goalkeeper

Under 6 & 7

No goalkeeper

The game leader, coaches and managers should continually discourage children from permanently standing in front of the goal.

Under 8 & 9

The goalkeeper is allowed to handle the ball anywhere in the penalty area. To restart play after a save or gathering the ball with their hands, the ball must be thrown or rolled from the hands or played from the ground with their feet, within 6 seconds. The goalkeeper is not allowed to kick or drop kick the ball directly from their hands. Opponents must be at least 5m outside the penalty area and cannot move inside the penalty area until the ball is in play. The ball is in play once it moves out of the penalty area. An indirect free kick is awarded if the goalkeeper touches the ball with their hands after it has been deliberately kicked to them by a team-mate.

Under 10 & 11

The goalkeeper is allowed to handle the ball anywhere in the penalty area. To restart play after a save or gathering the ball with their hands, the ball must be thrown or rolled from the hands or played from the ground with their feet, within 6 seconds. The goalkeeper is not allowed to kick or drop kick the ball directly from their hands. Opponents must be at least 5m outside the penalty area and cannot move inside the penalty area until the ball is in play. The ball is in play once it moves out of the penalty area or when the goalkeeper places the ball on the ground*. An indirect free kick is awarded if the goalkeeper touches the ball with their hands after it has been deliberately kicked to them by a team-mate.

*Goalkeeper Progression

The developmental progression of the game becoming “live” when the goalkeeper places the ball on the ground provides the necessary learning phase for players transitioning to the 11 v 11 format of football.

Duration of the game

The duration of games may be flexible dependant on the implementation format and number of substitutes per a team; i.e. in a hub setting or with maximum substitutes. As a guide, FFA recommends the following match durations..

Under 6 & 7

2 x 15-20 minutes (plus half-time break)

Under 8 & 9

2 x 20 minutes (plus half-time break)

Under 10 & 11

2 x 25 minutes (plus half-time break)

Laws of Optus Small Sided Football

Game Leader and Instructing Referee

Under 6 & 7

Game Leader

Under 8 – 11

Instructing Referee

Game Leader

The main role of the game leader is to keep the game moving fluently, limit stoppages and assist players with all match re-starts. Most importantly, they must make every effort to create an environment that ensures that all players have fun and have maximum involvement. The children are learning the game at this level, be flexible and patient. The game leader can be a club official, parent, older child or player or beginning referee and should always be enthusiastic and approachable.

The Game Leader should;

- Encourage all children to have fun and different children to take re-starts.
- Ensure the correct number of players are on the field.
- Discourage players from permanently over-guarding the goal.
- Use a “Ready, Set, Go” prompt to encourage quick decisions when restarting play.
- Encourage children to dribble or pass ball into play from all re-starts rather than a big kick.
- Ensure opposing team is back to the half way line, for all goal line restarts.
- Ensure team officials and parents create a safe, enjoyable and positive playing environment for the children and do not emphasise winning or losing.
- Encourage children to be involved in all aspects of the game, attacking and defending.
- Remember most acts of handball or fouls and misconduct at this level are caused by a lack of coordination, with no intent. If you decide a deliberate or serious act of handball or foul and misconduct has occurred, explain to the child they have done the wrong thing and that they should not do this again.

- Let the game flow and give instruction to all players on the run where you can.
- Praise and encourage both teams.
- Be enthusiastic and approachable.
- **Most Importantly - Remember the children are learning the game – be flexible and patient.**

Instructing Referee

The main role of the instructing referee is to control the game to ensure it is played fluently and instruct the players (with minimal blowing of the whistle) on how to behave and what the rules are, e.g. what a foul is, what a free kick is and how to throw in etc... Should these indiscretions happen a second time the referee should stop the game and apply the appropriate action and decisions. This person can be a club official, capable parent, older child or player, beginning or official referee from the federation or association.

The Instructing Referee should;

- Encourage all children to have fun and different children to take re-starts.
- Ensure the correct numbers of players are on the field
- Discourage players from permanently standing in blatant offside positions and instruct them to move into onside positions. In the Under 10 & 11 age groups children should be made aware of the offside rule during training and be encouraged to adopt this philosophy during the game at all times.
- Let the game flow and give instruction to all players on the run where you can
- Instruct players in the first instance before blowing the whistle where possible
- Ensure team officials and parents create a safe, enjoyable and positive playing environment for the children and do not emphasise winning or losing
- Be enthusiastic, consistent and approachable

Laws of Optus Small Sided Football

The start of play and restart after a goal

Under 6 - 11

Pass forward to a team mate from the middle of the half way line. All players must be in their own half of the field of play. Opponents must be at least 5m away from the ball until it is in play. The ball must touch a team mate before a goal can be scored.

Ball in and out of play

The ball is out of play when it has wholly crossed the goal line or the touch line on the ground or in the air, or when play has been stopped by the game leader or instructing referee.

Ball crossing the touch line

Under 6 & 7

There is no throw in. A player from the opposing team to the player that touched the ball last before crossing the touch line will place the ball on the touch line and pass or dribble the ball into play. Opponents must be at least 5m away from the ball until it is in play. The ball must touch a team mate before a goal can be scored.

Under 8 - 11

Throw-in: Player faces the field of play, has part of each foot on the ground either on or behind the touch line, uses both hands and delivers the ball from behind and over their head. The thrower must not touch the ball again until it has touched another player. Opponents must be at least 5m away from the ball until it is in play. The ball is in play once it enters the field of play. A goal cannot be scored directly from a throw in.

Ball crossing the goal line after touching the defending team last

Under 6 & 7

There is no corner kick. Regardless of which team touched the ball last, a player from the team whose goal line the ball has crossed will place the ball anywhere along the goal line and pass or dribble the ball into play. Opponents must retreat to the half way line and can move once the ball is in play. The ball must touch a team mate before a goal can be scored.

Under 8 - 11

Corner kick. A player from the attacking team places the ball inside the corner arc nearest to the point where the ball crossed the line. Opponents must be at least 5m away from the ball until it is in play. The ball is in play when it is kicked and moves. A goal may be scored directly from a corner kick.

Ball crossing the goal line after touching the attacking team last

Under 6 & 7

Regardless of which team touched the ball last, a player from the team whose goal line the ball has crossed will place the ball anywhere along the goal line and pass or dribble the ball into play. Opponents must retreat to the half way line and can move once the ball is in play. The ball must touch a team mate before a goal can be scored.

Under 8 - 11

Goal kick from anywhere within the penalty area. Opponents remain at least 5m outside the penalty area until the ball is in play. The ball is in play once it is kicked directly out of the penalty area.

Method of scoring

A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar. When goal posts are not available and cones are used for goals, a goal is scored when the ball passes between the cones without touching them, below shoulder height of the player.

Offside

Under 6 – 11

No offside

Note: In the Under 8 – 11 age groups, team coaches and managers should strongly discourage children from permanently standing in blatant offside positions. In the Under 10 & 11 age groups children should be made aware of the offside rule during training and be encouraged to adopt this philosophy during the game at all times. Instructing referees should direct players permanently standing in blatant offside positions to move into inside positions.



Laws of Optus Small Sided Football



Fouls and misconduct

Under 6 & 7

Indirect free kicks are awarded for all acts of handball or fouls and misconduct. Opponents must be at least 5m away from the ball when the indirect free kick is taken. (An indirect free kick is where a goal can be scored only if the ball subsequently touches another player before it enters the goal).

Most acts of handball or fouls and misconduct at this level are caused by a lack of coordination, with no intent. In this case try and give the advantage to the attacking team and continue play. If you decide a deliberate or serious act of handball, foul or misconduct has occurred, explain to the child they have done the wrong thing and that they should not do this again.

Under 8 – 11

Indirect free kicks are awarded for all acts of handball or fouls and misconduct. Opponents

must be at least 5m away from the ball when the indirect free kick is taken. (An indirect free kick is where a goal can be scored only if the ball subsequently touches another player before it enters the goal).

For deliberate or serious acts of handball or fouls and misconduct in the penalty area, a penalty kick is awarded from an 8m penalty mark with only a goalkeeper in position. All other players must be outside the penalty area and be at least 5m behind the penalty mark.

Fouls and misconduct are:

- 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

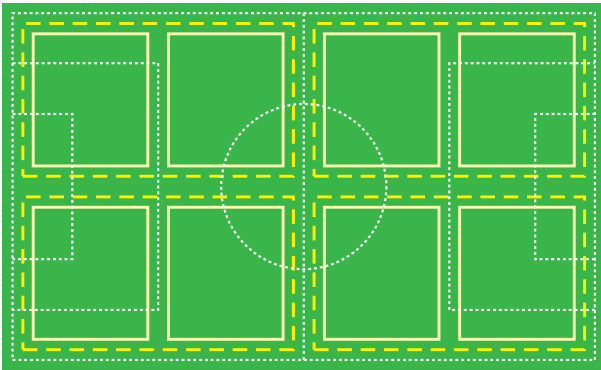
- making contact with the opponent before touching the ball
- holds an opponent
- spits at an opponent
- handles the ball deliberately
- plays in a dangerous manner
- impedes the progress of a player.

How to organise Optus Small Sided Football

Field layouts

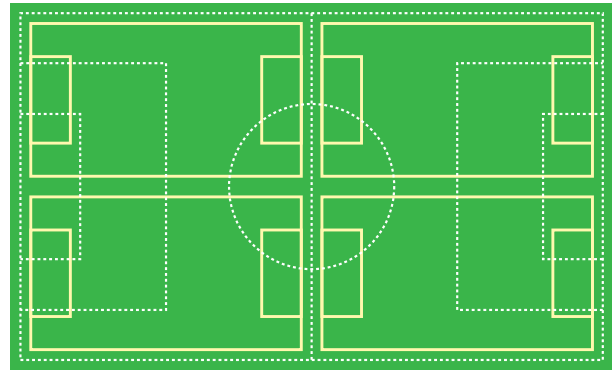
Under 6 & 7

Six to eight Optus Small Sided Football pitches per full-size pitch if required. Optus Small Sided Football pitches to the correct dimensions are also set up on existing smaller fields or open grass areas.



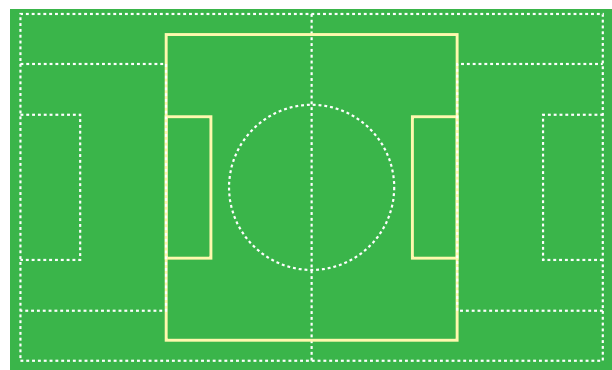
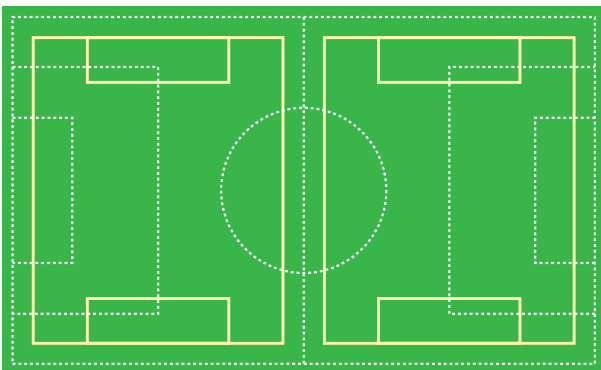
Under 8 and 9

Two to four Optus Small Sided Football pitches per full-size pitch if required. Optus Small Sided Football pitches to the correct dimensions are also set up on existing smaller fields or open grass areas.



Under 10 and 11

One to two Optus Small Sided Football pitches per full-size pitch if required. In the Under 11 age group, the final stage of development in the Optus Small Sided Football formats before players commence 11 v 11 football, it is recommended that clubs where facilities and scheduling allows, set-up the field from penalty box to penalty box and adjust the width of the field with use of markers to meet the maximum specified width. Optus Small Sided Football pitches to the correct dimensions can also be set up on existing smaller fields or open grass areas.



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