

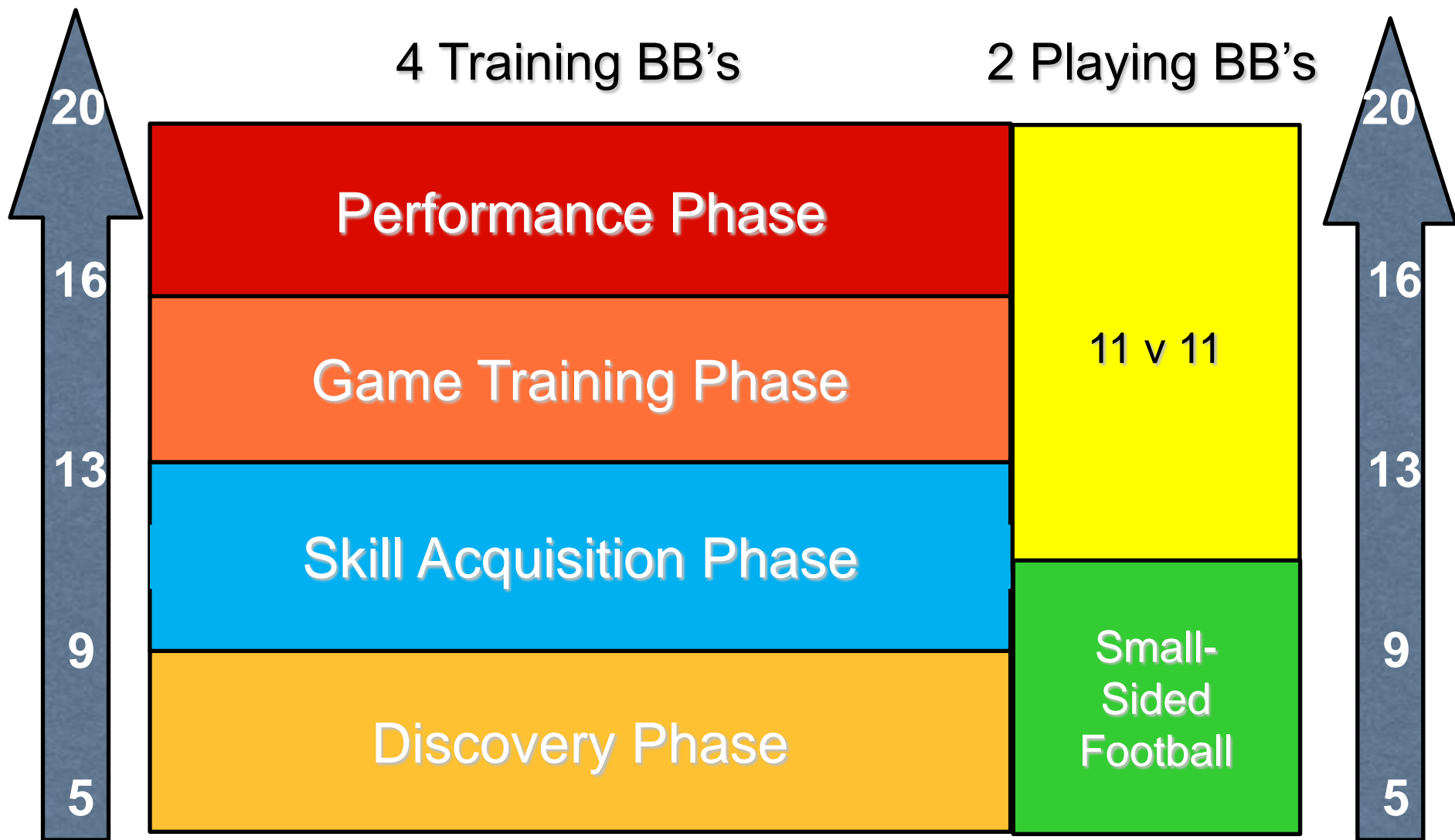


OPTUS SMALL SIDED FOOTBALL

FFA National
Curriculum

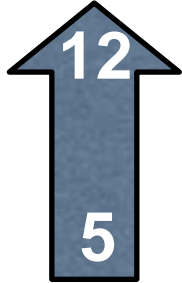


The Building Blocks





The National Football Curriculum

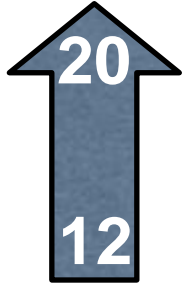


Small Sided Football

- **U/6-U/7 : 4 v 4 (no goalkeepers)**
- **U/8-U/9 : 7 v 7 (6 outfield players and a goalkeeper)**
- **U/10-U/11 : 9 v 9 (8 outfield players and a goalkeeper)**
- **From U/12 : 11 v 11**
- **Emphasis on fun, freedom of expression and 'learning by playing'. *WINNING IS A SIDE ISSUE***



The National Football Curriculum



- **From U/12 at the earliest !!!**
- **In youth football the development of the INDIVIDUAL should come first, each player should play at his/her appropriate level.**
- **Keeping a player in a team to win the competition, knowing he/she should move up is a CRIME**
- **Only in a regular, year-round competition environment can we develop game cleverness, game hardness and game experience (half a year of football is not enough!)**



Optus Small Sided Football

The relation between Optus SSF and the 1-4-3-3 formation

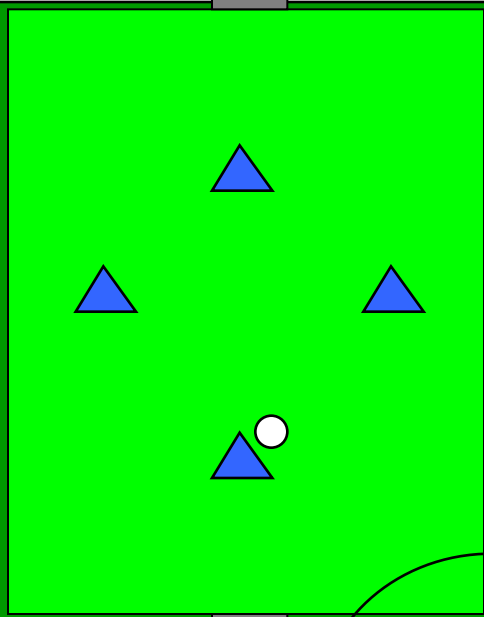




Rationale of SSF formats

The Optus SSF formats 7 v 7 (1-3-3) and 9 v 9 (1-3-2-3) lead up to the 1-4-3-3 formation in a logical and methodical manner.





U/6 – U/7

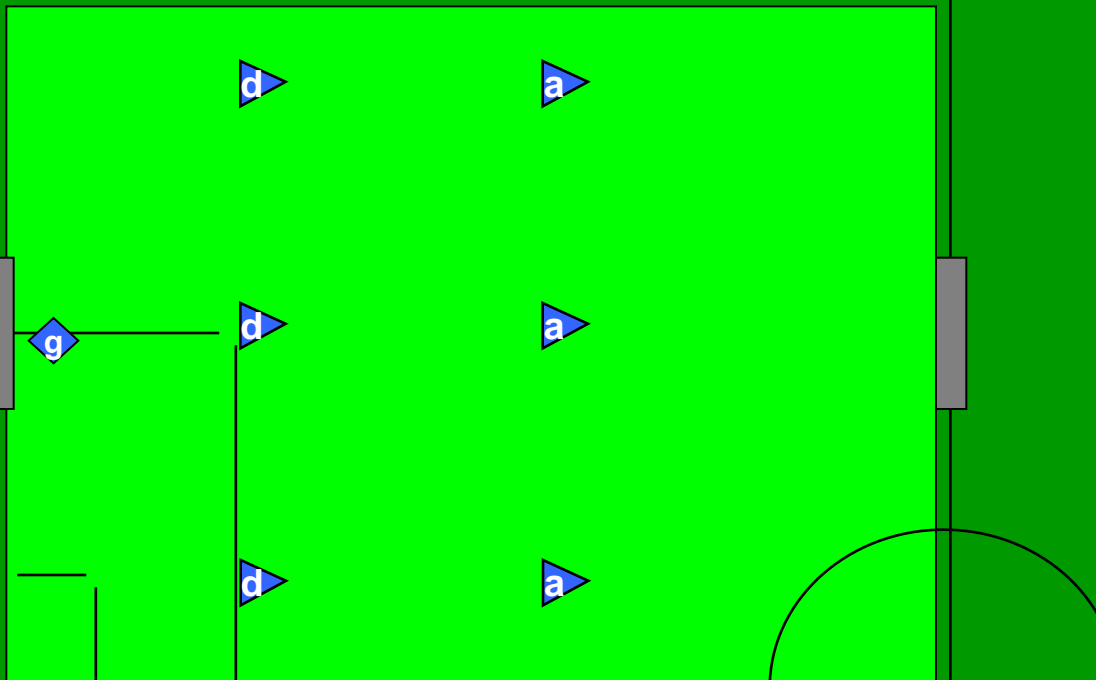
*Teams of 4 players
(no goal keepers)*

Coaching tips:

- No 'coaching' only stimulating and praising.
- 'Natural' development through just playing and discovering one's (im)possibilities through trial & error
- Emphasis on fun and building a love of the game
- The best coach for this age-group is the coach that is not a good coach in the eyes of the parents because he does not 'bark' instructions the whole game!

WRONG !





two lines and a goalkeeper

U/8 – U/9

Teams of 7 players (one GK + 6 outfield players)

Coaching tips:

- The players now begin to understand what the game's purpose is (winning by scoring more goals than the opponent)
- There will still be a lot of individual play but the players start to understand that acting with the ball purposefully is necessary in order to be successful.
- A basic 'feeling' for team play, direction and dealing with an opponent starts to develop.
- Preference and talent for a specific position starts to show: you can start working on a basic organisation (1 in goal; 3 at the back; 3 up front) and a basic understanding of some team tasks (how to defend and attack as a team)
- The coach should still let every player play in every position regularly. One week they want to be the goalie, next time the centre forward. Let them!
- Bigger goals with goalkeepers automatically appeal to aiming and shooting: give them all plenty of opportunities to shoot (or be the goal keeper)

U/10

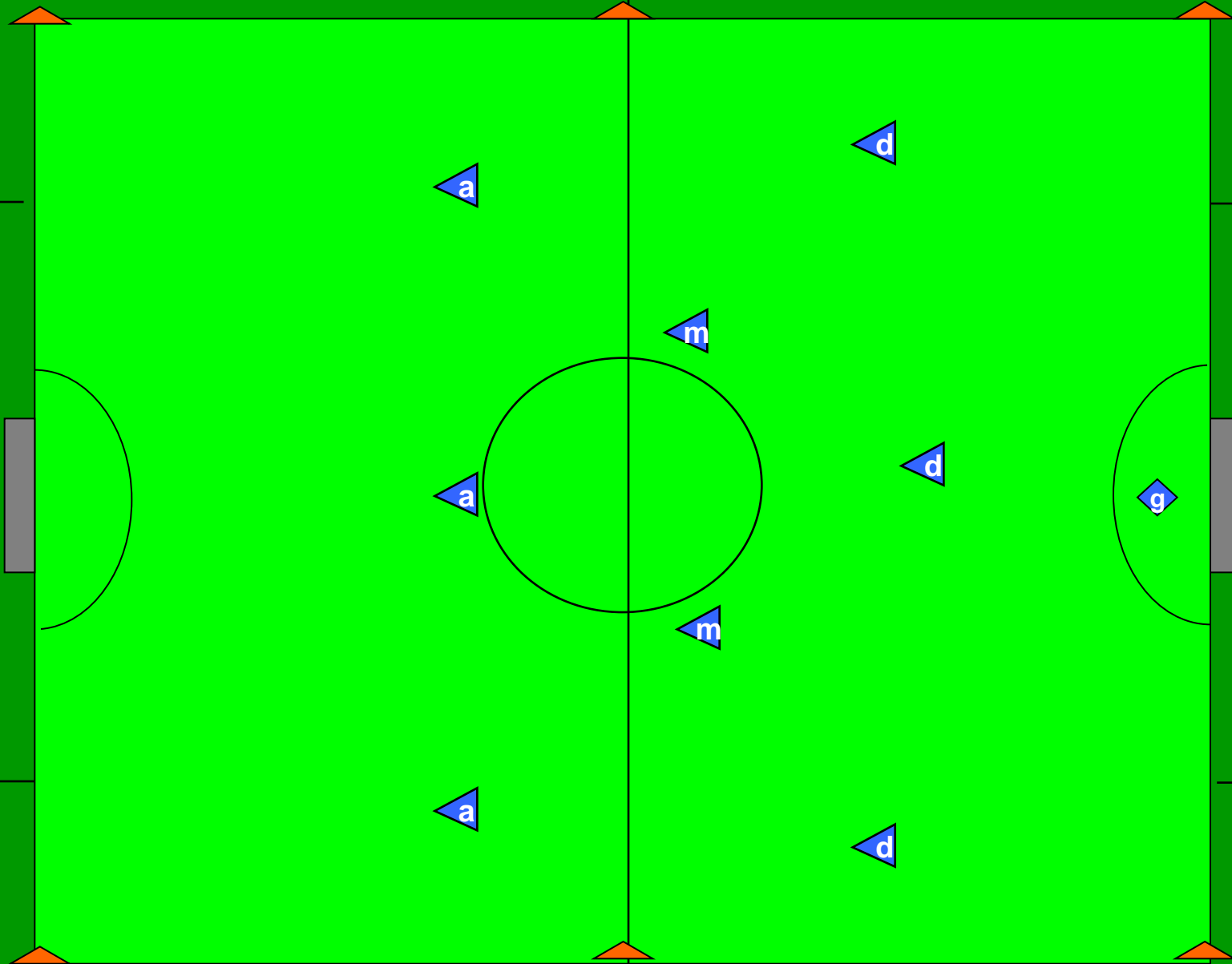
**Teams of 9 players (one GK
+ 8 outfield players)**

Coaching tips:

- The understanding of working together as a team develops more and more
- The awareness of the individual roles in relation to teamwork is also developing as well as the understanding for acting without the ball both in defence and attack
- With 8 outfield players a tighter and more strict task allocation and use of space is required
- Preference/ability for specific positions becomes more and more clear
- At this age the kids are very competitive and clever and very quickly develop their motor skills
- All the above means that the coach can raise the bar on all these aspects but:
 - Avoid an information 'overkill'
 - Keep it simple (speak their language)
 - It's their game, it's not about the coach
- With the U/11's there is preference for playing box to box. Playing in the length of the pitch is a totally new experience with a different perception and more complexity. As a last step towards the real, full pitch game this format offers the ideal link



three lines and a goalkeeper



Bigger pitch and getting used to playing on a full pitch



The 1-4-3-3 formation

- There are many successful styles and formations in football
- 1-4-3-3 is a **TOOL** used primarily as part of the GAME TRAINING phase (13-16 yrs)
- FFA sees 1-4-3-3 as the most appropriate DEVELOPMENTAL formation
- The Optus SSF formats 7 v 7 (1-3-3) and 9 v 9 (1-3-2-3) lead up to the 1-4-3-3 formation in a logical and methodical manner.





**Together for the
future of FOOTBALL**



Thank you



Optus Small Sided Football