

SAMPLE UNDER 11

Small Sided Games



AIM

To allow players to develop their technical skills consistently in a dynamic environment while also enhancing team play

PLAYING RULES

The official rules of the Ladies Gaelic Football Association will apply to all games however the following exceptions will apply:

- The ball may be carried for four steps before bouncing or soloing—players are restricted to two touches i.e one solo, one bounce or two solos
- A player who is fouled takes the free and when an opponent fouls the ball e.g overcarries it, the player nearest to the ball takes the free
- The opponent nearest to where the ball crosses the sideline, takes the sideline kick from the hands
- Opposing players to be at least 5m from the player taking the free kick, sideline kick or kick out. Free kicks should be no closer than 13m from opposing line. No penalty kicks.

SCORING SYSTEM

- 1 point when ball is played over the crossbar
- 3 points when ball is played under the crossbar
- Point for block or high catch

EQUIPMENT

- Well secured portable goal posts —4.57m x 2.13m, 10ft x 6ft (training poles may be used if necessary)
- Bibs or jerseys
- Cones for marking out zones and end lines
- Size 4/ smart touch footballs



PLAYING THE GAME

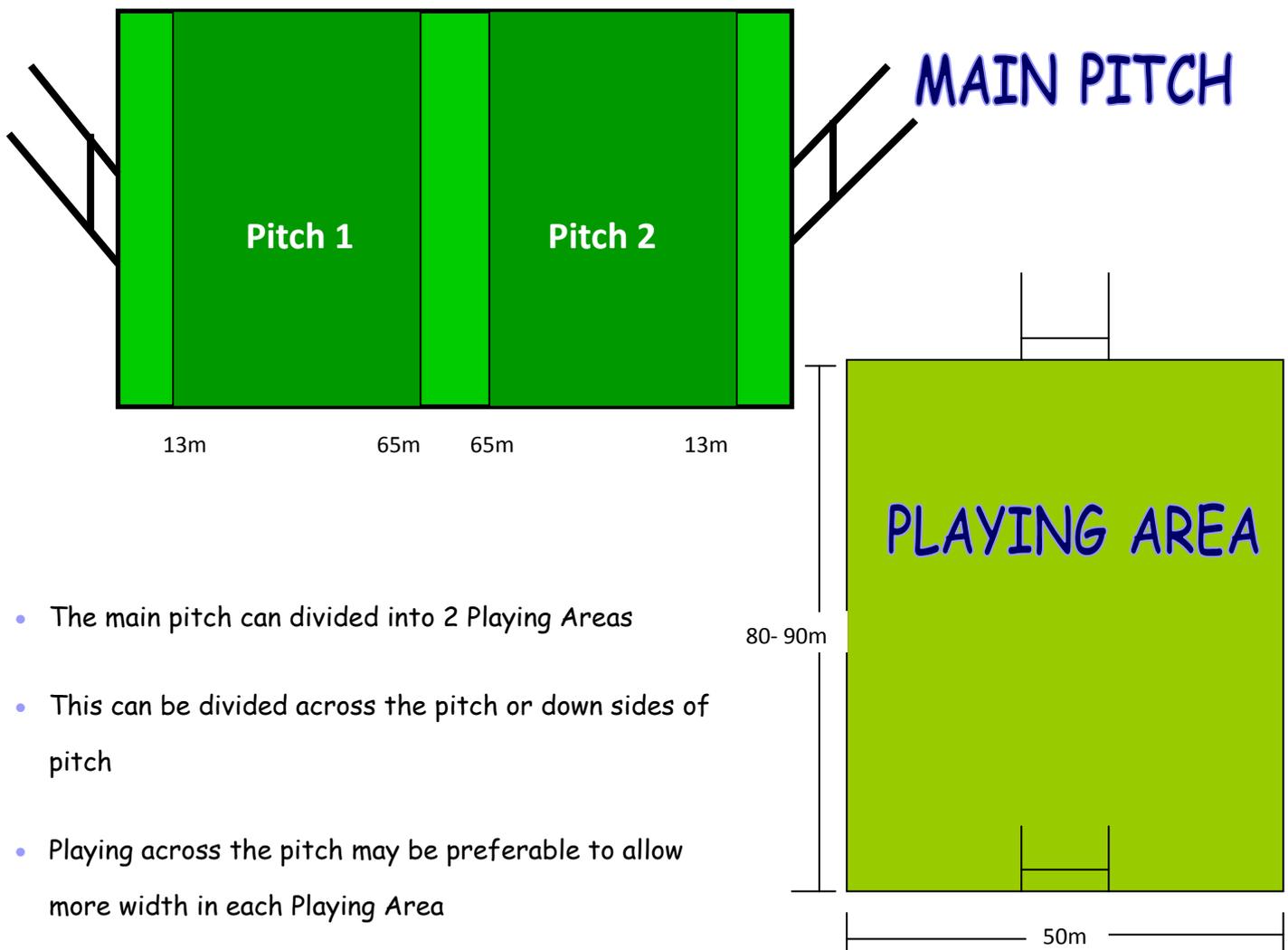
- 11 v 11 —players should be of mixed ability
- Unlimited substitutions but preferably only where necessary
- Playing area 90m x 50m (full pitch divided into 2 areas)
- Team lineout 1-4-2-4 - 1 goalkeeper, 4 defenders, 2 midfielders and 4 attackers
- No zones - free movement permitted
- All players rotate positions at half time. Teams change sides at half time also

TIME DURATION

- Two halves
- 20 minutes per half



RECOMMENDED PLAYING AREA



- The main pitch can be divided into 2 Playing Areas
- This can be divided across the pitch or down sides of pitch
- Playing across the pitch may be preferable to allow more width in each Playing Area