

SAMPLE UNDER 10

Small Sided Games



AIM

To improve basic technical skills and develop tactical awareness/ prowess i.e. decide on best option in terms of making use of and/or creating time and space when on the ball

PLAYING RULES

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

- Play to commence with a throw in from the centre of the pitch including after a score
- During the second period players must play the ball away by kicking it with the non-dominant foot or striking it with the non-dominant hand/fist
- 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

SCORING SYSTEM

- 3 points when ball is played over the crossbar
- 1 point when ball is played under the crossbar

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



PLAYING THE GAME

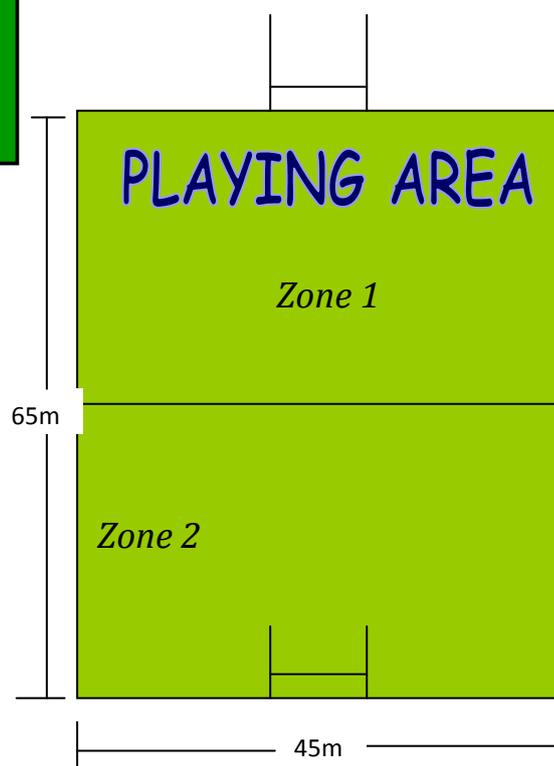
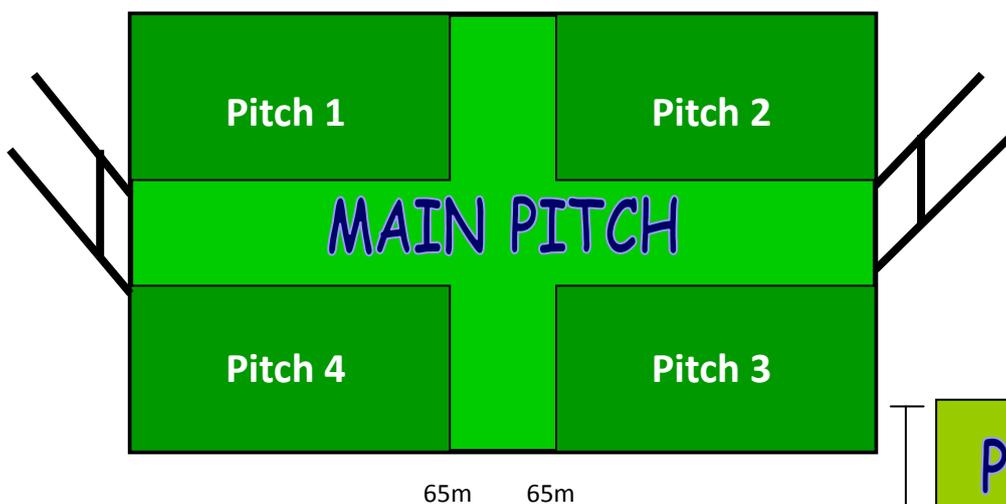
- 9 v 9—players should be of mixed ability
- Unlimited substitutions but preferably only where necessary
- Playing area 65m x 40m (full pitch divided into 4 areas)
- Team lineout 1-3-2-3 - 1 goalkeeper, 3 defenders, 2 midfielders and 3 attackers
- Two zones. Defenders/ attackers to remain within assigned zone—midfielders can enter either zone

TIME DURATION

- Three periods
- 15 minutes per period



RECOMMENDED PLAYING AREA



- The main pitch can be divided into 4 Playing Areas
- Each Playing Area is divided into 2 zones