

Advantages of Playing Small Sided Games

Benefits to the Child:

- More time with the coach
- More practical space to be successful
- Increased number of contacts with the ball
- More actual playing time
- Energetic workouts due to playing both offense and defense
- Required to make more quality decisions
- Experience repeating game situations more frequently
- The work rate and involvement of a player stays consistent
- While learning both offense and defense, a player will become more complete and will understand more readily the roles and importance of teammates
- The smaller ball is lighter and more easily kicked, trapped, dribbled and passed

Benefits of the Small Field:

- More efficient use of space
- Games can be played simultaneously across a full size field
- Children are physically more efficient in smaller space
- Takes less time to achieve goal or advance to goal, more successful
- Children are actively involved for a longer period of time