

Small Sided Games

Rules and Guidelines



Small sided games are great when providing fun and sociable sessions as there are many benefits for players, coaches and clubs.

Small sided games allow players;

- To have lots of touches of the ball
- To be constantly involved in the game
- With rotating subs players can have a quick rest without disrupting the game
- To slowly build their knowledge of the rules

Small sided games allow clubs and coaches;

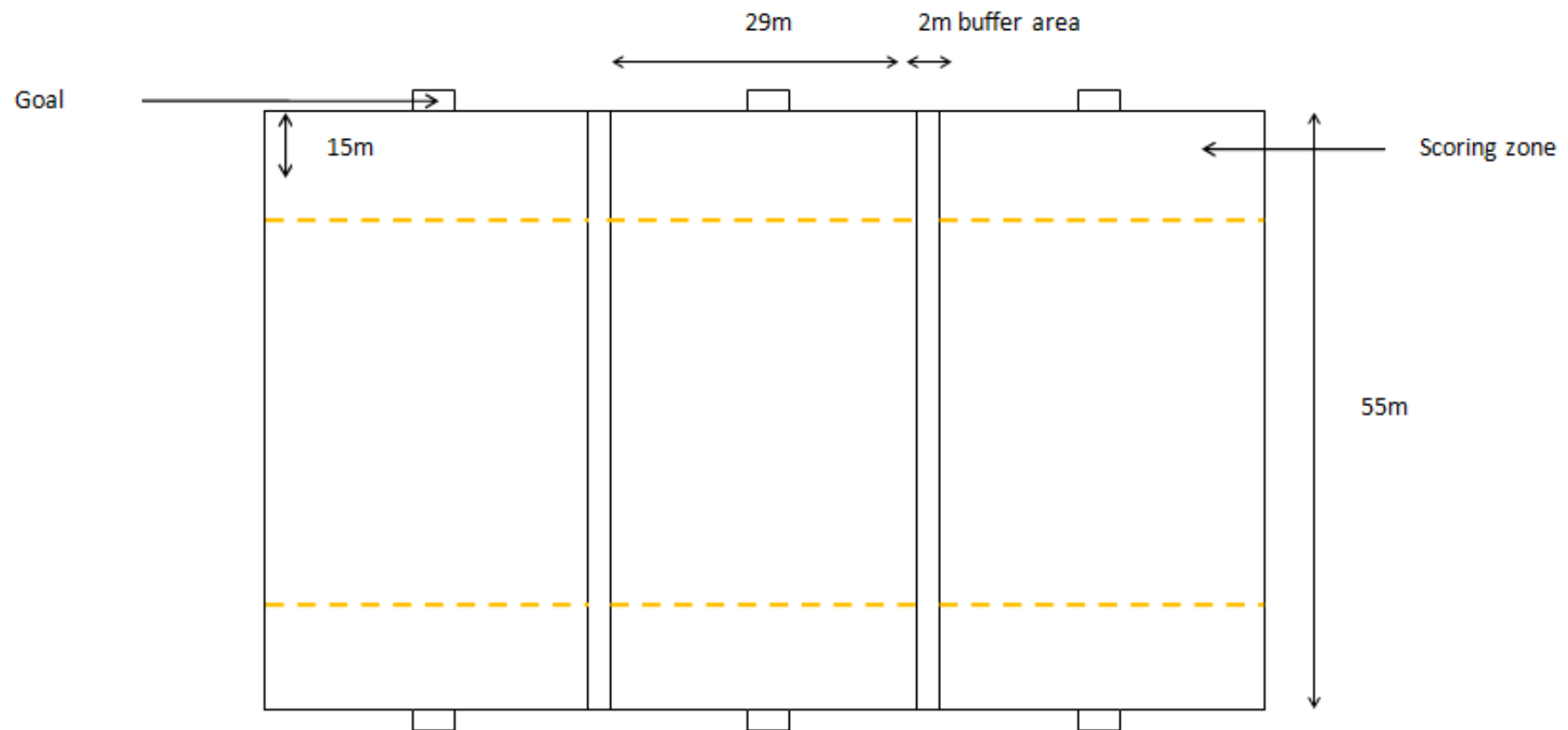
- To balance teams more easily so players with similar ability and fitness are playing with and against each other.
- To cater for small groups where there aren't enough players for 11 v 11
- To cater for large groups where they are too many for 11v11. Splitting the pitch into thirds allows 50% more players to be on the pitch.
- Improve the players experience at a session as they get more touches of the ball and feel more involved in a game.

Setting Up Small sided Games

On a full size astro you can accommodate three small sided games if you have pitches 55m long and 29m wide. With many pitch with 4 floodlights, the middle two tend to be in line with where you small sided pitches meet.

You can place throw down lines across the width of the pitch to replicate D's

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Below are the rules for Small Sided Games, but please adapt them for the group of players you are coaching.

The Rules are as follows:

“The rules are the appropriate rules of hockey except for the following...”

Player numbers and pitch dimensions

1. This is a six a-side game with one kitted goalkeeper per team and up to four replacements.
2. The playing area will measure 29m wide by 55m long.

Scoring

3. At each end, there will be a ‘scoring zone’ 15m from the baseline of the pitch and running across the full width of the pitch. Goals may only be scored from within this zone. The normal rules affecting play in a full-size pitch ‘D’ apply in this zone unless otherwise stated.

Restarts, corners and free-hits

In the case of any restart being awarded, all players must be at least 5 metres away from the ball carrier.

4. Restart - (equivalent of a ‘16’ hit) - If the ball has travelled over the baseline and was last hit by the attacking team then play restarts with the opposition in possession on the scoring zone line, in-line with where the ball went out of play.
5. Restart - (equivalent of a long corner) – If the ball has travelled over the baseline and was last hit by the defending team then play restarts with the opposition in possession on the scoring zone line, in-line with where the ball went out of play. The ball must then travel five metres before a shot can be taken.
6. Penalty corners will be replaced by ‘challenges’.

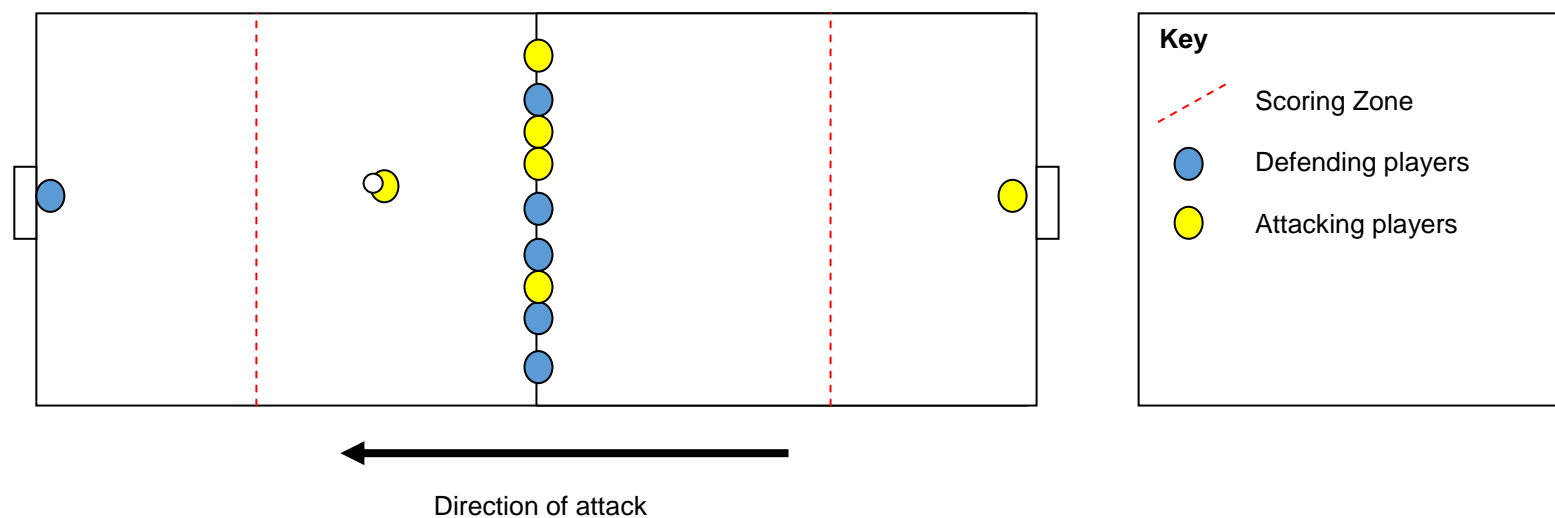
The procedure for a challenge is as follows:

- a. Play is stopped.
- b. All other players must position themselves on the half way line.
- c. The ball carrier starts with the ball half way between the scoring zone line and the half-way line, in line with the goal.
- d. The player defending the challenge must stand with both feet on the goal-line and must not leave the goal line or move either foot until the ball has been initially touched/played by the player taking the challenge. As soon as the ball has been touched / played the defending player is permitted to move.

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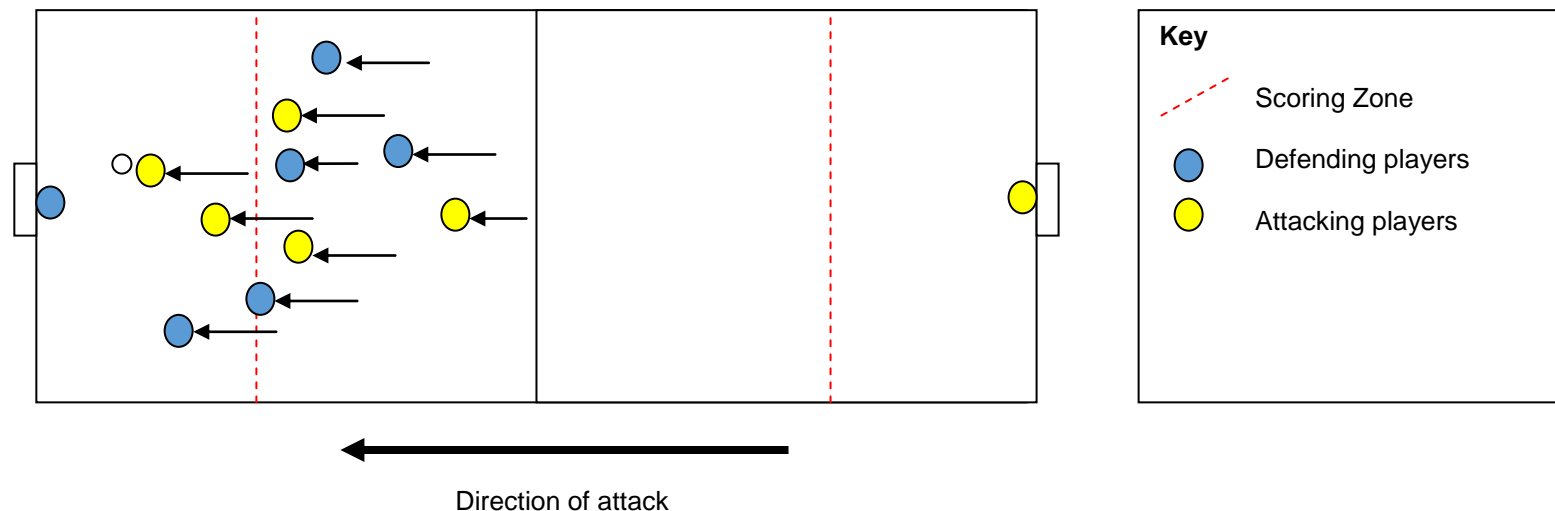
- e. If the player defending the challenge is a goalkeeper or player with goalkeeping privileges, they must wear protective headgear. If the team defending the penalty challenge has chosen to play only with field players and not to use a substitute goalkeeper or player with goalkeeping privileges to defend the challenge the defender may only use their stick to make a save.
- f. The whistle is blown when the player taking the challenge and player defending it are in position.
- g. As soon as the ball carrier plays the ball, the players on the half way line are permitted to re-engage with the game, attempt to play the ball and play continues as normal.

Challenge starting positions



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Challenge – Once the ball carrier touches the ball all players can re-engage with the game and move freely



Setting up the pitch

It is recommended that when setting up the pitch, lines that are already marked are utilised wherever possible. Where lines are not marked then throw-down lines should be used. These can be put down with gaps between them to indicate where the line is. These should be used for side-lines and across the pitch to mark the line of the scoring zone.

There should be a 2 metre 'run-off' area between each pitch. If possible, a low barrier should be placed down the centre of the 'run-off' area running parallel to the side-line of the pitch. This is to stop balls running on to the adjacent pitch.

- To mark out the three pitches place and you have flood lights, place throw down markers in line with the central two flood lights as opposed to measuring out 29m.
- To mark out the scoring zones on each pitch place throw down lines in line with the edge of the 'D'.