

# Small Sided Games – Learning the Game through Involvement

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## Introduction:

Small sided games are an extension of fun games and grid games but are basically a smaller version of the full games. The benefit of small sided games includes increased involvement through plenty of ball contact, movement, skill under game pressure, and more decisions of the attacking and defensive nature. This will assist your players in having a greater appreciation of the game. The coach can always adapt these games to suit the needs of their playing group at any age level.

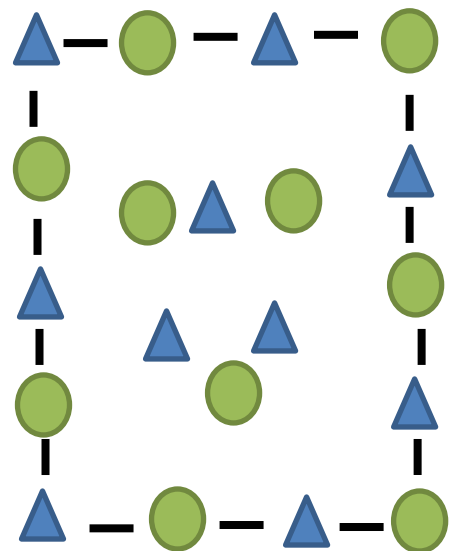
## In and out game

### Rules

- 2 teams of 10
- Point for every successful handball outside
- Team hold onto ball until turnover
- 7 on outside and 3 on inside
- 2 handballs on inside before going outside
- No tackling/token pressure/can hit ball out of hands
- Ball hits ground turnover
- Can't hold ball for more than 3 seconds

### Objective

- In close handball movement/quick hands
- Workrate/2<sup>nd</sup>, 3<sup>rd</sup> Efforts
- Working through traffic and hitting target/Decision making
- Give and get back/Give and block
- Accountability
- Going backwards out of contest
- Communication



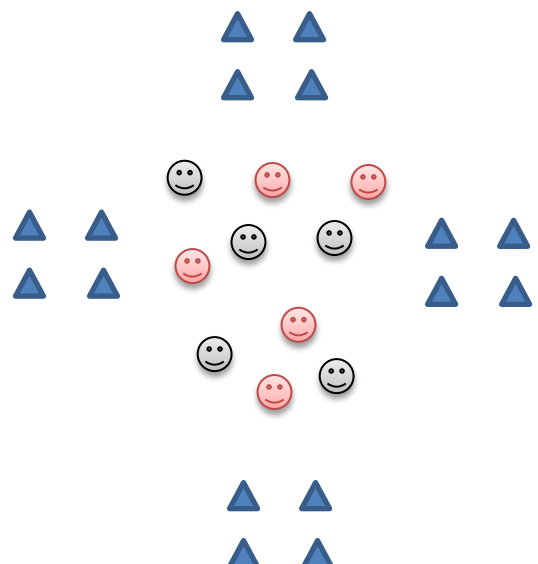
## Midfield Spreading game

### Rules

- 2 teams of 5
- Point for every successful handball inside square
- Team hold onto ball until turnover
- No tackling/token pressure/can hit ball out of hands
- Ball hits ground turnover
- Can't hold ball for more than 3 seconds

### Objective

- Spreading from a contest
- In close handball movement/quick hands



- Workrate/2<sup>nd</sup>, 3<sup>rd</sup> Efforts
- Working through traffic and hitting target/Decision making
- Give and get back/Give and block
- Accountability
- Going backwards out of contest
- Communication

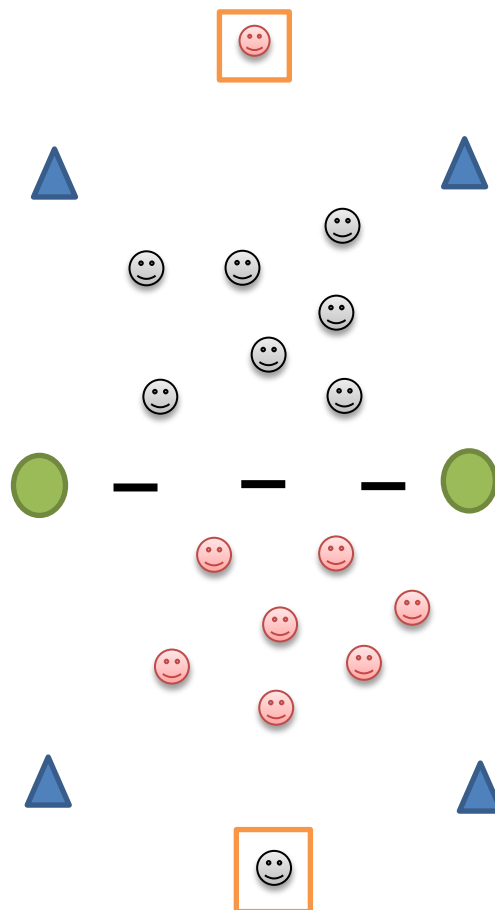
## Handball Game

### Rules

- 2 teams of 8
- Point for every successful handball that hits target without player touching the ground
- Team hold onto ball until turnover
- No tackling/token pressure/can hit ball out of hands
- Ball hits ground turnover
- Can't hold ball for more than 3 seconds
- All teams must get over half way

### Objective

- In close handball movement/quick hands
- Workrate/2<sup>nd</sup>, 3<sup>rd</sup> Efforts
- Working through traffic and hitting target/Decision making
- Give and get back/Give and block
- Accountability
- Communication



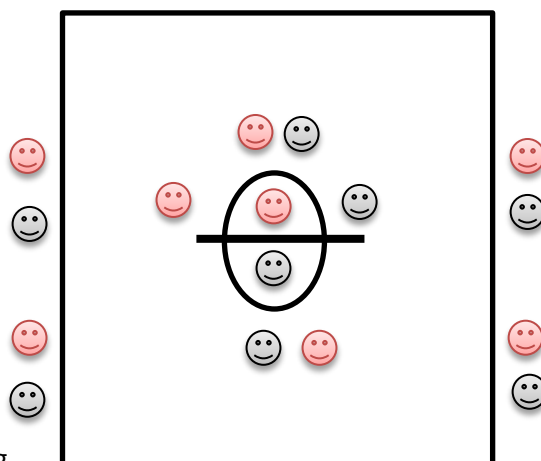
## Centre Square Clearance game

### Rules

- 2 teams of 9
- Point for every successful mark from forward
- Defending team use bump bags
- No tackling

### Objective

- Teaching centre square structure play
- Patten of play and running
- In close handball movement/quick hands
- Work rate/2<sup>nd</sup>, 3<sup>rd</sup> Efforts
- Working through traffic and hitting target/Decision making
- Communication



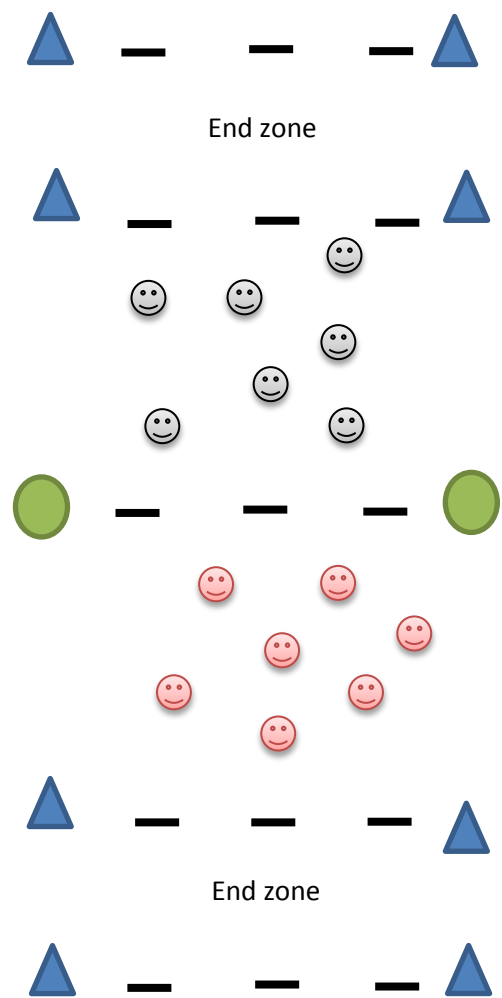
## End zone Football game

### Rules

- 2 teams of 8
- Point for every successful mark inside the end zone
- No tackling/token pressure/can hit ball out of hands/spoil
- Ball hits the ground it's a turnover
- Teams must be over half way
- One bounce only
- Normal rules
- No tackling

### Objective

- Quick movement of the ball by hand or foot
- Hitting targets/Decision making
- Breaking lines
- Opening up space/Sacrificing
- Workrate
- Give and get back/Give and block
- Accountability
- Communication



## Keepings off game

### Rules

- 2 teams of 12
- Teams who keeps ball long enough wins
- No tackling/token pressure/can hit ball out of hands/spoils
- Ball hits the ground it's a turnover
- Normal rules
- No tackling
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### Objective

- Quick movement of the ball by hand or foot
- Hitting targets/Decision making
- Breaking lines
- Opening up space/Sacrificing
- Workrate
- Give and get back/Give and block
- Accountability
- Communication

