

Small-Sided Games: Less is More! **by Gary Williamson, NTSSA State Coach**

TEN: More touches of the ball improves skill development.

REASONS: *More space, fewer numbers, less bunching. Enhanced tactical awareness. The game is less complicated and easier to understand.*

WHY: *More "fun" and personal enjoyment; due to small fields and simplified rules.*

YOUR: *More playing time. Encourages maximum individual participation.*

CHILD: *More individual involvement improves fitness.*

WILL: *More responsibility, every child has greater opportunities to score, this builds their self-esteem and confidence.*

ENJOY: *More freedom of expression; there are no positions, children will find their own position. A player can be a forward, midfielder, and defender during the course of the game. Children will migrate to areas of the field where they feel comfortable. Over time we will discover what their best position is for when they are older.*

SMALL: *More children will play. Five four-a-side fields can fit inside a full sized field. This allows for 40 youngsters to play at the same time instead of 22.*

SIDED: *More child-centered not coach controlled.*

GAMES: *More experience in all phases of the game. There is no hiding or dominant player hogging the ball. Every child has to participate in all facets of the game attack and defense. The emphasis is on **PLAYER DEVELOPMENT.***