

Optus Small Sided Football

EFFECTIVE FROM 1 JANUARY 2010



“Optus Small Sided Football will accelerate the technical development of children who start to play football and provide a more logical pathway leading up to playing 11 v 11”.

“Optus Small Sided Football is implemented for the development and enjoyment of the children. It’s their game, we as adults only need to create a stimulating and entertaining environment for them”.

Han Berger
National Technical Director, Football Federation Australia

Benefits of Optus Small-Sided Football

- more touches of the ball
- more shots on goal
- repeated decision-making experience
- the ball is in play far more often
- the emphasis is on player development rather than winning or losing
- more 1 v 1 attacking situations
- the game is easier to understand for children and parents
- freedom of expression
- less perceived stress on the players
- less perceived pressure from coaches and parents

For more information

www.smallsidedfootball.com.au

is a great website for children, parents and coaches to visit. Clubs, coaches and parents can find education resources and coaching tips specific to Optus Small Sided Football.

Children can sign up and share their favourite football photos with friends, watch Lucas Neill demonstrate football skills and drills to practice at home and be the first to know about special promotions.

