

## GAME 1: END TO END

### Why play this Game:

#### Scenario:

In your match, your players are finding it difficult to hold onto possession, you want to assist them develop the capacity to keep the ball for longer periods?

### What will this Game do?

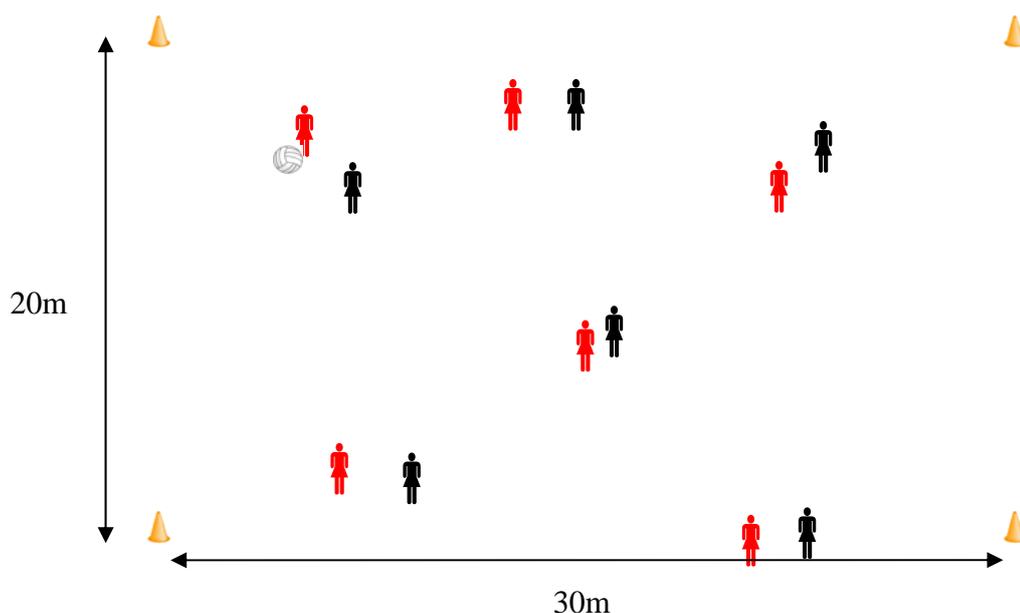
This game will:

- Increase players ability to keep possession
- Improve decision making skills
- Develop communication with your players

### What do I need to set up this Game?

- The size of the playing area should be 30m x 20m but you would be encouraged to decrease the size of the square where possible to encourage more opportunities for defender to tackle and increase decision making situations
- 1 Footballs
- 2 sets of bibs or at least one set for one team
- Markers to outline space
- Whistle

### What will pitch layout look like?



## How do you play this Game?

### Start of Play:

- Balls is thrown in from the centre between player from each team

### Rules of Play:

- Object of game is to keep possession of the ball and score the most points
- Team with ball must get to end line to score a point and then turn and attack opposite end line
- Team continues attacking until loses possession and play then changes to opposing team and they attack
- Coach can stop game at any time and highlight how the players are supporting their team mates and timing runs to ensure options are available at all times
- Coach should focus on the decision making and options taken rather the attacking play
- This should be moving at high pace

## How do you score in the Game?

- Attacking team get a point for every successful time they reach an endline

## What changes can be made to the Game?

	How can I make the Game Easier?	How can I make the Game Harder?
<b>Space</b>	Decrease space in each zone (this will ensure less distance between end lines)	Increase space in each zone (this will ensure more space to cover and better support required)
<b>Task</b>	Set time constraint on defending team – defender cannot tackle until player has ball for minimum 3 seconds  Team drops ball when score and opposition then attack	Set a time constraint – player must pass the ball within 5 seconds of receiving  Players are not allowed to solo or bounce - first time football
<b>Equipment</b>	Add another football	Place a goal at end so smaller area for players to score through
<b>People</b>	Increase number of players per team – more support available	Increase number of players per team – less support available

## What are the Common Problems to watch out for:

<b>Problem</b>	<b>Solution</b>
Lack of movement of players	First time football at all times so must be in support
Players taking wrong options and losing possession	Slow play down and allow time for decision to be made by attacking player
Players not tackling with open hand or hands	Players must not attempt tackle until clear sight with open hand or hands

Topic: *Maintaining Possession*



## GAME 1: POSSESSION ZONES

### Why play this Game:

#### Scenario:

Your team tend to lose concentration quickly and therefore give possession back to the opposition. You want to increase their concentration levels to keep the ball.

### What will this Game do?

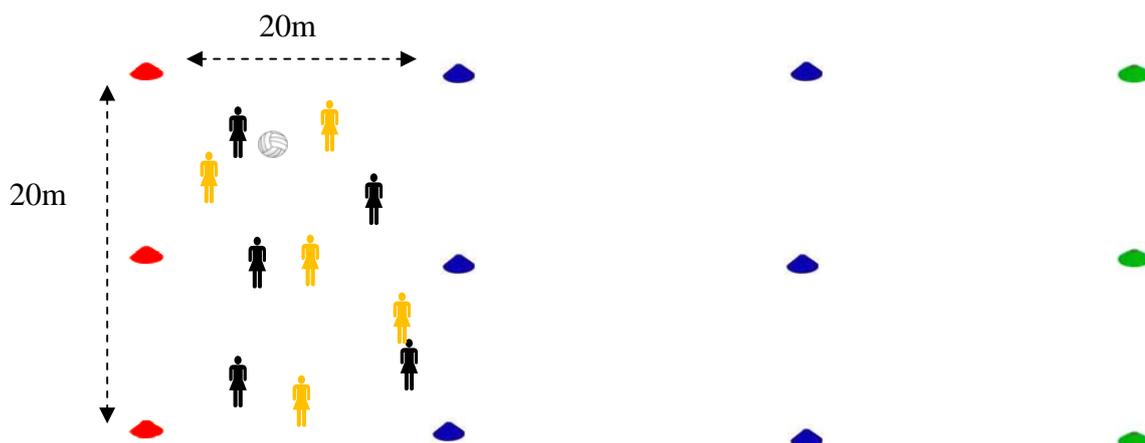
This game will:

- Assist your players to keep possession
- Develop ability of attackers create space and increase support play
- Improve accuracy of passing
- Increase communication throughout your team

### What do I need to set up this Game?

- 1 Football
- Cones to mark zones
- Whistle

### What will pitch layout look like?



## How do you play this Game?

### Start of Play:

- Coach throws ball up in first zone between player from each team

### Rules of Play:

- Players are divided into two teams and begin in first zone
- Normal Ladies football rules apply except the team that wins possession must make 5 consecutive passes to score in that zone
- Once a team has completed 5 passes they move into the next zone and try to complete 5 passes again
- The first team to complete 5 passes in the three zones wins

## How do you score in the Game?

- Team must get 5 consecutive passes in all three zones

## What changes can be made to the Game?

	<b>How can I make the Game Easier?</b>	<b>How can I make the Game Harder?</b>
<b>Space</b>	Increase size of square so more space for players	Decrease size of square so more difficult to make pass
<b>Task</b>	Decrease number of consecutive passes per zone	Increase number of consecutive passes per zone
<b>Equipment</b>	When team drops football they can pick up and continue attack	Add goal posts/poles/cones to end and attacker must fist over point at end of passes
<b>People</b>	Increase number of players per team	Decrease number of players per team

## What are the Common Problems to watch out for:

<b>Problem</b>	<b>Solution</b>
Open hand (s) tackle	Stop play if proper tackle not being utilised – demonstrate - restart
Players not communicating	Player must call name of player passing the ball too or possession turned over
Players holding onto possession too long	Put a time limit on player for keeping possession (eg) must pass ball after 3 seconds