

MAXIMISING SPACE

WHY PLAY THESE GAMES:

Scenario:

Using the width of a pitch and available space during a game is a useful tactical and decision making skill in Ladies Football. It is common that players can be too 'blinkered' when moving towards the opposition goal. They are so focused on scoring they are overly fixated with moving towards goal and forget that using the full width of the pitch or moving the ball in various directions can create a multitude of attacking options that are very difficult to defend.

Ideally we want players to be able to play with their 'heads up'. We want them to analyse the movement in front of them and make good decisions on the ball; do they pass a ball just because a player makes a run or do they deliver the ball into the space that player created?

GAME 1:

What will this Game do?

This game will:

- Improve maximising space
- Increase communication throughout your team
- Improve timing of the pass
- Improve decision making
- Improve support play

What do I need to set up this Game?

- The size of the playing area should be approx.
- Inside Box 20m x 20m & Outside Box 40m x 40m
- 1 Football min – have other footballs near the coach to ensure game flows
- Bibs
- Cones to mark the two squares
- Whistle

WHAT WILL PITCH LAYOUT LOOK LIKE? (SEE RIGHT)

How do you play this Game?

Start of Play:

- Play starts with both teams inside the small square
- Coach gives the ball to one team to start the game and they remain in possession until duration of activity

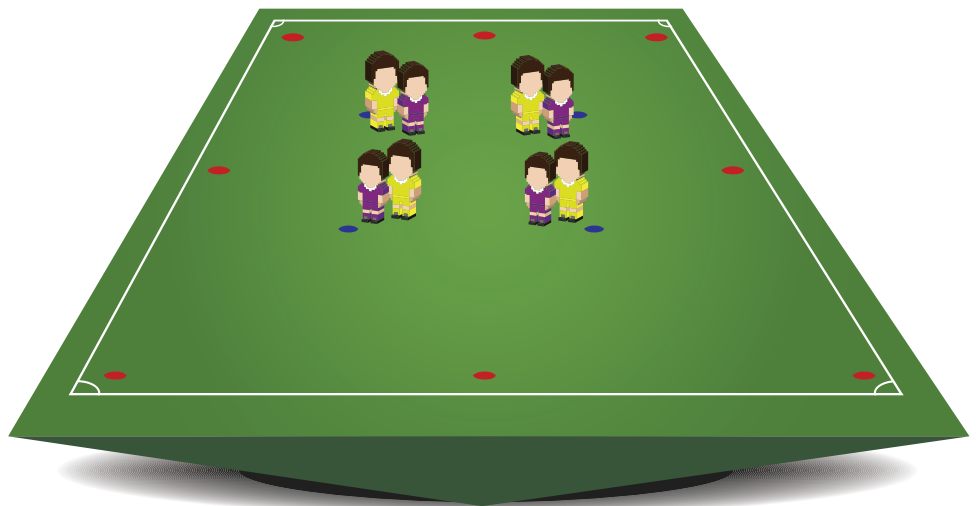
Rules of Play:

- Only one play of the ball allowed i.e. one hop or one solo
- Phase one of play - The team with the ball must keep possession for 15 seconds inside the small square
- If team loses possession then ball is given back to them but is counted as one possession lost

- Phase two of play - When 15 seconds has lapsed, the coach blows the whistle and the team in possession must vacate the small square and utilise the space in the outer area with aim to holding onto possession for a further 30 seconds.
- When complete, rest for 45 seconds and repeat but this time possession is given to the opposite team
- Conduct this activity max. four times each with adequate recovery in between each game

How do you score in the Game?

- Teams who lose possession the least amount of times wins the game



What changes can be made to the Game?

	How can I make the Game Easier?	How can I make the Game Harder?
Space	Increase the size of playing area so more space for players to run into	Decrease the playing area so less space for players to run into
Task	No limit on number of plays a players can carry out when on the ball	No plays of the ball, must move the ball within four steps
Players	Team on the ball have an extra player	Team not in possession have an extra player

Problem	Solution
Team too slow to move the ball	Remove solo and bounce to ensure all first time play
'Lack of movement of players to create space'	Players must be moving when receive ball and also to get into space to look for a pass Sometimes a player may make a run but does not receive the ball but in turn has drawn a defender to create extra space for their teammate
Lack of composure on the ball	Important players do not panic on the ball, utilise whatever advantage they have i.e. four steps and then make right decision based on movement provided by their team mates

GAME 2:

What do I need to set up this Game?

- The size of the initial playing area should be approx. 20m x 15m in front of the goals. No limit to playing area when move outside same for phase two of the activity
- 1 Footballs min
- 1 Goal
- Bibs
- Cones to mark out the area
- Whistle
- 1 goalkeeper

WHAT WILL PITCH LAYOUT LOOK LIKE? (SEE RIGHT)

How do you play this Game?

Start of Play:

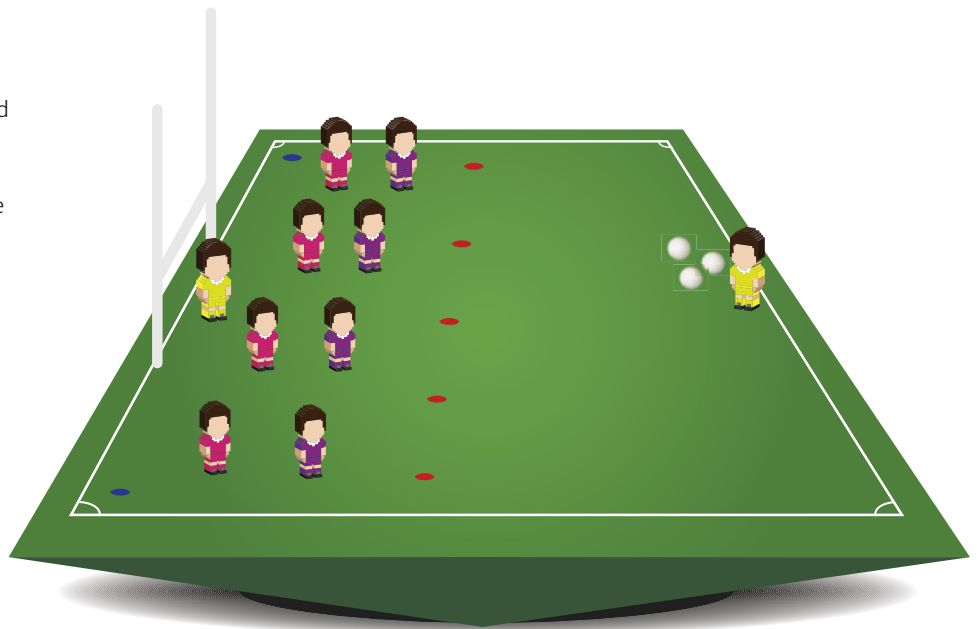
- Two teams (4v4, 5v5 or 6v6), commence the activity in the small square marked in front of the goals

Rules of Play:

- Phase one of play - For 10 seconds, the defenders must try stay with their marker (forward) within the area marked out by the coach in front of the goals
- Phase two of play - On the coaches' whistle, the forwards inside the small square must lose their marker and run into space.
- The coach plays the ball to an attacker who is free
- The attacking team has 30 seconds to score
- If the attacking team is dispossessed within this timeframe then attacking team continues to try to turn over the ball and score within the remaining time allocated.

How do you score in the Game?

- Attacking team must score v number of times defending team dispossesses players



What changes can be made to the Game?

	How can I make the Game Easier?	How can I make the Game Harder?
Space	Decrease playing area	Increase playing area (this will increase the pace of the game)
Task	Players are allowed to solo/hop the ball once More time allocated to score	No play of the ball Less time allocated to score
People	Less players per team or extra attacking player	Extra defender

What are the Common Problems to watch out for:

Problem	Solution
Lack of movement of players	Players must be moving when receive ball and also to get into space to look for a pass
No support for player in possession	Important that players all over pitch are looking to receive the ball to give options to the player in possession
Team too slow to attack	Remove solo and bounce to ensure all first time play
Lack of composure at vital time – kicking for a score	Ensure you have select right time to execute the score and do not delay