

Ideas for one sided games

We have noticed there have been high scores recorded for some Junior games. The League's view is that coaches should use ways to limit the scoring and improve their girls' development in one sided games. In our Junior section goal difference does not count at all and in the Mini section no results are recorded so there is no benefit gained by scoring as many goals as possible – there are other ways to look at this.

Some coaches use these ideas to improve the game:

Give fringe players more time on the pitch

Change player positions

Play 3, 2 or 1 touch football

Make 5, 7 or 9 passes before player shoots

Activate retreat line for opposition to play out

Every player touches the ball before a shot/start again if opposition touches the ball

Can only score with a header or with weaker foot

No players allowed in the opposition box

Reduce your number of players

These ideas should be tried during a game when your team is winning comfortably. Teams can go back to normal play if the opposition get back into the game. While there is a large difference in the score you should try these as it will improve the match for everyone and get your players thinking.

Please remember in a one sided match half of the girls on the pitch are no longer having fun and the other half are no longer learning which ends up being of no benefit to anyone.