

73 EXTRA PLAYERS GAME

Purpose: Teach the players to adapt to playing when their team is advantaged or disadvantaged.

ORGANISATION

- ▶ 24-36 players (2 teams of 12-18).
- ▶ "Normal" football rules apply, but the amount of body contact is to be established before the game.
- ▶ When one team scores a goal, the goal-kicker transfers to the other team, e.g. 15 v 15 becomes 16 v 14. This continues for every goal.
- ▶ Obviously if the team with more players scores the next goal, that goalkicker transfers and balances the numbers back to 15 v 15.
- ▶ The winner is the team that is leading at the end of the game.

COACHING POINTS

- a. The team with the extra player(s) should experiment with that player's positioning, e.g. as a sweeper loose behind the play or linking up in the midfield.
- b. The team with the lesser numbers should explore different methods of countering the other team's advantage, e.g. pushing many players behind the ball, or tagging the loose player with one of its own players who is being closely played.
- c. The challenge for the disadvantaged team is to find a way to score to get back in the game.
- d. Consider playing for 10 minutes, have a break and a group discussion, then play another 10 minutes.

