

78 LOOSE PLAYER GAME No. 1

Purpose: To teach a loose player how to influence a match.

ORGANISATION

- ▶ 24-36 players (2 teams of 12-18).
- ▶ The Black team starts with the ball at the half-back line and then attempts to score a goal using normal football rules.
- ▶ If the Black team scores a goal it keeps possession and start play again from half-back.
- ▶ If the Black team loses possession or kicks a behind, then the White team starts a goal attempt from the half-back line.
- ▶ The extra loose player on the Black team leaves the field and is replaced by an extra White player.
- ▶ Winner is the team with more goals after a certain time.

COACHING POINTS

- a. The coach can work with the loose player to help the player identify the important cues and what decisions to make and actions to take.
- b. This game may help the coach decide which players are efficient in this role, or who needs more practice to improve.
- c. There is valuable experience for the defending team to organise itself against a loose player.

