

GAME COMPONENT

Coach Flexibility & Intent

This section is intentionally flexible. Coaches have full freedom to design and adjust the game in a way that best suits their players. The purpose of this block is not to micromanage structure, but to allow players to play, explore, and enjoy the game. The emphasis is on game realism, engagement, and learning through play. Keep coaching minimal, allow flow, and let the game be the teacher.

Duration

Game block should run for approximately 25 minutes or longer if training time allows. Coaches may break the game into shorter blocks if needed to maintain engagement and intensity.

Set Up

- Area size determined by coach discretion based on numbers and age group.
- Small goals, multiple goals, or line goals depending on equipment availability.
- Divide players evenly into teams. Mix skill levels - extra player to less developed team.
- Avoid having substitutes if possible
- Coach may adjust pitch size, goals, numbers, and format at any time.

How It Works

- Free play game simulation.
- Allow players to problem solve and make decisions.
- Encourage ball sharing and teamwork.
- Rotate players/swap players between teams regularly to maximise involvement.
- Coach observes more than instructs.
- Emphasis on fun, engagement, and learning through play.

Optional Game Conditions

- Minimum number of passes before scoring.
- Bonus point for team goals involving multiple players.

- Score only with weaker foot.
- Multiple small goals instead of one central goal.
- Directional or non-directional game.
- Add neutral player if numbers are uneven.
- Limit number of touches (e.g., 3-touch or 2-touch only).

Progressions & Adjustments

- Reduce space to increase pressure.
- Increase space to allow more success.
- Add extra goals for more scoring opportunities.
- Rotate goalkeepers frequently.