

Game Sense

Training Players to Think!



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Game Sense – Training Players to Think!

- Game Sense is an approach to coaching and teaching which uses games as a learning tool to:
 - increase motivation - people love to play games!
 - develop tactical and strategic thinking
 - develop game - paced skills
- Game Sense sees the coach as a facilitator and not a “direction giver”.
- Coaches need to develop the art of teasing out the correct outcome with well timed and worded communication
- Coaches need to design games that produced the desired outcome through experiential learning.

Traditional Session	Game Sense
<ul style="list-style-type: none">○ Warm up○ Technique drills○ Skill learning○ Skill drills○ Game drills/learning○ Cool down	<ul style="list-style-type: none">○ Warm up○ Game○ Questions/Challenges○ Return to Game○ Questions/Challenges○ Extension of the game○ repeat above cycle○ cool down

- With Game Sense, technique is modified individually during game situation and not in group drill scenarios
- Factors to consider:
 - Change needs to improve skill in game context
 - Time involved
 - Player confidence

Modification for Exaggeration

- The coach creates the game, rules, modifications or extensions to exaggerate or emphasise particular tactical aspects:
 - playing area size
 - scoring areas
 - equipment used
 - number of possessions used
 - number of players etc.

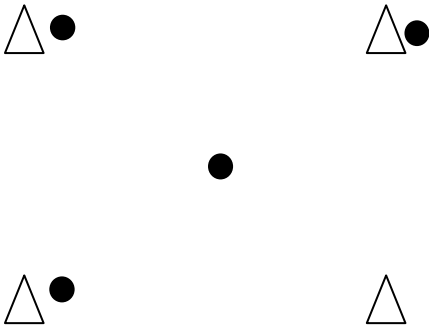
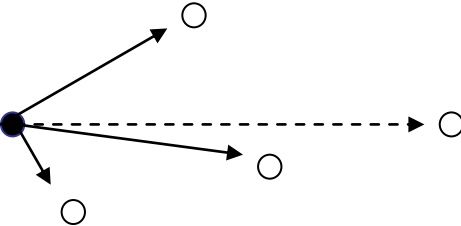
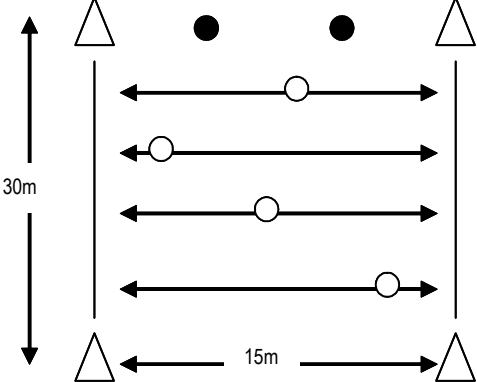
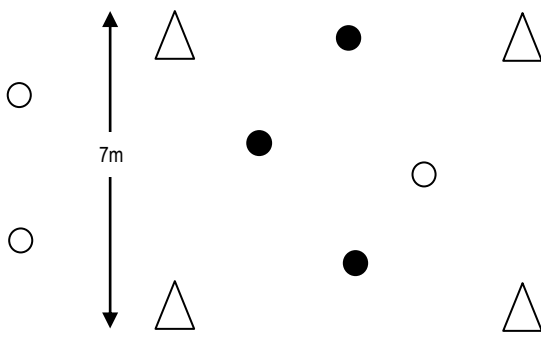
Developing Games

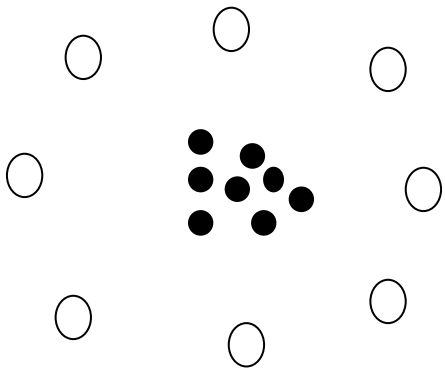
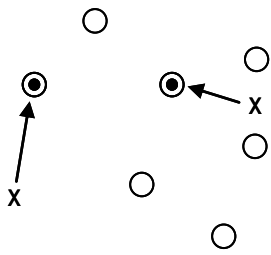
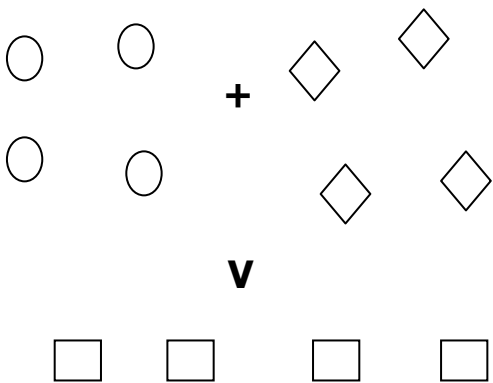
- Ask yourself:
 - What are the skills/tactics I want to emphasise?
 - What will the main challenge/problem be?
 - What are the rules/boundaries?
 - What are some of the key questions you will ask?
 - How can you extend the game?
 - How can you include all participants?

Asking Questions

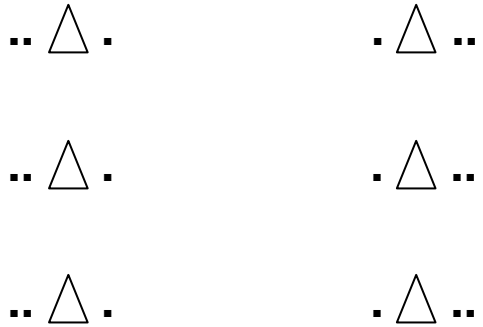
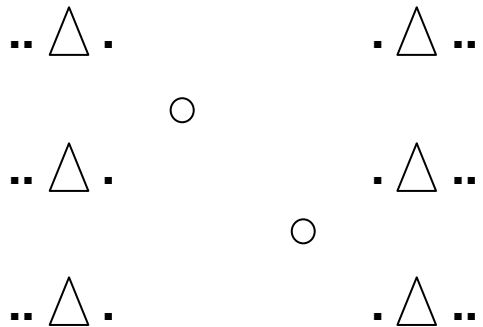
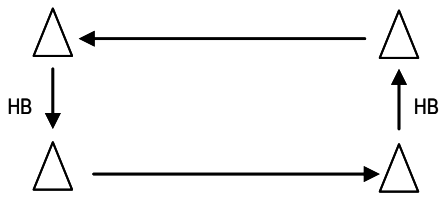
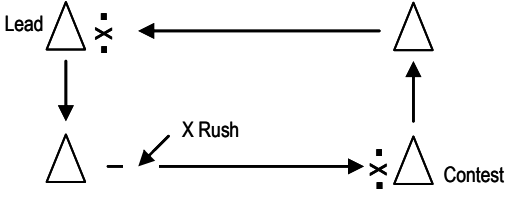
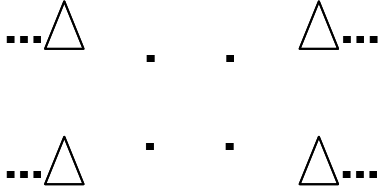
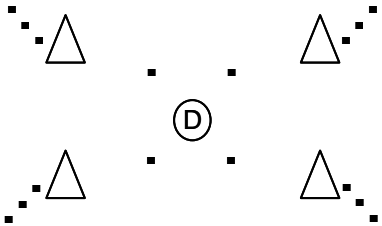
- Questions will generally relate to a particular aspect of the game.
- Questions can relate to tactics as follows:
 - Timing: When will you..?
 - Space: Where is..?
 - Risk: Which option..?

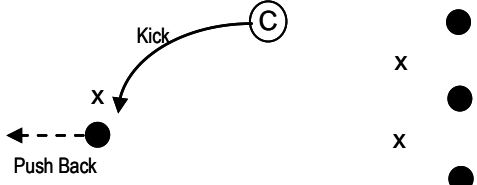
Warm Up Activities

<p>Spare Cone</p> <p>Handball under pressure Handball the lengths not diagonal Opposition in the middle One spare cone Handball to best option Use the spare cone</p>	
<p>Fan Disposal</p> <p>Player at the front 2/3 balls 4 - 5 players feed ball in 30 - 40 sec then swap</p> <p>—→ Handball - - - → Kick</p>	
<p>Cross the River</p> <p>Pairs aim to take ball from one riverbank to the other Four taggers need to be negotiated Taggers can only move in a line across the grid</p>	
<p>Defender In</p> <p>Handball between the three players. Keep adding defenders one by one Looking for:</p> <ul style="list-style-type: none"> • move to space from receiver • defensive strategy • assisting player with ball 	

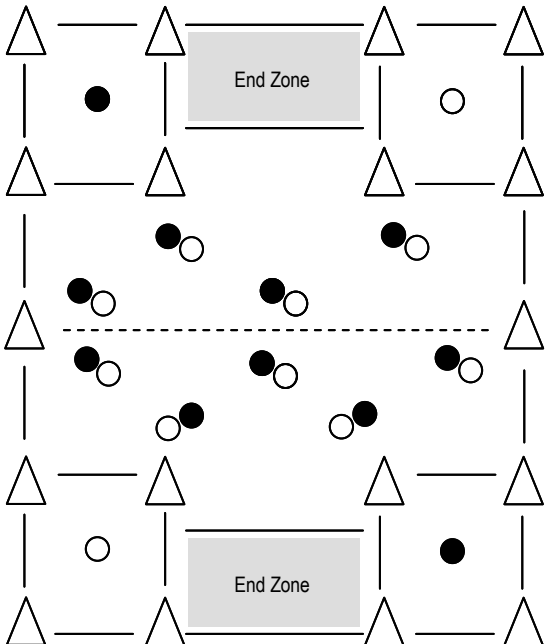
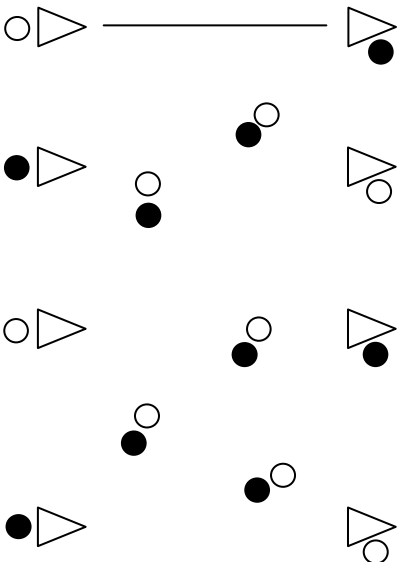
<p>Socceroos</p> <p>Divide players into two groups – inner circle and outer circle</p> <p>Outer circle players have football each and handball to the inner circle players who then handball back to the outer circle player</p> <p>Inner circle player then changes direction and calls for a ball from another player etc</p> <p>Work for 30 seconds collecting as many possessions as possible</p> <p>Variation:</p> <ul style="list-style-type: none"> • Ground level balls • Kicking • Run and bounce • Bump bag 	
<p>Kick Tally</p> <p>Game played in pairs</p> <p>Ball kicked to partner who is standing in the hoop</p> <p>Kicker then moves to a free hoop to receive the next kick etc Must step out of hoop to kick the next ball to free up that hoop for another pair</p> <p>Aim to get as many successful kicks in 30 sec</p> <p>Only count kicks that are received in the hoop and marked successfully</p> <p>Not interfere with another player who is set to kick for goal</p>	
<p>Pressure Kick</p> <p>Game played with 4 + 4 versus 4</p> <p>Divide players into 3 teams of four</p> <p>Pair two teams together to make 8 v 4</p> <p>The combined teams of 4 must retain possession, while the remaining team of four attempts to intercept</p> <p>Award 1 point for every 10 successful kicks.</p> <p>If the ball is intercepted/hits the ground the team of the player that played the intercepted ball replaces the chasing team</p>	

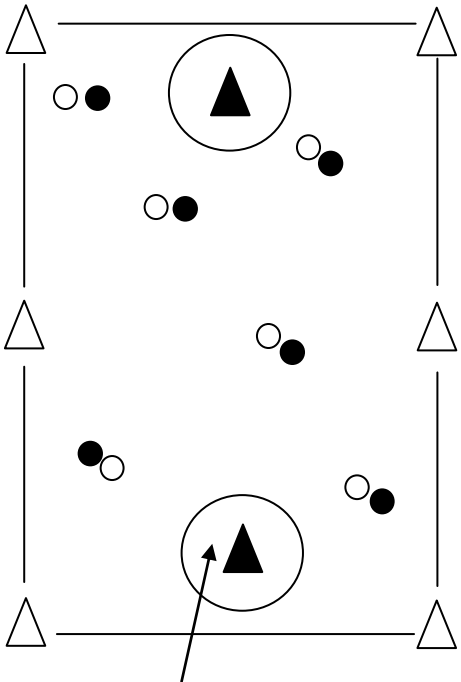
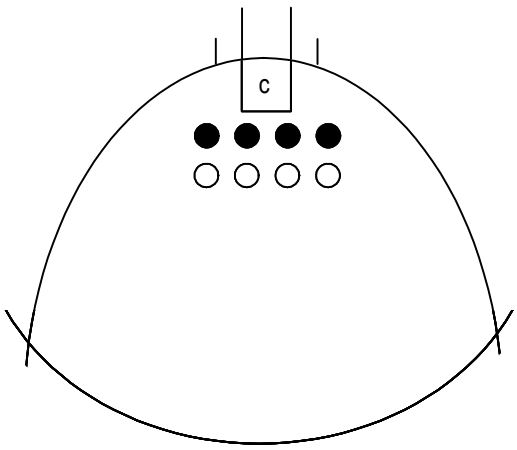
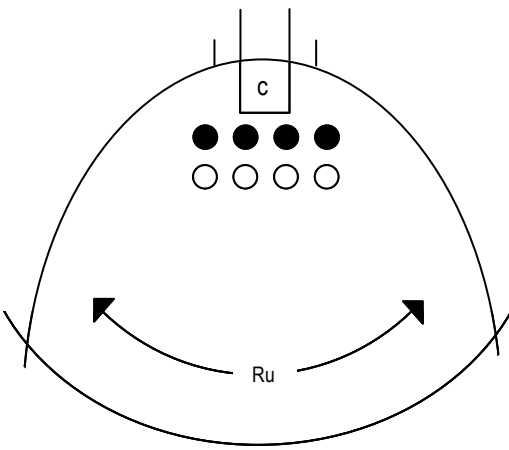
Converting Drills into Decision Making Drills

3 man Weave	
<p>Starts centre player Handball to the sides Run behind player you handball to and push up for the next handball</p>	
<p>Add defenders What do players do after a handball? Release ball early? Draw opponent? How to defend when out numbered?</p>	
Kick Length, Handball the Width	
<p>Individual, pairs, threes etc Follow up the kick Run and receive handball</p>	
<p>2 on 1 marking, 2 on 1 leading Rush the kicker How can you use body to protect team mate in marking contest? Rules? When to lead? Assist team mate for a clear lead?</p>	
One In, All In	
<p>Initiative drill Four players in the square - handball</p>	
<p>Add defender – token pressure Bump bag</p>	

Kick to Lead	
Coach kick to marking contest Push back off mark Select best option 2 on 3 situation	
How can you use body to protect team mate in marking contest? Rules? When to lead? Assist team mate for a clear lead?	

Game Sense Games

Go for Goal	
Football rules – kick, mark and handball Equal numbers Possession must attack longest goal No defender in the scoring square Scoring zones Kick into square = 3 points HB into square = 2 points K/HB into end zone = 1 point Out of Bounds – last touch opposition gets the ball and attack the longest goal.	
Handball Release and Replace	
Use handball to keep possession – “keepings off” Players on the side – release and replace Count the possessions Turnover other team in possession	

<h2>Defend the Cone</h2> <p>Starts middle court with attacking team progressing towards their cone.</p> <p>Four steps then bounce or handball</p> <p>Aim is to handball and hit the cone</p> <p>No player in the zone around the cone</p> <p>Defenders gain possession they become attackers</p>	
<h2>Run from Defence</h2> <p>Players line up in the goal square opposite each other</p> <p>Coach has possession of the ball – mark in the goal square</p> <p>Defenders ● break to make position, forwards ○ cover opponents</p> <p>Coach picks best option.</p> <p>Defenders to keep possession and take ball over 50 m line</p>	
<p>Add ruckman playing a kick behind the play</p>	

Handskills

Aim to improve decision making in small spaces, defensive decision making and positioning of the receiver

The attacking team score when one of their players receives a handball in a hoop

Rules:

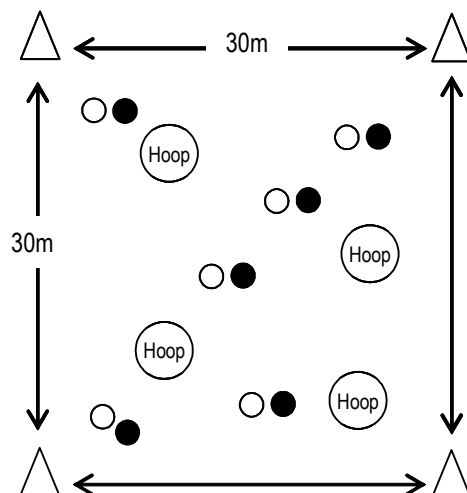
- 5 per side
- No tackling
- No players are to start in the hoop
- Run with ball for 3 metres
- Attacking side lose possession if they stand in the hoop for more than 3 sec
- After scoring other side have possession or when the ball hits the ground

Variation:

Uneven teams

Increase/decrease number of hoops

Number of possessions before scoring



Goal King

Aim to deliver ball to your primary goal scorer
Goal can only be scored from the hot spot area

Only the goal king and defender can be in the hot spot area

Team to keep possession for 5 passes (kick) not hit ground

Ball can be handballed to keep possession

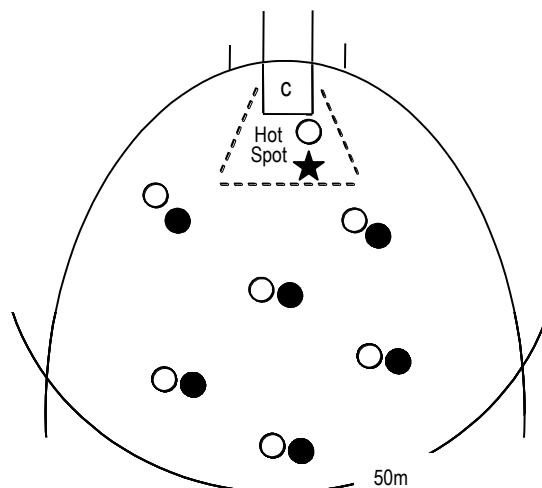
Once ball has been passed 5 times it can then passed to the goal king in the hot spot area.

Scoring:

5 passes = 1 point

Goal = 6 points

Behind = 1 point



Long Ball

Rectangular area with Two teams – kicking and fielding

Fielding team has a catcher, long base fielder

Kicking team must kick ball on full over 20 m arc and run to the Long Base.

May remain on Long Base for as long as you like with any number of players on the Long Base

Once player has passed the line of no return must continue to home base. Only run once ball has been kicked.

Kicker out if :

- Ball is marked
- Tagged by handball off base
- Steals home
- Reaches base after ball is received by baseman/catcher

