

HELPFUL GUIDELINES TO PREVENT "BLOW-OUT" GAMES

Listed below are a small number of the many ways of "holding down" the score when playing an "inferior" opponent in youth soccer.

1. First thing you do is take your "striking" players (goal scorers) off the field, or give them "defensive" only assignments.
2. You only "allow" the remaining players on the field to score with their "weak" foot.
3. You only "allow" a player to score after a number of "passes" have been completed 3,4,5,etc.
4. You only allow a player to "score" off a "headed" ball.
5. You only allow a player to "score" with their "weak" foot from outside the penalty area.
6. You reduce the number of players that you have on the field to 10,9,etc.
7. You only allow the players to perform "drills" on the field, (wall passes, over-laps, diagonal runs, etc, but NO scoring)
8. You only allow you team to bring the ball into the attacking penalty area with a "lofted" ball to a teammate, with their "weak" foot, and the teammate is not allowed to score except with his/her "weak" foot or a "header".
9. Only allow your team to score on a "header" from a "corner kick", (the remainder of the time they run "drills" on the field and "work" towards "obtaining" the "corner kick" by the other team's errors.
10. I have seen coach's only allow their players to score off a "back heeled" kick with the "weak" foot before.

I have coached strong teams before and have used all the above concepts except number 10 (I never saw it used until after I retired as a coach, or thought of it myself).

A good coach can use the above referenced tactics in a "tactful" manner that will not "embarrass" the opposing team. (You do not yell the instructions to you team loud as you can yell, you make some substitutions, and have the substitutes carry out your "message" to the other players. All the above tactics will give your team some good "training" as well during the game. Unless there is a penalty for doing so (tournament rules, etc.) I would also always try to allow the other team to score at LEAST one goal and usually two if possible, this takes more effort to communicate to your players, then "holding down" the goals scored. You can make it extremely difficult for your team to score goals, but it is much more difficult to ask skilled players to "allow" an opponent to score, and for them to accomplish that without the other team being aware of what your tactic is.

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