

## HOW I DEAL WITH BLOW-OUTS

Some observations into factors which contribute to a blow-out:

- Players arrive tired from playing another sport or soccer game
- Team is short players
- Team is collectively less skilled than the other team
- There is a noticeable age and size difference between the teams... something seen when U11 and U12 teams are placed together
- Psychological and Physiological fatigue
- Weather affects children in different ways. Example: A team playing without subs will be affected by extreme heat and/or humidity.

As soon as a team opens up a 3 or 4 goal lead:

- 1- Approach opposing coach and discuss the possibility of mixing up teams. Discuss options with Referee
- 2- Pull back your team to behind the half-way line, meaning, ask them not to press high, thereby allowing the weaker team a chance to dribble out and pass the half-way line
- 3- Take your strongest players and make them defenders, put your less technically adept players as “strikers” and “mid-fielders”
- 4- Designate a “secret scorer”, usually the weakest 2 players and only they can score
- 5- Have your players make at least 10-20 passes before your “Secret scorer” can take a shot on goal
- 6- Play a player down if the referee and opposing coach allows it
- 7- Play a player or two up if referee and opposing coach allows it

### Notes:

- If you have previously played this weaker team before, make the proper changes before the game starts.
- For example: start your weaker players, stronger players play defense or goalkeeper.
- Idea: Speak to opposing coach and maybe mix-up teams.
- An astute coach can tell within 5-10 minutes if they have the stronger team
- Discuss with your team how they will handle lopsided games... manage their expectations and their reactions.