

Ways to even out a game

Reasoning

We have all been on the back of a big loss, they aren't fun and can turn sport into something people look forward to into something they'd rather not do, particularly if it's their first experience. We are not saying there doesn't need to be winners and losers, its knowing when to take the foot off the pedal and start to work on things that benefits both sides of the ball.

Benefits

- Improves quality of game.
- The team that is up is challenged, they learn how to play as a team, and they learn how they have a role to play in making our sport enjoyable.
- The team that is down can improve their skills and feel like they are achieving something.

How to do it

- **Playing zone**
 - o Defence comes back in a deep "drop/zone"
 - o Benefits:
 - Defending team practices covering the counterattack
 - Defending team practices blocking skills
 - Attacking team gets into a position where they can pass the ball and shoot with reduced pressure
- **Adding/subtracting players**
 - o The team that is down has the opportunity to add some additional player/s to help slow down the scoring.
 - o If there are no additional players, the stronger team could reduce players. Not the best situation but may be an option.
 - o Benefits:
 - Team that is down always has 1 person free
 - Team that is down has an extra defender that can help cover the counterattack
 - Team that is up has a harder time scoring with more defenders to get through.
- **Mixing up teams**
 - o Teams can mix each other up
 - o Benefits:
 - Barriers are broken down between the teams
 - Experienced players can lead newer players in the water – direct them where to go, give them good passes
 - Stronger players can mark up on each other, opening up beginner players

It's not a one option fixes all situation, communicate with the other coach to find a solution. Having a conversation pre-game or at half-time can often resolve any issues.