

LYSA Methods of Balancing Play

1. Narrow goal flags to make goal smaller (U6 & U8).
2. Move strong player to a defense position.
3. Limit strong player to own half of field.
4. Allow trailing team to add more players on the field.
5. Require players on winning team to use weak foot to strike.
6. Winning team designates a weak player to be the sole striker.
7. Mix up teams; trading players from winning team to trailing team.
8. Reduce the number of front line players on winning team and limit remaining players to own half of field.
9. Require players on winning team to make two/three passes before striking.
10. Require players on winning team to only shoot from corner kicks earned.
11. Require players on winning team to only shoot with headers from corner kicks earned.
12. Once ball crosses half-line, require all front line players to touch ball before striking.
13. Winning team has to make strikes outside of goal box.
14. Winning team has to make strikes outside of penalty area.
15. After an unsuccessful shot on goal, require winning team to dribble ball back to mid-field line and then advance the ball again.
16. If you have additional ideas on balancing play, please tell us.