Advantages to the Short-Sided Game

In studies where statistics have been gathered for soccer and basketball, noticeable improvement have been made by developmental leagues.

Motor skill improvement with timed actions and reactions have improved.

In soccer, 4 vs. 4 games showed that players got 40-45% more passes and shots than in 8 vs. 8 games. In 6 vs. 6 these numbers were 25-35% higher than in 8 vs. 8. Also the short-sided games improved team reaction that aids in defensive reaction and becomes more noticeable in the 8 v 8 games. In 3 vs. 3 basketball games statistics showed 25-33% more (than in 5 vs. 5) touches for the players. These numbers stayed relevant for passes and shots by the offenses.

Spatial awareness and basketball IQ improved.

Defensive reaction increased.

Court vision improved; court vision became not just about sight, but insight.

In studies on basketball, football, baseball, and soccer, researchers maintain that 40 hours are needed to go from beginner to remedial to competent.

With that said, in youth sports through junior high, it makes sense to play short-sided games to:

1. Give players the needed repetitions

2. Develop game awareness

3. Help in the maturation process

4. Promote fun and love of the game.

With more repetitions, we are hoping to make the game more fun so the players will work on their own and/or with friends allowing them to have fun and use their imaginations.

To quote one of my many mentors," One won't do in a game what they won't try in practice."

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