The background of the slide features a dark, atmospheric view of a stadium at night. Two large, multi-lamp floodlight towers are visible, their lights glowing brightly against the dark sky. The stadium seating and structure are faintly visible in the shadows.

**Game Based Approach (GBA):  
Using the End Zone Game (EZG)**  
as a small sided football or soccer game that focuses  
on passing, control and moving for attackers; pressing and delay for defenders

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***This presentation is based on Chapter 13 “Strategies for teaching and coaching territory  
games - “The End Zone Game” in “Tactical Decision-Making in Sport: How coaches can  
help athletes to make better in-game decisions”, Routledge UK, 2020.***

# End Zone Games: Game-Based Learning Progression

## Approach

### Game-Based Approach (GBA)

- Focus on decision-making in real game play
- Skills taught **in context, when needed**

### Play First

- Start with gameplay, not drills
- Learn through experience

## End Zone Game 1

### Introduction to EZG1

- Learn field, rules, and structure
- Objective: score in End Zone (*no dribbling*)

### Core Skills Used

- Attack: control, passing, movement
- Defend: tackling, pressing, delaying

## Learning Process

### Reflect & Solve

- Identify challenges as a group
- Discuss and apply solutions

### If Game Breaks Down

- Diagnose issue
- Practice skill → return to game

### Progression

- Master each level before advancing
- Final stage: **half-pitch game (attack vs defence)**

# Fig. 1 End Zone Game (EZG) Basic Set up

**Set up:** Explain the set up.

**Teams:** 5 v 5 called X and O.

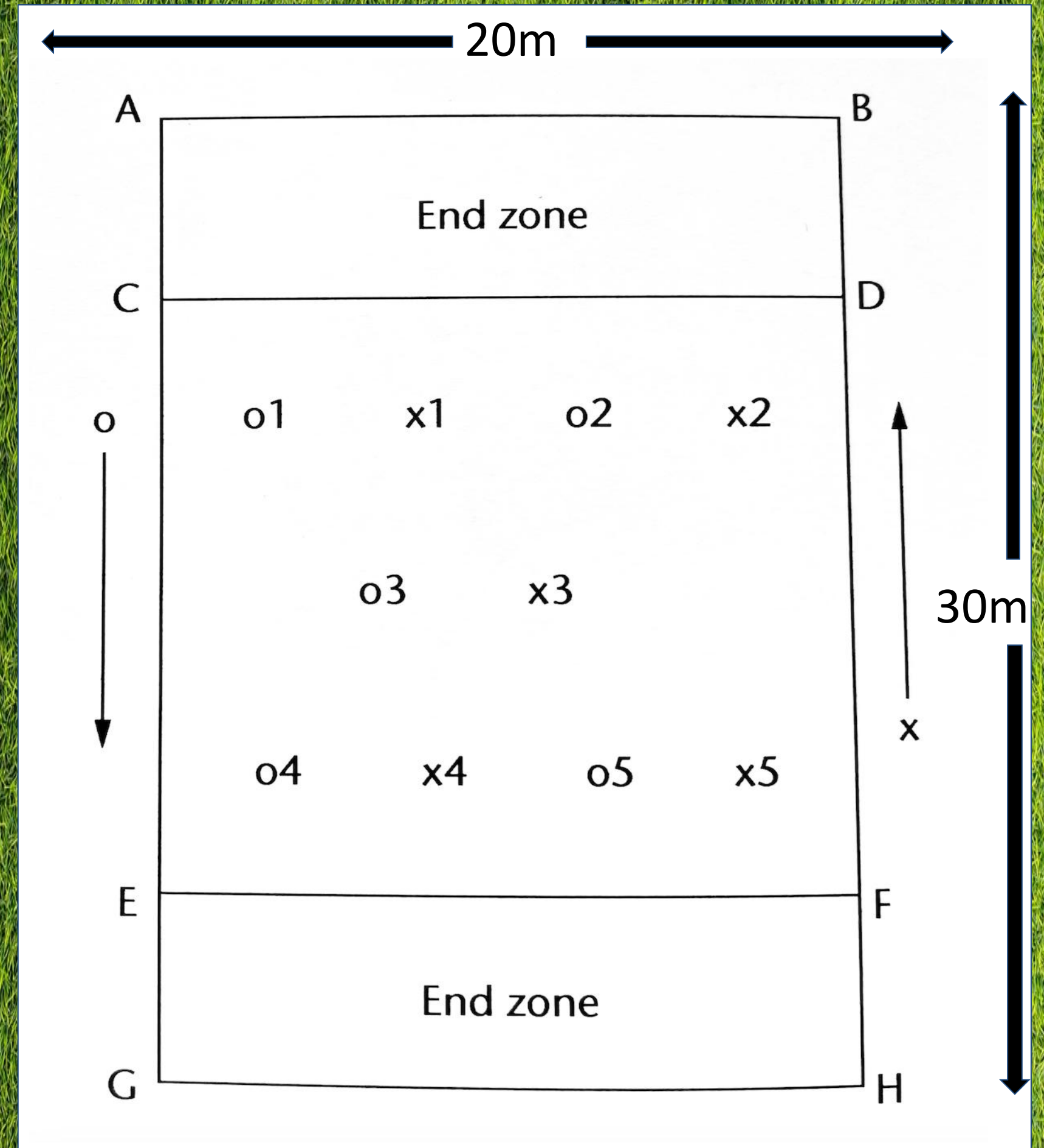
**Purpose:** Team X tries to advance the ball and pass the ball into their attacking EZ (ABCD). Team O tries to stop them, recover possession and advance the ball into their EZ (EFGH) to score a goal.

## Rules:

- 1) No dribbling. No offside.
- 2) If the ball goes out of play (over the sideline) opposing team passes the ball into play.
- 3) Ball must be kept under **head height** and no heading.
- 4) Play is continuous
- 5) The game lasts 10 -15 minutes.

**Coach instructions: None!** Just let them play and find out what the challenges are!

**Coach Q and A.** Coach asks "What was the score? What were the challenges? Was it difficult or hard to score a goal? Why do you think that was?"



## Fig. 2 EZG Attacker on the line

**Teams:** 5 v 5 called X and O.

**Purpose:** Team X tries to pass the ball to a Designated player who must stay on EZ line CD. The Designated player can move along the line but must control the ball on the line to score. Team O tries to stop them, recover possession and advance the ball to their Designated player who is on the line EF.

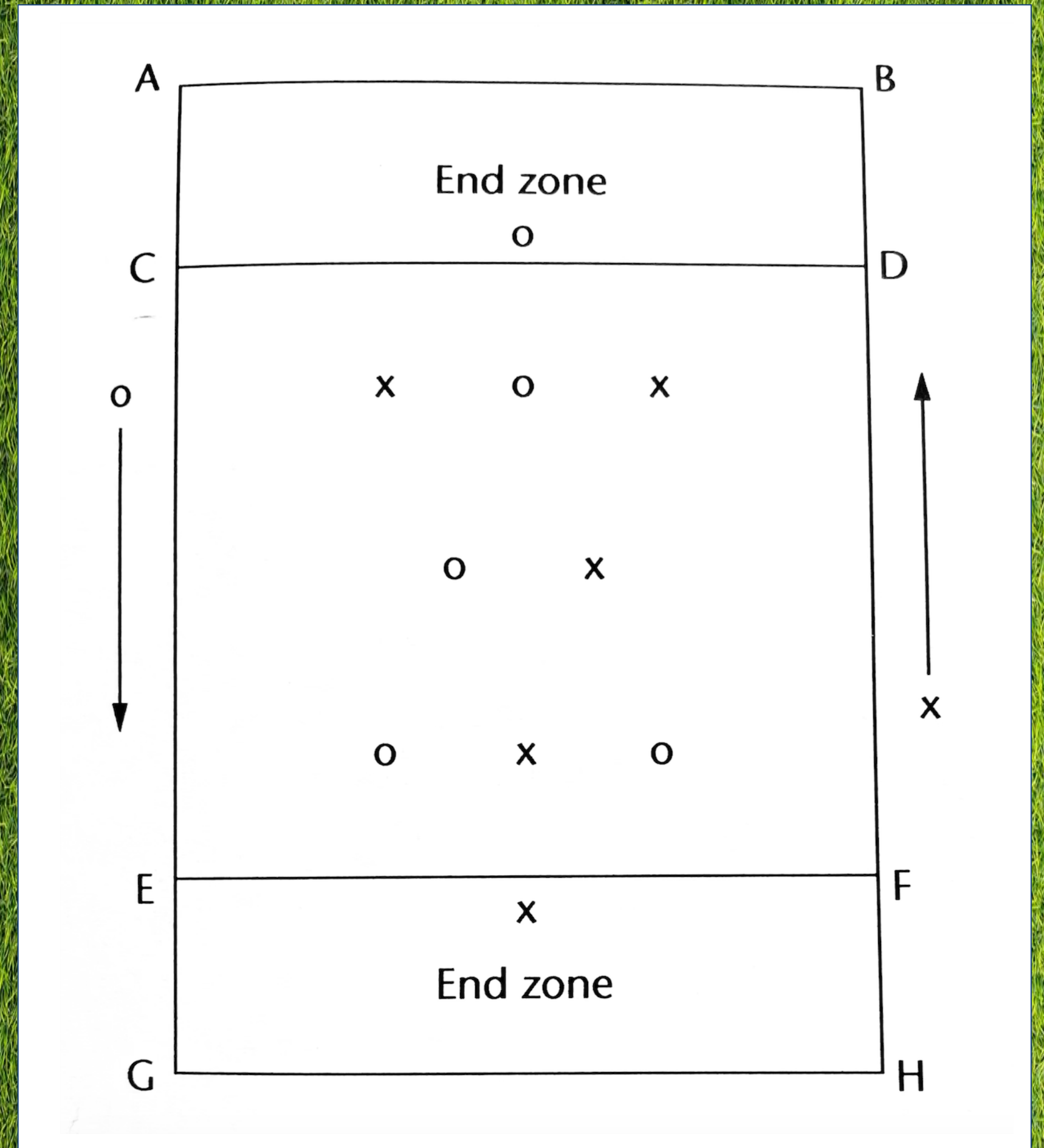
**Rules: Same as Fig.1**

- 1) If the Designated player does not control the ball on the line, the opposing team start with a pass in from the sideline.
- 2) Play is continuous.
- 3) The game lasts 15 mins .

**Rules:**

**Coach instructions: None!** Just let them play and find out what the challenges are!

**Coach Q and A.** Coach asks "What was the score? What were the challenges? Was it difficult or hard to score a goal? Why do you think that was?"







## Fig. 6 Progress EZG to Half Pitch Game (HPG)

**Dimensions:** Half pitch

**Teams:** Attacking 8 v Defending 7 (and GK) Teams called A and D. Could be unbalanced teams as in previous games.

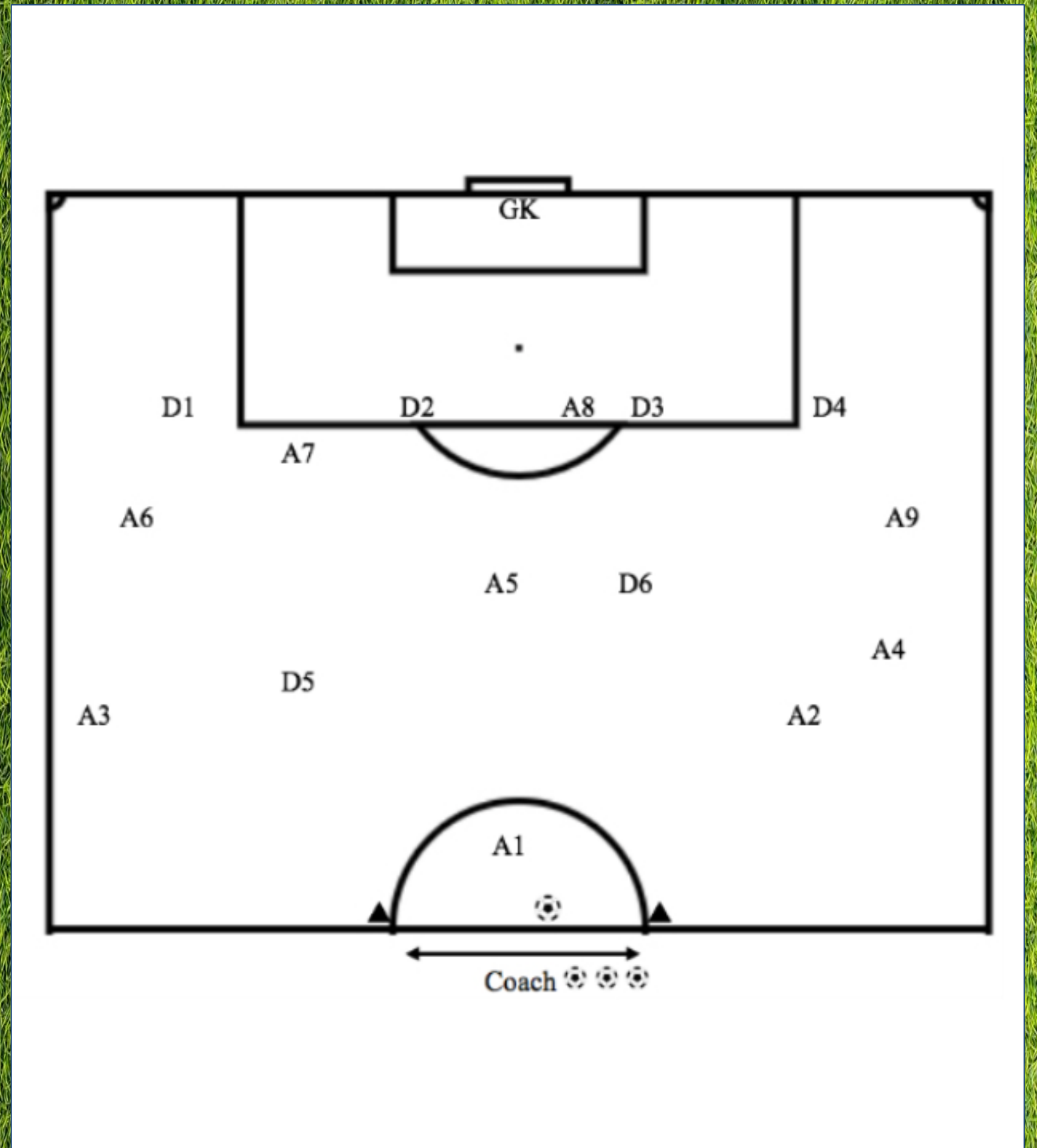
**Purpose:** Translate tactics and skills from EZG to HPG game like situation. Attackers try to create goal scoring situations. Defenders try to stop the Attackers and get the ball to the **COACH** on the halfway line circle to score. Attacking team has 10 chances. Switch players after 10 **Chances**. A **Chance** ends when a goal is scored or he **GK** or **Coach** receives the ball.

**Rules: Normal football rules.** Corners, throw ins, fouls and offside are all in play. Each attack (**Chance**) starts at the halfway line. For each attack, the attacking team must play with 1 wide player on each touchline. Wide players must receive the ball at least once in each attack. The coach determines the length of the game.

**Coach instructions:** Try to put into practice what you have learned from the previous games.

**Let them play and find out what the challenges are!**

**Q and A. Coach asks** “What have you learned?”





**Thank you for watching!**

**If you have any questions about our presentation please feel free to email**

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