

# Theme 5

## Adapting the format to increase motivation

### Player Power Plays

The FA has released a power play linked to goal deficit in mini soccer for both 5 v 5 and 7 v 7 versions of the game. If a team is losing by a four-goal difference they can put an additional player on, so 5v5 becomes 6v5. If the score returns to less than a four-goal difference the team takes off a player. It does not have to be the last player to come on. If a team goes on to be losing by a six-goal difference a further additional player can be added – so 6v5 becomes 7v5. The main aim of the power play option is that all players are being challenged and enjoy the game.

### What are the benefits?

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Player power plays create scenario-based learning on real life sporting situations such as being a player down or needing to score/defend towards the end of a game.

### How was this used in the School Games Pilot?

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An SGO identified that a group of year 9 girls were at risk of dropping out of sport and becoming inactive. The girls were competent netball players but had become disengaged by the traditional format. The SGO organised a fast 5's netball tournament for three schools that included two different approaches to power plays. The first was a points power play and was implemented in the same way as the Point Power Plays case study. The second was a Player Power Play.

Each team was issued with a "sin bin" card and were allowed to use it once during each game. When they played their sin bin card they could choose a player from the other team to leave the court for two minutes. Both teams could not play their point power play and player power play at the same time. Whilst there were initial concerns about the impact on the young person about being chosen to leave the court for two minutes, the feedback from the young people was positive. Those chosen to be "sin binned" reported that it actually increased their confidence and boosted their self-esteem as they were being chosen by the other team. This approach only worked as the young people were competent and competition organisers are urged to use this approach with caution. This approach was specifically targeted at competent young people to increase motivation.