

**Brain the Game!  
Theory Practice-Part**

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# Chaos-Game Forms



**10 Chaos-Game Forms  
9 Chaos-Combinations**

also behind the goal. (It is best to change the location after every training session). After each round the balls will be collected again.

Mistakes made during execution should not be sanctioned in the beginning phase of the game forms or the combination game forms. Then to the example as follows: the player sprints off the field, does a press-up and then can return to the pitch again.

## **1.2. The executive functions in football**

### **1.2.1. Cognitive flexibility**

To be successful on a high level in football, a player must be able to switch between different objects at the same time. It is about the question of how fast and how exact a player can change the focus on his opponents, teammates, trajectory of the ball and so on.

### **1.2.2. Impulse control**

It is the ability to suppress a specific impulse. The player must therefore be able to “pause” so that he/she can revise the made decision. Example: a player has decided to pass the ball to his teammate, but notices that due to incoming information that most likely the opposite defender can block the pass way. To be able to successfully stop this process of passing, this can only work with an excellent impulse control. For the players it is therefore not only important to decide fast, but also to quickly obstruct planned decisions. Furthermore, good impulse control ability makes sure that the players pursue the player mission they have received from their coach with discipline.

### **1.2.3. Working memory**

It is the ability of a player to process and sort incoming information so to say online and at the same time to update and compare (with long-term stored information), to deviate the best decision out of this.

For this decision finding, it mainly needs a very high capacity and high speed of the working memory.

These three main components of executive functions (mental function located in the frontal lobe) ensure in skillful team play for an excellent self-regulation of the players.

Self-regulation allows players a conscious and goal-orientated control from:

- Emotion
- Behavior
- Attention

To put it simply: the players have got themselves well under control and act autonomous on the pitch and have a clear head for important things. When we talk about ...players then we are talking about players with a very good self-regulation.

### 1.3. Further learning contents

#### 1.3.1. Short term memory

Short term storage of information/no process

How fast can the player and how precise can the player retrieve this information. Route example of a player.

#### 1.3.2. Simultaneous process

Paralell process form (right side of the brain): at the same time, more than several bits of information can be proceeded.

Example: one player has the ball. A quick glance to the right shows him a teammate who roars towards him in sprint pace. He begins to calculate how fast and at what angle he has to play the pass so that his teammate can get the ball into the run. At the same time the player must start a parallel process; he has got to rummage in his search engine (working memory) and bring forth earlier experiences – about the run capacity of his teammate and his skills on how to process a pass with high speed.

While all this is happening, the player's attention is directed to a defense of the opposite team who approaches from the left to stop the pass. Now another process begins; the player calculates whether he has enough time to play the pass to his teammates before the opposing player can block the pass route.

### 1.3.3. Convergent creativity

Creativity in football always asks: are there any other (extraordinary) options (ideas)? The so-called convergent creativity is also the ability of a player, within certain given framework requirements under the highest time pressure to find as many solutions as possible and to be able to decide on the best solution.

### 1.3.4. Scan ability

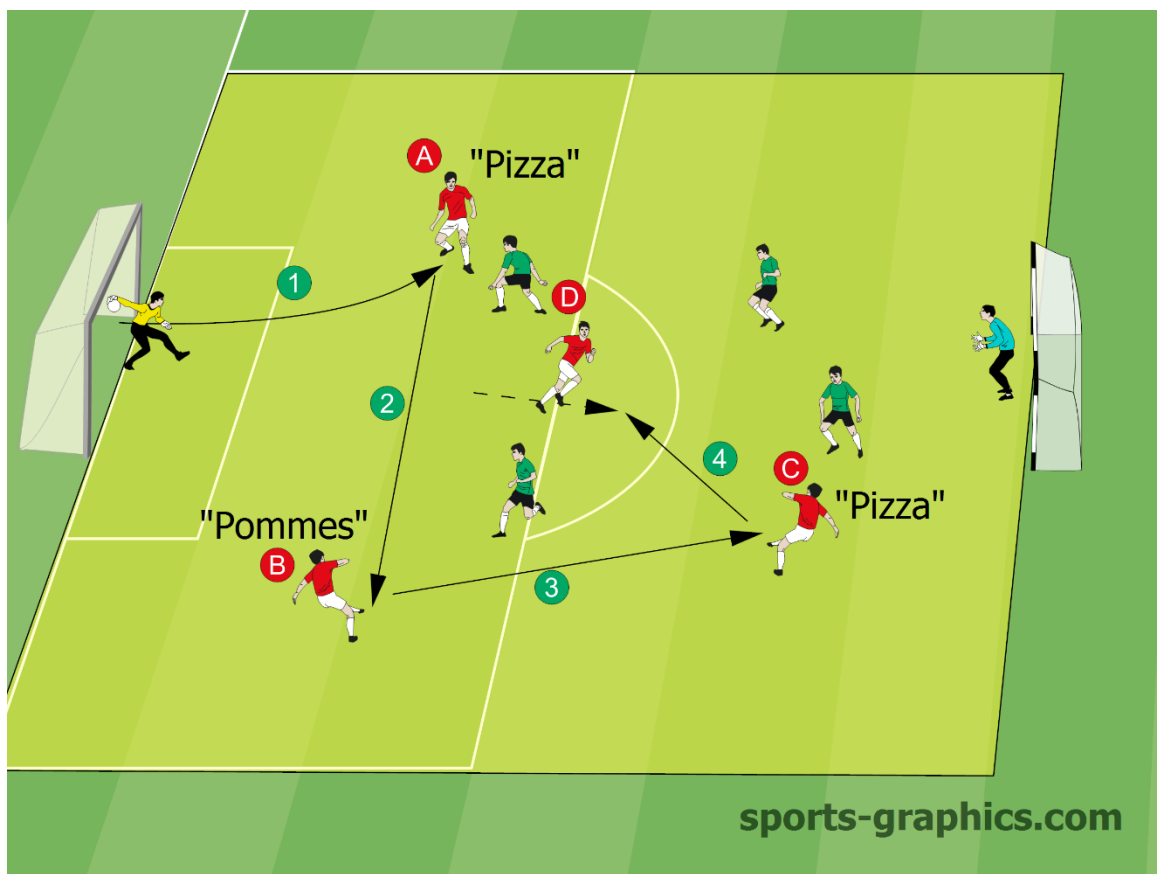
The scanning capability is closely interdependent with the executive functions. The issue here is about taking in information. During the game the players receive a high number of impressions. Therefore the players must differentiate and filter the information which will be beneficial to their Player Mission. Each player has a different view on the pitch. For example a lot of players look for their teammates and others in turn concentrate on the players of the opposing team. Because of the speed of the game, a good player needs very fast scan ability, which is also capable of changing the focus in a certain game situation.

These seven training contents are – as described above - to be seen individually and presuppose each other in their effectiveness. The ten individual game forms generate for themselves in their highest degree of difficulty, different strength training effects, which can be read with the exercises in order of numeration.

## 2. Practical Part

### 2.1. Pizza-Pommes

#### 2.1.1. Pizza-Pommes - in 4 against 4 up to 7 against 7



#### Organization and Sequence:

- A 55 x 35 meter big field, marked with each 2 goals and goalkeepers or to play on 4 mini goals.
- When the players pass with their **right** foot, then they have to shout "**Pizza**".
- When the players pass with their **left** foot, then they have to shout "**Pommes**".

**Game idea:** In a free play the players besides playing a pass, should concentrate on a second task. The task can be very different. For passes with right or left there are additional movements/actions (clapping, shouting terms and so on).