



IOWA RUSH ACADEMY PERSPECTIVE Creating A Growth Environment

Playing out of the back comfortably, and moving the ball side-to-side to create openings to move forward, are two of our main themes within the Iowa Rush Player Pathway.

Some of the challenges when developing these themes are:

- It goes against the initial conception of the game for most players and parents, which is that the only reasonable way to move the ball on the field is forward.
- It puts the team in situations where making a mistake moving the ball across the field can result in getting scored on by the opposition.

These factors make it more likely that the development of our players will be curtailed by the following:

- People on the sideline shouting for the player with the ball to GO, GO, GO.
- People shouting at a player to NOT move the ball towards the middle of the field.
- People becoming upset if the team loses the ball trying to play side-to-side, which results in a quick goal from the opposition.

Players need to be comfortable moving the ball in this way, and should not be dissuaded to do so by the fear of failure in that particular moment. Our reactions from the sidelines go a long way in creating an environment which makes this possible.

Through trial and error, players will become more proficient moving the ball thoughtfully in our own half. This will provide the players with a larger array of solutions to create openings and move the ball forward against defenders who are more organized and athletic in the years ahead.