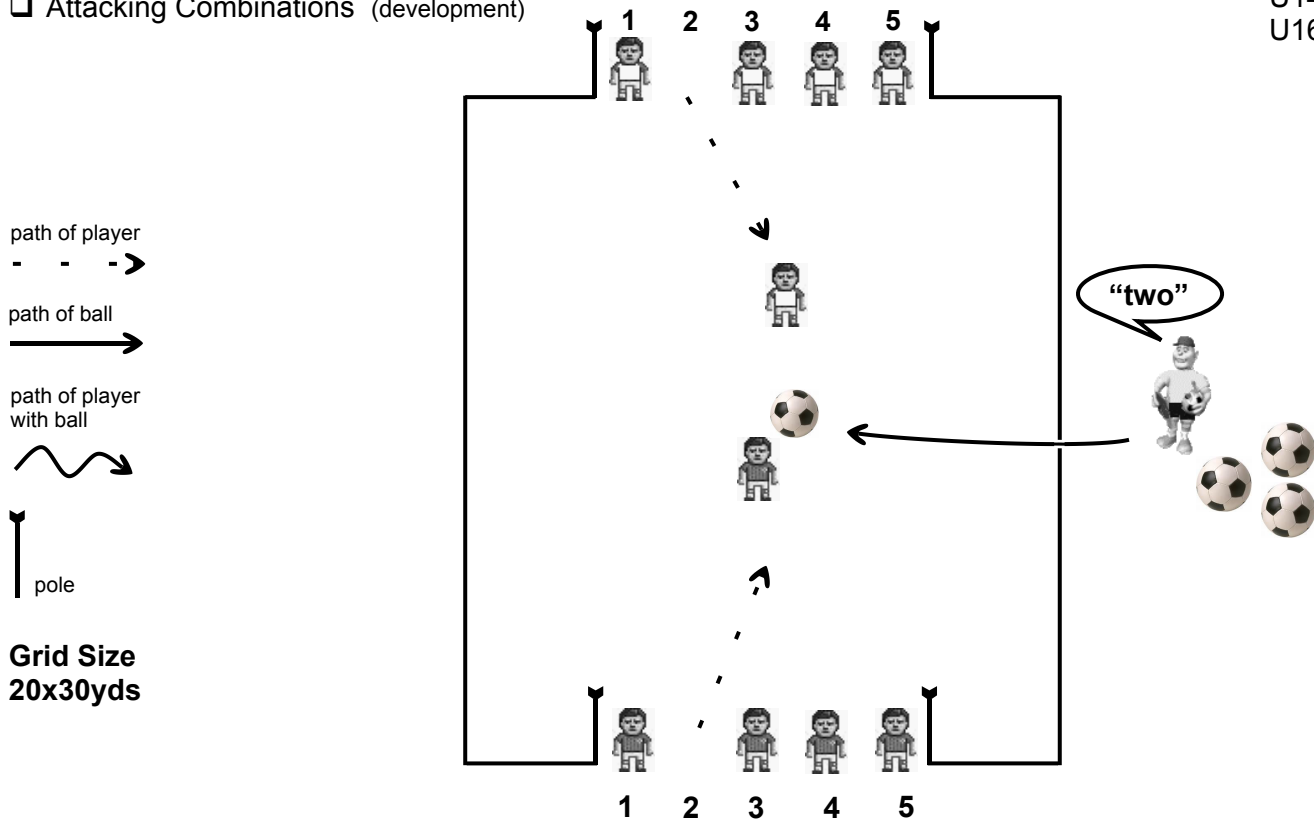


## No. 58 “The Numbers Game”

- Dribbling
- Defending
- Attacking Combinations (development)

U8 ✓  
 U10 ✓  
 U12 ✓  
 U14 ✓  
 U16 ✓



This is a very versatile practice that can be used to coach a large variety of topics. It can be adapted for very young players while still being a useful and serious drill for older groups. It is good fun and easy to set up. It can be used effectively to improvise if a session is not going according to plan. Award a goal to a team if the defending team break the rules and come off their line. Encourage the children to shout support for their team.

### Organisation

Pair up players who are equally matched and give them numbers  
 Coach calls number and passes ball into play  
 Players compete 1v1 and try to score through opponents goal  
 Rest of players must not move off goal-line and cannot save with hands  
 For younger group players link arms: shot must be below waist height  
 Make it competitive - keep the score

### Coaching Points

- ♦ Alertness, respond instantly to call
- ♦ Speed, look at correct running mechanics
- ♦ Commitment to win ball first
- ♦ Take early shot if it is on
- ♦ Dribbling technique - change of pace
- ♦ Play with head up
- ♦ Development - 2v2 passing and support
- ♦ Wall passing
- ♦ Overlap runs
- ♦ Cross-overs
- ♦ Roles of 1st and 2nd defender

### Development

- i Adjust goal size relative to number of players
- ii Call out 2 numbers at once to create 2v2 contests
- iii Coach serves ball towards one of the players to coach attack v defence
- iv Move players to sides of goals and put in keepers