

The Numbers Game

This drill focuses on the 1v1 situational play for younger players. This focuses on the individual dynamics of this game such as dribbling, shooting, shielding, turning and beating an opponent.

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Drill Info:

This is for ages U10 & U12. It is best ran with at least 6 players but no more than 16 players. The drill should be ran approximately 20 minutes on a small field. The coach will also make sure they have the following equipment: cones, goals, alternate jersey.

Setup:

Create a small 1v1 field approximately 15X20 with two small goals on each endline. Split the group into two even teams and assign a number to each player in each group. For instance if you have 5 players in each group, number off 1-5 in each group. One group should wear alternate jerseys.

Instructions:

The coach will play a ball into the area and call out a number. Those players must then sprint onto the field and play a 1v1. The game should continue until a goal is scored or the ball goes out of bounds.

Variations:

- Have more than one 1v1 going at the same time.
- Call out two or more numbers to create a 2v2 or 3v3.

Coaching Points:

- Encourage players to take on their opponent.
- Encourage players to shoot when they have a chance of a goal.
- Instruct the players to protect the ball when necessary.

Focus:

Technical Dribbling, Technical Turning, Technical Aggressiveness, Technical Shielding, Tactical Attacking

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