

NUMBERS UP TO GOAL

STAGES COVERED BY ACTIVITY

Stages 3, 4 & 5 - 9-18 year old players

THEMES & COMPETENCIES

Theme:

- + Passing combinations
- + Attacking transition.
- + Defending in pairs and groups.
- + Shooting

Competencies:

- + Short passing along the ground (5-15 yards).
- + Receiving using the feet.
- + Mobility on and off the ball.
- + Attacking and defending as an individual.
- + Attacking and defending in pairs and small groups.
- + Attacking support.
- + Shooting technique

WHY USE IT

To encourage players to be direct to goal and to identifying a numbers up situation.

SET UP

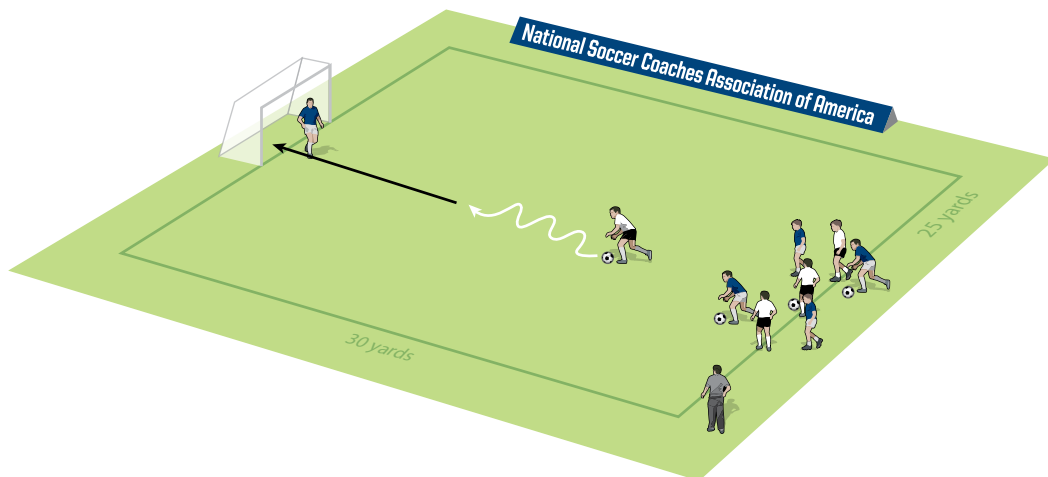
30 x 25 yards with 1 goal. A goalkeeper and 2 teams of 4 players. Supply of balls and 2 sets of pinnies.

HOW TO PLAY

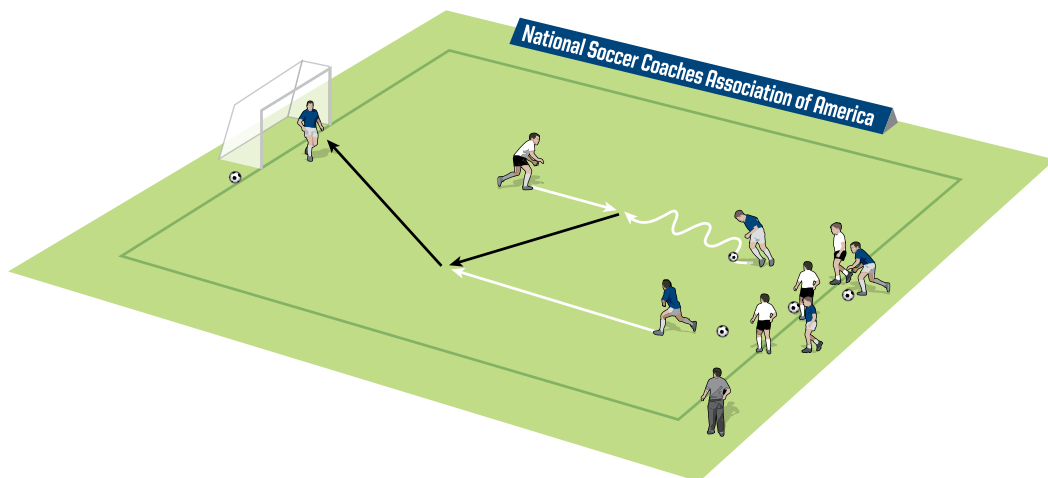
Play begins with 1 attacker v goalkeeper. Whatever the outcome, the attacking player becomes a defender. 2 attackers set off from the cones and attempt to score past the defender and goalkeeper. The defender steps off the field and re-joins the line. As before, once the ball is won by the defenders or a goal is scored, the 2 attackers now transition to being the defenders against the next 3 attacking players. The next progression is 4v3 and the final progression is 4v4. If the defenders win the ball they should return it to the coach as a counter option. Restart the game, switching out the goalkeeper.

COACHING NOTES

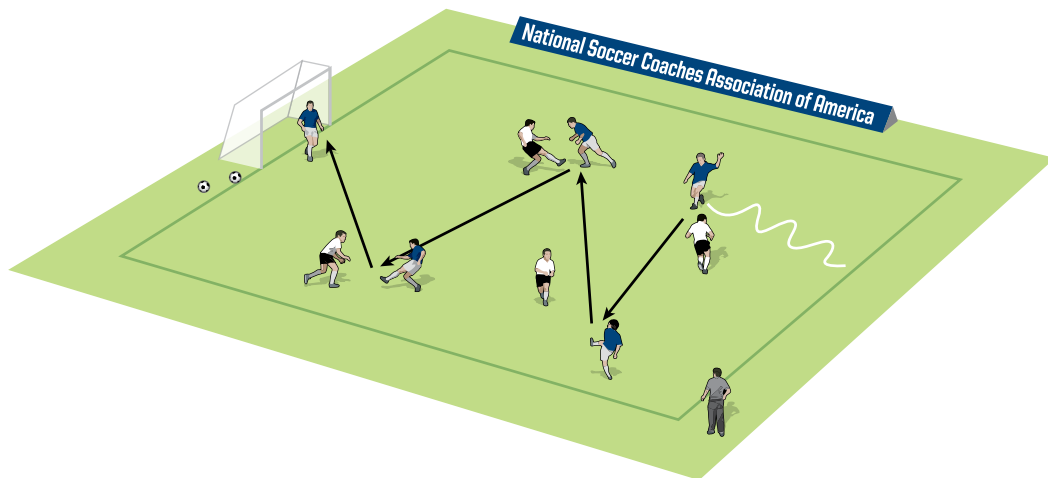
- + Coaching objectives - To encourage players to play incisively and quickly to goal.
- + Coaching tip - Encourage each new attack to begin immediately after the ball goes dead.
- + Adaptations - Add a points system - goal 2 points, defenders pass to coach or keeper saves 1 point.



- + 1 player dribbles at pace before a strike at goal.
- + 2 opposing players are on deck to attack.



- + Attacker on the ball commits the defender.
- + 2nd attacker receives a pass for a shot at goal.



- + The game progresses to a 4 vs. 4.
- + The attacking team pass and move to create a shot

