

## STAGES COVERED BY ACTIVITY

Stages 1, 2 & 3 - 3-11 year old players

## THEMES & COMPETENCIES

### Theme:

- + Dribbling
- + Ball mastery.
- + 1v1 Attacking and Defending
- + Shooting at an unopposed goal

### Competencies:

- + Turns and feints- basic
- + Dribbling basics
- + Beating and escaping an opponent
- + Basic shooting technique

## WHY USE IT

The numbers game is a young player classic and a stable activity for coaches introducing game concepts, rules and basic attacking and defending principles.

## SET UP

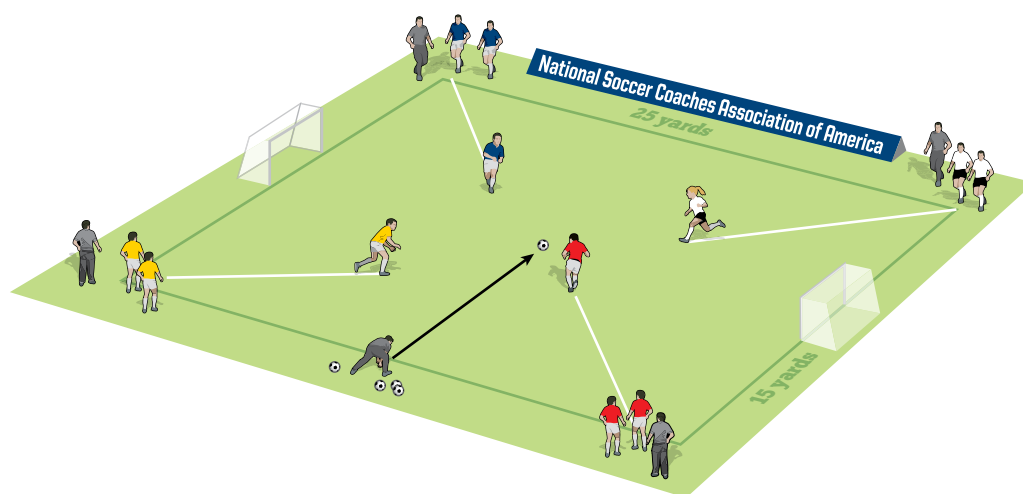
The shape and configuration of the area can be adapted in many different ways. For this activity, use a rectangle 25x15 yards with a small goal at each end to form a traditional soccer field shape.

## HOW TO PLAY

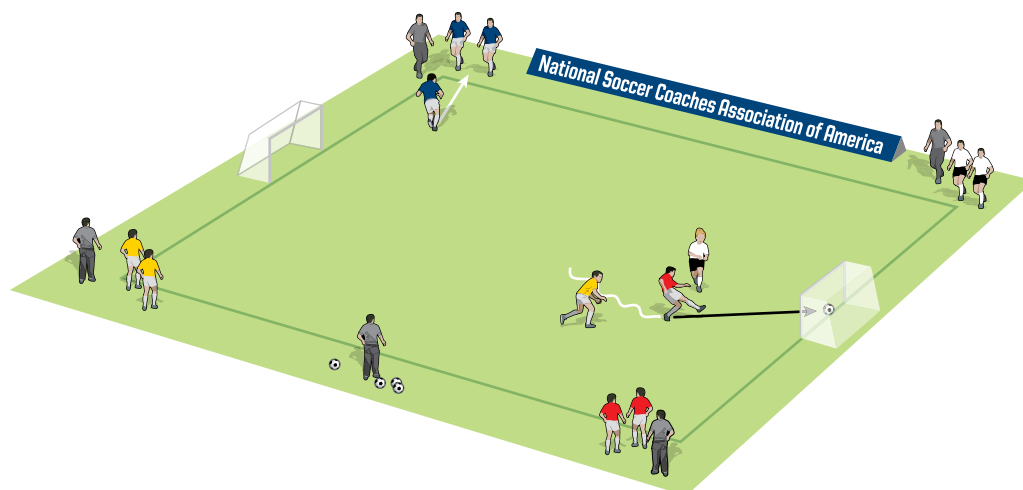
To maximize the player's involvement in the game, set up to adjoining areas, with 6 to 8 players in each area. With 12 players in the same area, create 4 teams of 3 players in the same color pinnies. Assign a team to each corner - solicit the help of a parent/coach. Number the players 1-3 and try to match the playing ability of the players. Keep a good supply of balls and give each group approximately 30 seconds before changing the number. When the coach shouts out '1' the players with that number run out into the area and attempt to score a goal. If the ball goes out of play, shout 'NEW BALL' and serve a new ball into the area. When a player scores, send them back to their team and then serve a new ball for the remaining players - this way everyone gets to score. Progress to a 2v2 and 3v3.

## COACHING NOTES

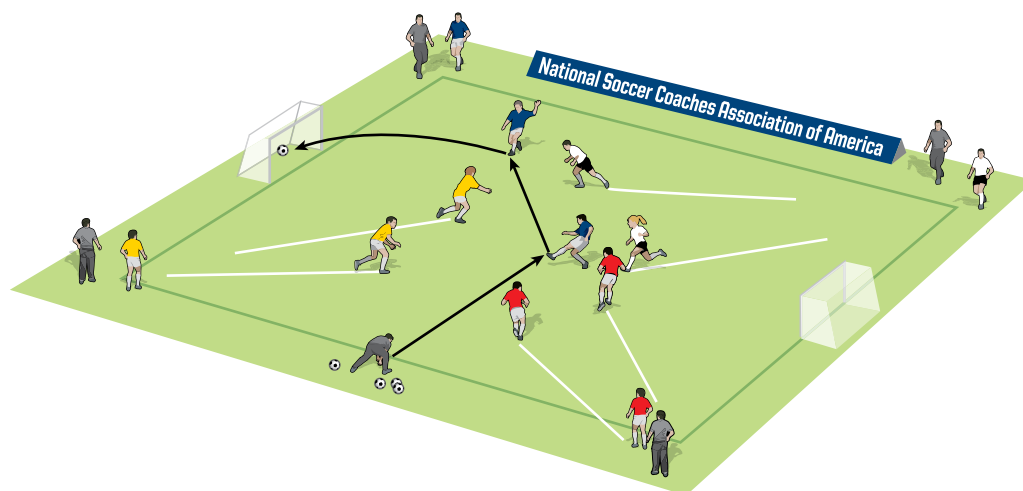
- + Coaching objectives - balance the ability levels to give players a challenge.
- + Coaching tip - introduce rules and objectives of 'the' game.
- + Adaptations - Change the shape of the area, add more goals, add rules for older players such as the need to make a pass before scoring, etc.



- + Teams start in the 4 corners of the area.
- + Parent helpers assist the coach.
- + Coach rolls a ball into the area and calls a number.



- + A player from each team competes for the ball.
- + Players attempt to score.
- + Coach sends a goal scorer back to their line.



- + Progress to calling 2 numbers.
- + Add a condition that players must pass once before scoring.