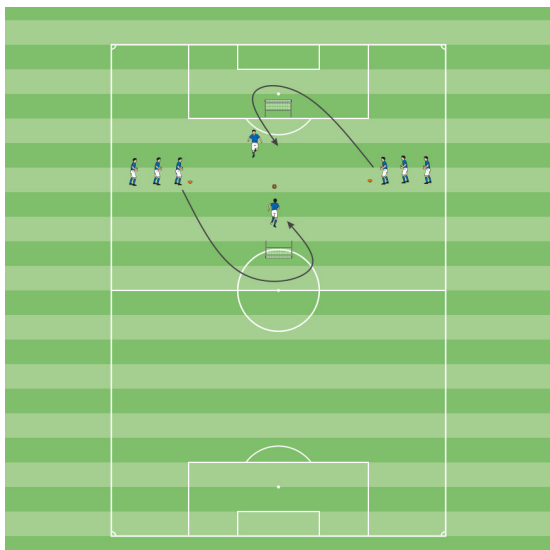








TRAINING EXERCISE

Numbers Game



	Dribbling Running with the Ball
	U5 to U15
	6 to 8 Players
	Goals, cones, balls, pinnies
	Intensity: 8
	12:00 min (1 x 00:00 min, 00:00 min rest)

Objective

Score in the opposition teams goal

Description

Players are in two teams of four stationed on either side of the pitch at the half way line. Each player has a number between 1 and 4. Once their number is called they must run down the line and around their own goal before making their way to the soccer ball which the coach has rolled into the middle of the field. Players must try and take on their opponent and score a goal. Progressions:- Have to beat opponent before scoring- Time limit once numbers have been called- Call more than one number

Key Points

- Match players according to skill level- Try and use a skill to deceive opponent, i.e. step over- Use pace if possible so the defender has less time to react- Close control to navigate around defender