



Drill Name: 1v1 Numbers Game

Set up :

Numbers Game

Divide players into 2 teams & set them up on opposite sides of a 15x20 yard working area with goals & goalkeepers as shown.

Instructions:

Each player is assigned a number & will only play when their number is call by the Coach. The Coach shouts the player's number to come on or off the field. Start playing 1v1 to work receiving & dribbling skills.

Progressions:

Odd Number - Coach can create a 2v1 or 3v1 by calling a colour first (E.G. Red 2)

Even Number - Call 2 numbers to create a 2 vs 1

Coaching Points:

This fun small sided game may be used for many reasons:

1v1 Attacking (dribbling), Short passing & receiving, finishing, & of course, fun scrimmages using all players. Key Factor information should match the objectives.