

NUMBERS UP - SMALL SIDED GAME

AGES 8 TO 16

HOW TO PLAY

- Players are divided into 2 teams
- Each team begins with 1 player back to back on the field (1vs1).
- Once a team scores, they add a player.
- The idea of the game is to get your entire team on the field, by scoring, before the other team does.
- When all your players are on the field and you score...you win the game!!

KEY COACHING POINTS

- Encourage fast play. Attacking players 1vs.1 as quickly as possible.
- Intelligent use of additional players (Overload). How can they use numbers as an advantage? More players are on the field, which provides wider space and more passes between a team to make the opposing team's job more difficult.
- Encourage getting the ball in quickly if it leaves the field. This keeps the game fast, while also forcing the attacking team to catch the defending team off-guard.
- As soon as the attacking team goes numbers up, the quicker they perform, the better their opportunities are to score.
- How quickly can they respond to being down a player or vice versa?

