

# NUMBERS DRILL

## OBJECTIVE

To improve offensive and defensive awareness and movements in unsettled and uneven situations.

## SPACE/EQUIPMENT

- Half-field
- Balls

## PLAYERS NEEDED

This drill requires at least 10-12 offensive players and 6-8 defensive players, as well as a goalie.

## DRILL-EXECUTION

Start a line of offensive players at the midfield line, and a line of defensive players at the end line. A coach rolls a ball out in front of the offensive players, and call out a number between one and six. This number represents the number of offensive players that will go in; the defense takes this number and subtracts one to determine the number of defensive players who will go in. As the number is called, the offensive players pick up the ball and attack the goal as the defensive players set up and prepare to defend the goal. So, if the coach calls "Three," three offensive players run in against two defensive players, and they play a live 3-on-2 on the goal.

## SKILLS PRACTICED

- Offensive and defensive recognition of unsettled situations
- Offensive and defensive positioning in uneven situations
- 2-on-1s, 3-on-2s... 6-on-5s

## VARIATIONS/PROGRESSION

The starting positioning of the offensive and defensive players can be altered to imitate different situations. To add competitiveness, keep score (if the offense scores, they get a point, but if the defense stops them, they earn the point).

## GOALIE INVOLVEMENT

Full

## RELATED DRILLS

West Genesee  
Marathon Middies