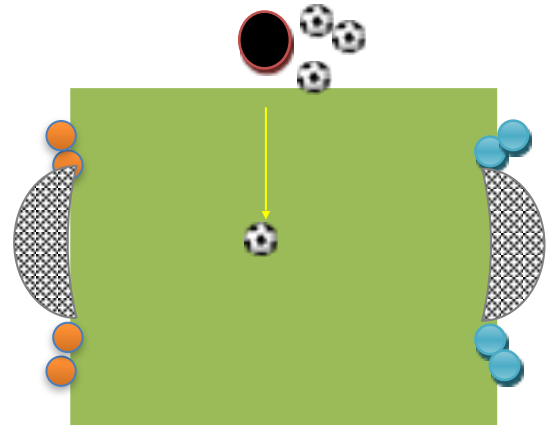


Topic**Numbers to goal**

Area: 25x25

Organization:

- Divide group into two teams and position each team in a goal. The coach is positioned to the side of the field with a supply of balls. (Black)
- Players in each team are designated a number 1 through 4. The practice starts when the coach serves a ball into the playing area and calls out a number.
- The player who's number is called come onto the field and challenges for possession. The object is for the player who wins the ball to try and score as quickly as possible. The defender must try to stop him.
Should the defender win the ball, the roles are then reversed.
- When the ball goes out of play or the coach calls a new number both players must sprint back to their original positions. They are not allowed to touch the ball after the numbers are changed.

Coach should keep track of goals scored and make a competition amongst the teams.

Coaching points:

- Attack defender with a commitment. Use a change of direction and speed.
- Demand "realistic" defending, Go after the ball and try to win it.