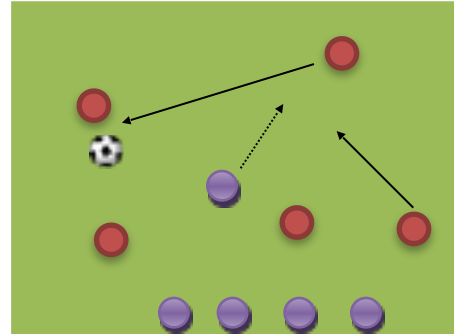


Topic

Build the Numbers



Area: 25x25, 5v1 shown

Organization:

Start the practice with one entire group within a grid 25 yards by 25 yards. The second group stands at the side of the grid and has one of their players in the grid as a defender.

Assign a number to each player on the defending group.

Play the entire group versus one defender within the grid. Players inside attempt to keep possession.

When coach calls a number, that player sprints into grid and defends. For example, with groups of 5 players, the drill can create 5 v 1, 5 v 2, 5 v 4 etc. Change roles of teams.

Start practice with free play then develop by conditioning the drill to "two" and "one" touch passing.