



A Game About Numbers

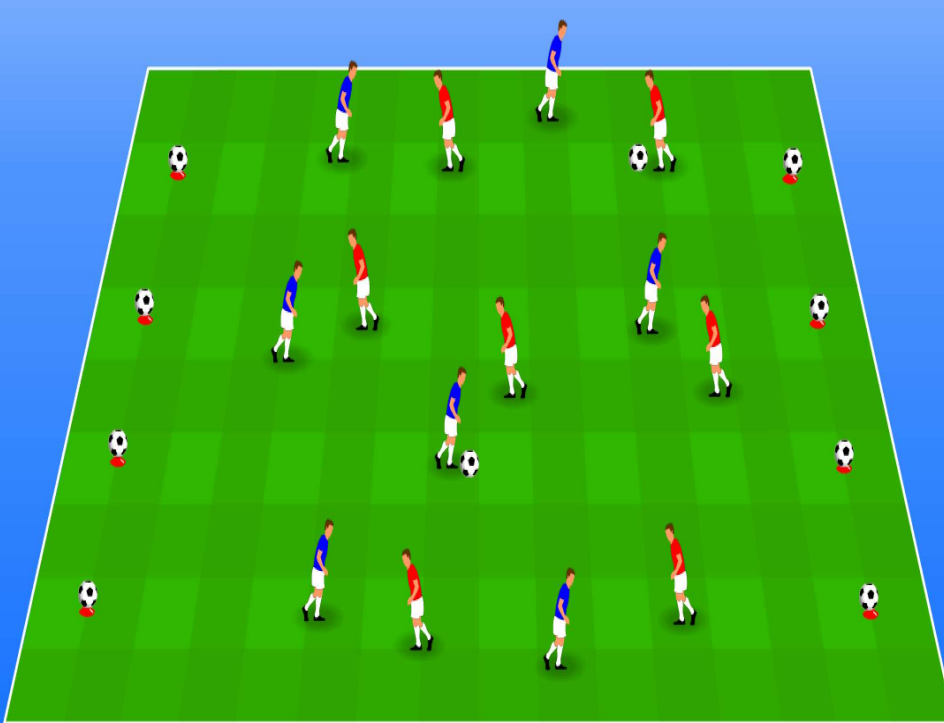
Session Focus

Developing
Spatial
Awareness

Session Objective

1. Ability to cope with pressure when playing numbers down/number up?
2. Identifying the moments where we have numerical advantages/disadvantage?

Activity



Set Up

Playing Area

Half Field on a Boarded Pitched

Cones

6 - 8 Cones

Balls

8 - 10 Soccer Balls

Goals

None

Pinnies

Pinnies for the one team

Coaching Points

1. Spatial Awareness - where is the open space, where are the open nets
- 2

Organization

The playing field will be set up to go width to width. For goals, each team will set up 3 or 4 cones set up with Balls on top of them to knock off.

All of the players will be involved in this activity and will be split into 2 teams with no designated goal keeper. Players will play a normal game where they must knock a ball off a cone to score. If a goal is scored, the team that got scored on must replace the ball and then remove a player from the field.

The game is over when 1 team has no players left to play.

This game can also be played in the reverse order where it goes 1 vs 1 to 2 vs 1.

Progression

1. If a goal is scored, the team that scored the goal can add a player, the team that got scored on removes a player.
2. If playing reverse order, adjust who adds a player (ie scoring team or other)

Developing the 4 Moment Player

Attacking

Where is the open space and open nets for our team to attack?

Defensive Transition

Can we get players around the ball to deny forward play and win the ball back quickly?

Defending

Can we create balance in our defending? Who is pressuring, who is covering, where is our balance?

Attacking Transition

When we win the ball back, can we find the open space right away and attack it before the defenders are in position.