

# Numbers Drill

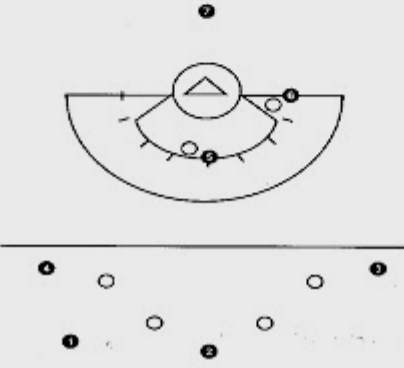
**Objective** Get your entire team moving and playing in uneven situations. Teaches team defense and solid communication.

**Drill Description**

**NUMBERS:  
MAN UP / MAN DOWN**

**DESCRIPTION: ATTACKERS VS DEFENDERS**

1. A ball is placed with each attack line.
2. 4 defenders are placed above the restraining line and 2 below. 3 attackers are below restraining line and 4 above. This can change depending on coach needs.
3. The coach calls out numbers starting with a low count first. Ex. 1, 3, 4, 5, 7
4. The defender below the 30 are always in and the D's above the line can be even or less. It always depends on the situation so start off with low and work your way up.
5. As soon as the coach calls out the numbers, the last number called will enter the drill with the ball, every other attacker will drop the ball and run into the drill.
6. It is up to the coach to set up each situation based on need.



**Variation** You can add a cone to the middle and have the defense touch the cone first, then push out to defend the offense. Teaching inside-out defense.