

Rolling Numbers Drill

Drill Specs

Drill Theme: Number Advantages
Field Position: Offense, Defense

Drill Style: Game
Time Needed: 15 Min

Field Location: Half Field
Skill Level: Basic

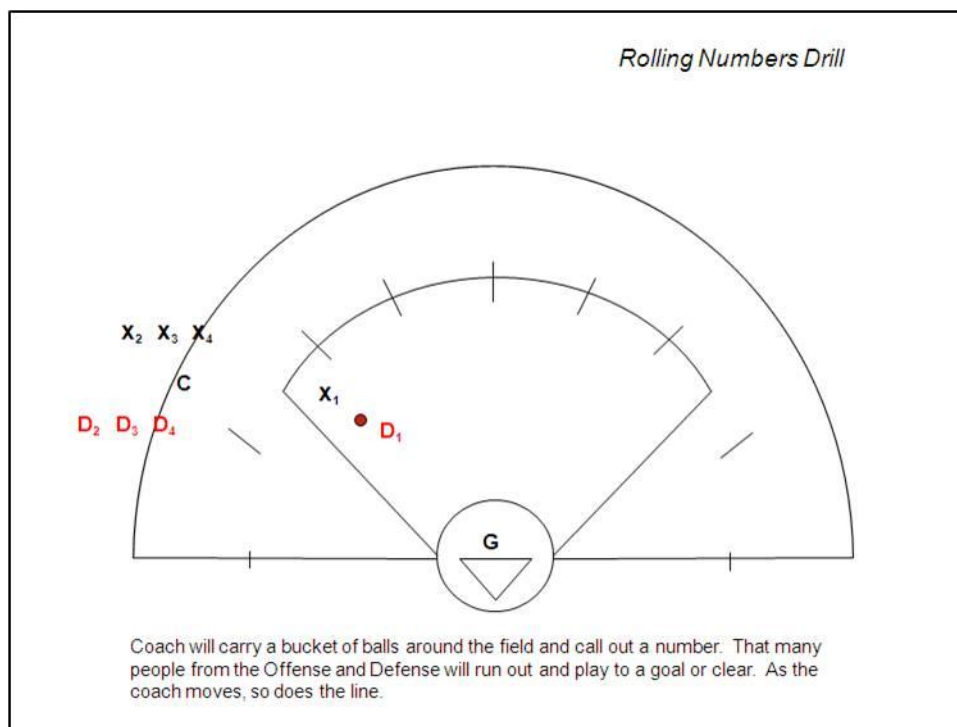
Objective

This drill allows for the team to constantly react to number advantages or even strength play on either offense or defense. The drill will demand that players pay attention to the coach, understand basic number advantage/disadvantage concepts and even strength concepts.

Description of Drill

The coach will stand up at midfield with a bucket of balls. On one side of the coach will be a line of players for offense and on the other side defense. As the coach walks around the field they roll out a ball and yell a number. That many players from each side run out and play to a goal or clear. Then the coach will roll out another ball from a different area and the players run out and play to a goal or clear.

You may also have the offense or defense play up or down a player, so when a coach yells 4, then the defense sends out 3 and offense sends 4.



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Rolling Numbers Drill, Continued

Skills Practiced

- Number Advantages-Disadvantages
 - Even Strength
 - Ball Movement
 - Defensive positioning
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Variations

At any time in the drill you may yell “plus 1” and have each side add 1 additional player.

Another variation would be to have your defense go on the advantage and make your offense play man down to work on killing penalties.
