

## Warm Up Activity - #20 / Number Game

Start Game – 15 Minutes

### Organisation/ Explanation

- Playing Area: 25m x 25m.
- Set up players up into two teams and number each players, (1-6).
- Teams set up with arms linked in big goals as illustrated.
- Coach calls out a number and both players from that team compete in a 1v1 dual.
- Remaining players in each team re-link arms and defend their goal.
- Defending players can only use their feet to save the ball from their goal. No hands allowed.
- Attacking players can only shoot the ball below knee height.
- Once a 1v1 dual is finished, players return to their teams and coach calls a new number.
- Progress this further by coach calling more than one number, creating a 2v2 or 3v3 for example.

### Coaching Remarks

- Encourage players to react and sprint.
- Encourage players to be decisive.
- Encourage players to be creative to beat the defender.

### Diagram

