WOMEN’S NUMBERS DRILL

DRILL SPECS:

- **Drill Theme:** Number Advantages
- **Field Location:** Half Field
- **Time Needed:** 15 Min
- **Drill Style:** Games
- **Field Position:** Offense, Defense
- **Skill Level:** Basic

OBJECTIVE:

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

DRILL DESCRIPTION:

The coach will stand up at midfield with a bucket of balls. On one side of the field standing in the attack zone alley will be defensive players, on the other side will be offensive players. The coach will roll a ball out in the middle of the field as he yells a number (1-7). That exact number of players will run out on the field on the offense, while the defense will send out 1 less player than the number yelled. Those players will play out for a goal, save, or clear depending on who wins the groundball at the start of the drill.

SKILLS PRACTICED:

- Number Advantages-Disadvantages
- Ground Balls
- Ball Movement
- Defensive positioning

VARIATIONS:

To vary the drill you can start the groundballs from different positions. 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.