



Numbers Drill

Appropriate Age Group: 10-18

Skill(s) Practiced: Unsettled Situations

Drill Duration: 5-7 minutes

Resources: Balls, Goal

Description: Coach calls out a number 1-5. Whatever number is called, that is how many offensive (O) players enter the play. Defense (D) is permitted one less player than the offense to enter the play. Offense picks up a ground ball and attacks the goal. Teams are awarded a point for a goal or a clear.

Progression(s): Adjust the spacing for the skill level of the players. Alternate the top hand on the stick. Add an extra 2 defenders to double team. Start with possession.

Drill Diagram:

