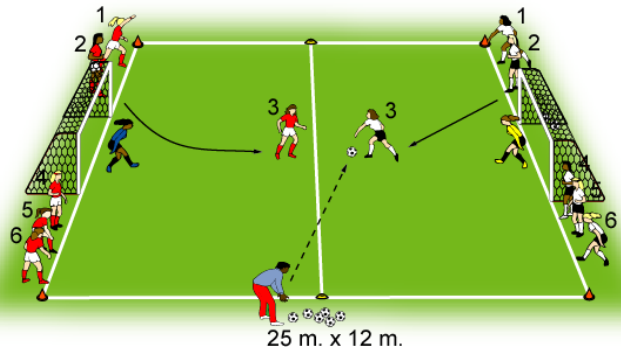


Defending Game: Small-Sided-Game #1

Small-Sided-Game:	The Numbers Game	20 minutes
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<p>Organization:</p> <ul style="list-style-type: none"> Two teams of 7 including two GKs. Players line-up to the side of each goal and are numbered 1 to 6 Playing field of 25x12m. One goal at each end. Change players every 30 seconds. 		<p>Coaching Points:</p> <ul style="list-style-type: none"> Take away the shot and close down quickly. If forward has a poor touch try and win the ball. If forward has a good touch jockey/contain her. Watch the ball not the forwards feet/body. Angle your body to steer forward to side. Be strong in the challenge
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Description:

1. The game begins when the coach calls a number and serves a ball into one half of the field. The two players with that number run on to the field and the first to the ball tries to score while the other player must try and win the ball and score. If a goal is scored the coach serves another ball onto the field. After thirty seconds the call shouts change and calls out another number and the process is repeated. Coach keeps a total score for each team.
2. **Variation:** For the last 5-10 minutes and call 2 numbers at a time. Then increase to 3 number before the final whistle.
3. **5 Minute Cool Down at the end of the game**

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