



Chaotic Numbers Game

Category: Technical: Attacking skills
Difficulty: Moderate

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Individual-Adult Member

Chaotic Numbers (15 mins)

Players are lined up on the endline and given numbers.

The coach has all of the soccer balls.

The coach calls a number and then kicks a soccer ball out. Then the players number he called from each team will run out and try and score on the big goal.

Make it Chaotic by keep calling out numbers and kicking soccer balls out. Do not wait for first group to get done.

Progressions

- Smaller Space
- 2v2, 3v3

Coaching Points

- Creativity
- Create space to shoot
- Dribble with farthest foot from defender
- Awareness
- Shooting Tech
- Take a peak to see where GK is.

Training Focus

Technical: Dribbling and Shooting

Tactical: 1v1 to Shoot

Physical: Perception/Awareness

Psychosocial: Competitive

