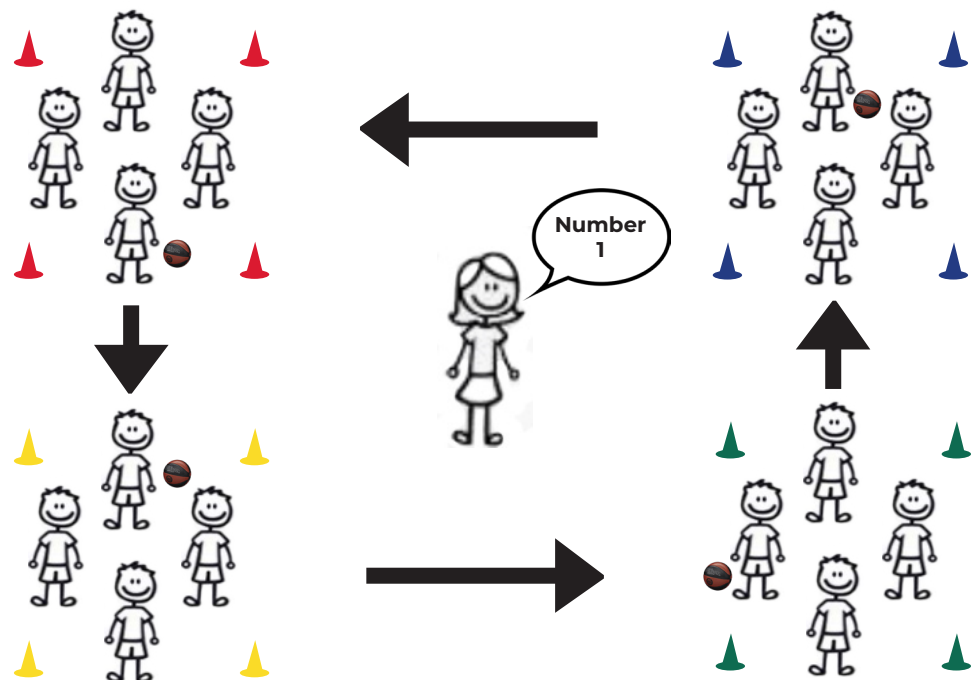


# OUTNUMBERED

**KEY FOCUS:** Protecting the ball and defending when outnumbered



## EQUIPMENT/PLAYERS:

- Cones/spots
- 1 ball per group
- Minimum 6 players
- Bibs

## RULES TO INTRODUCE

1. **Footwork (travelling)** – use of a pivot foot when stopping and receiving the ball
2. **Contact** – players are not allowed to make any contact but can knock the ball out of the opposition's hands

## HOW TO PLAY:

- Divide the group into teams of 4 or 5
- Set up an area for each team to be able to pass and move
- Players are numbered 1-4 and pass the ball in number order
- When a number is called by the coach, that player runs to the next area and becomes a defender
- If the defender gets a touch on the ball or the players make 5 consecutive passes, the game resets and they revert back to passing with the other players in the area

## DIFFERENTIATION (STEPS):

- **Space**  
Change the size or shape of the area  
Increase the distance between the areas to create physical stretch
- **Time/Task**  
Add in a time limit or number of passes as a target
- **Equipment**  
Change the size or number of the balls  
No bibs
- **People**  
Increase the number of defenders and/or players in each area
- **Speed**  
Ask players to pass and move, increasing the speed of their movement

## OTHER IDEAS TO CHANGE THE GAME:

- Stand still and pass
- Walk and pass
- Pass and move in different directions
- Call 2 numbers at once
- Add 2 balls to each group
- Call numbers in quick succession

## LINKS TO THE PLAYER DEVELOPMENT FRAMEWORK CORE PRINCIPLES:

Fast paced, advantage based, individual offence and collective defence

**PERSONAL VALUES:** Commitment, teamwork, respect, communication, adaptability

## COACHING POINTS:

### Attackers

- Introduce variety of passes
- Players to signal for the ball
- Knees bent and elbows out when in possession of the ball
- Encourage movement off the ball

### Defenders

- Quick feet
- Disrupting ball movement
- Call ball when defending the ball

## REVIEW QUESTION 1:

When trying to maintain possession, what can we do to make it harder for the defender(s)?

## REVIEW QUESTION 2:

What strategies can you use as a defender when outnumbered to slow the passes?

