



KNOCK OUT

Emphasis:

This game is a great warm-up for dribbling sessions. It emphasizes dribbling, shielding, deception, ball control and moves (keeping head up, change of direction and change of pace).

Game Info:

This is for ages U6-U12. It is best run with at least 4 players but no more than 20 players. The game should be run approximately 15 minutes on a small field.

The coach will also make sure they have the following equipment: cones

Setup:

Create a 20x20 grid, or larger, depending on the number of players and have each player with a ball inside the grid.

Instructions:

Instruct the players to protect their own ball while trying to "knock out" the other player's balls out of the grid. Players must stay with their ball and cannot leave the ball for long periods of time. If their ball gets "knocked out" have them retrieve it quickly and get back into the game. (The coach may want to have the player perform a skills task before re-entering the game, such as 10 toe touches or juggling 5 times)

Progression:

- Make players dribble with certain parts of their foot.
- If player dribbles out of bounds their self they are considered "knocked out".

Coaching Points:

- Instruct players to keep the ball close and touch the ball often
- Use the inside and outside of the foot to advance the ball
- Players heads should be up looking for other players and be aware of their surroundings
- Use the body to shield the ball from the other players
- Use a variety of moves to channel the ball away from the other players