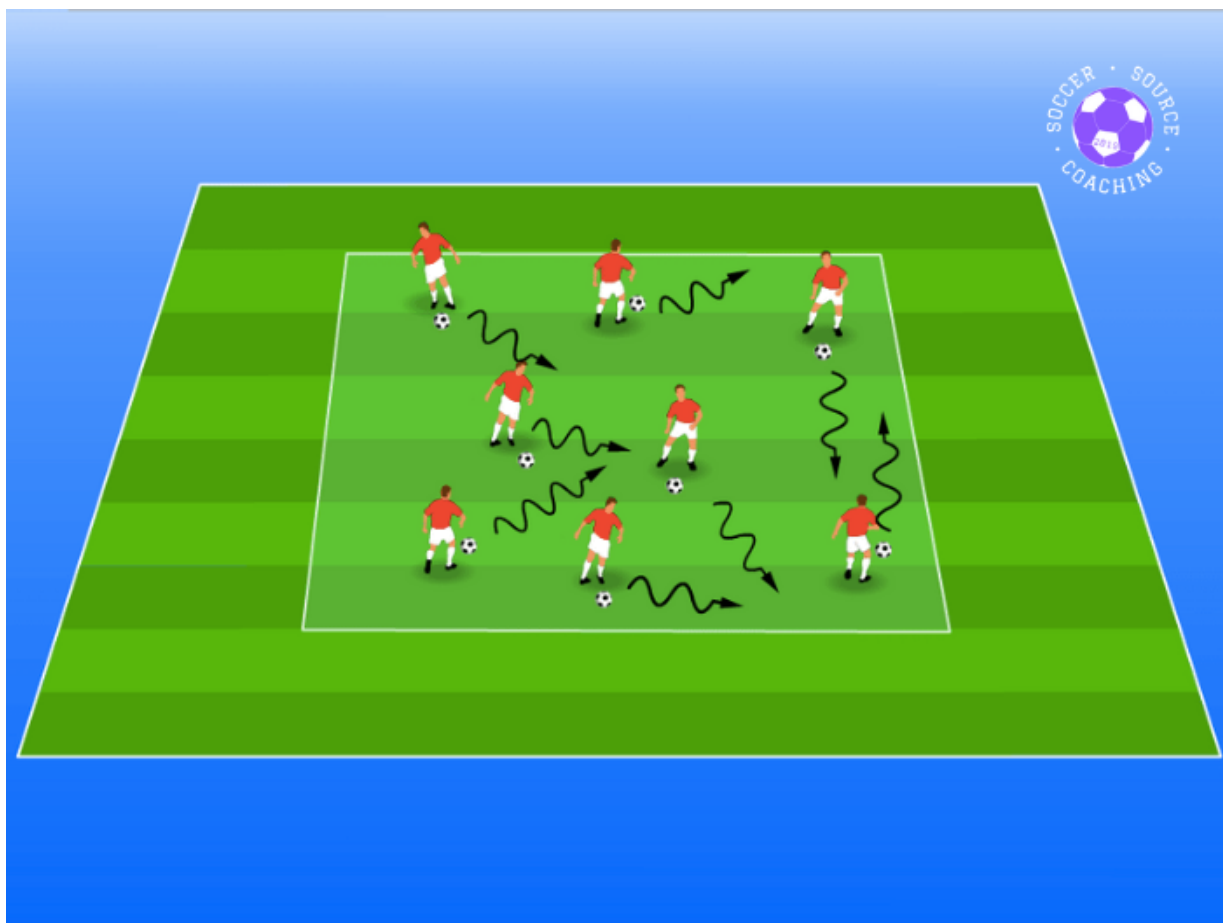




Knockout defending soccer game



How it works

The goal is to try and kick the other player's soccer ball out of the area while remaining in control of yours.

If a player's soccer ball gets kicked out of the area then they can come back into the area without a soccer ball and just focus on being a defender.

The winner of the round will be the last player in the area with a soccer ball

Coaching points

- Look for mistakes made by other players to try and kick their ball out
- Keep your head up and scan the area to keep your ball safe but also to look for opportunities to kick someone else's ball out

Purpose

The purpose of this soccer defending drill is to help players identify when an opportunity opens up for a defender to step in and make a challenge on the attacker.

Set up

- 10 x 10-yard area
- 1 soccer ball per player
- 8 players in the area

Questions

- When should you try to kick someone else's ball out of the area?
- How can you know what is going on around you?

Beginner