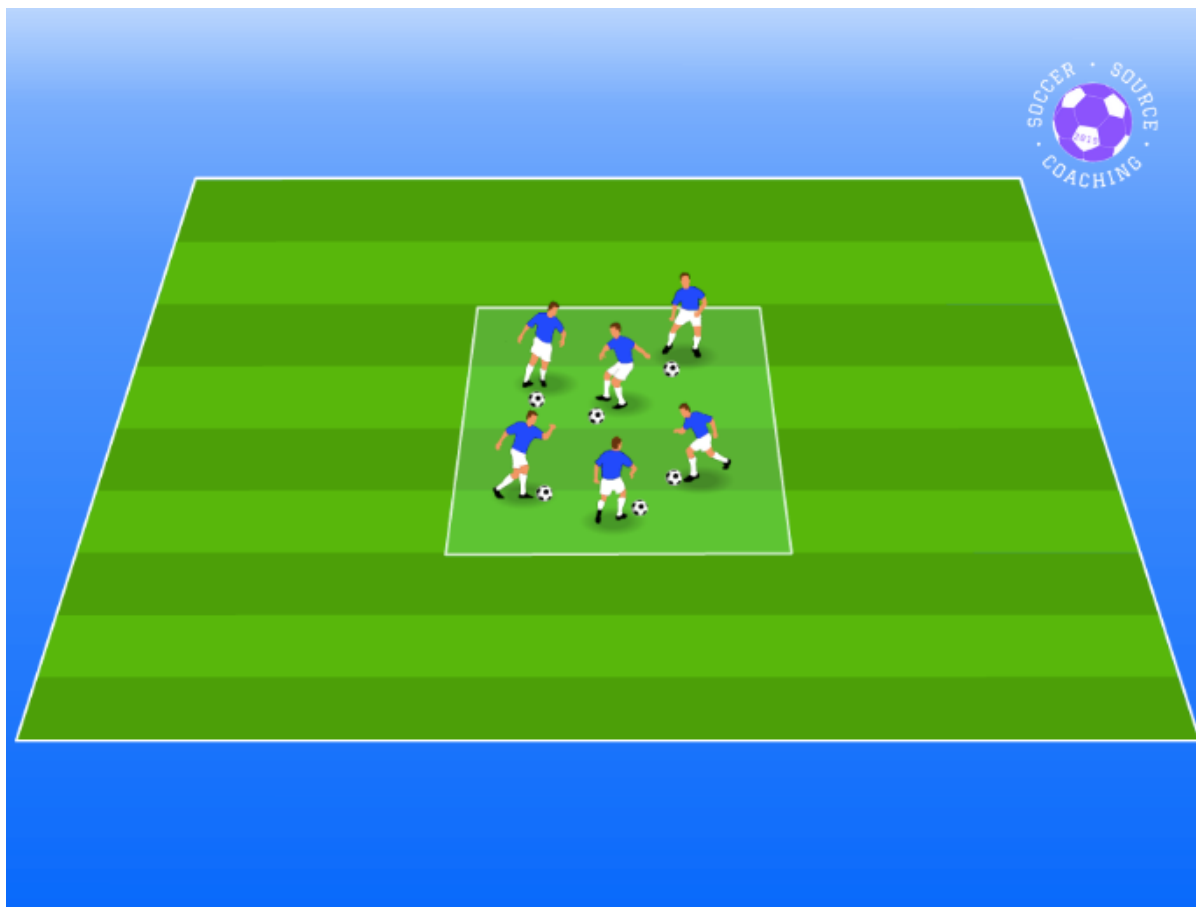


Knockout



How it works

Set up your area and make sure every player has a soccer ball. The smaller the area the more intense it will be for the players.

The players in the area aim to kick other players' soccer balls out of the area while protecting their own. The last player left in the middle is the winner.

You can also play a different variation where players can come back into the area.

This works by giving players a point for every soccer ball they kick out. If a player's soccer ball gets kicked out create a simple challenge that is appropriate for the skill left they are at, for example, 10 toes taps or juggles.

Coaching points

- Dribble with your head up
- Small touches so it is easier to control the ball and change direction
- Protect your soccer ball by putting your body between yourself and the defender

Questions

- Why should you dribble with your head up?
- What type of touches should you take to keep the ball close to you?
- How can you protect your soccer ball to stop it from getting kicked out?

Purpose

The purpose of this soccer game is to encourage players to focus on protecting their soccer ball while dribbling

Set up

- 6 x 6-yard area
- 1 soccer ball per player

Advanced