

KNOCKOUT

- Organization:** Each player with a ball.
- Structure:** Random formation in a confined area (15x15 yards).
- Procedure:** This game is often played when teaching shielding. Each player dribbles under control and attempts to kick opponents ball away. Traditionally, when a player's ball is out of the area they are knocked out of the game! The new approach says that when the player's ball gets kicked out of the area; give them a task to get back into the game (10 ball taps, 2 juggles). After a few minutes, you may want to say there are 30 seconds left. If player's ball is knocked out now, they must stay out.
- Coaching:** Keep the ball close.
Head up so you can see the opponents.
Use both feet.
Bend your knees and stay low.
- Analysis:** Improves dribbling, shielding, balance, coordination, and vision.