



Knock Out

Drill Info:

This drill is a great warm-up drill for dribbling sessions. It emphasizes on dribbling and ball control (keeping head up, change of direction and change of pace). Run this soccer drill with at least 4 players but no more than 20. This soccer drill should last approximately 20 minutes on a small field.



Setup:

Create a grid 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. Players can only be "knocked out" 2 times where they do 5-10 pushups and get back in the game. On the 3rd time, they are out.

Variations:

* 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 * Players heads should be up looking for other players and be aware of their surroundings *

Focus:

Technical Dribbling, Technical Shielding, Technical Deceptive Moves

"CREATING SMILES FOR TODAY, ATHLETES FOR TOMORROW AND KNOWLEDGE OF THE GAME FOR A LIFETIME."

