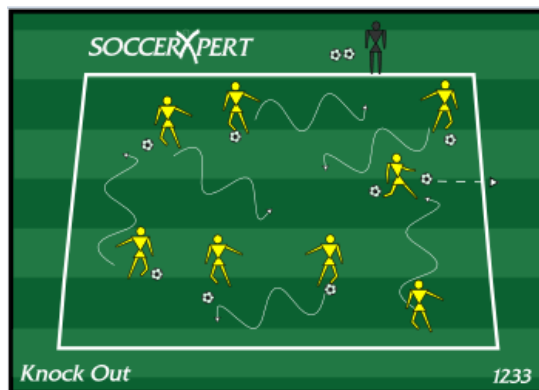




Drill Quick Glance

Age: 4-12	Field: 20X20
Players: 6+	Time: 15 mins.
Difficulty: EASY	Focus: DRIBBLING
Keeper: NO	Type: INDIVIDUAL
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Soccer Balls

Knock Out

Objective:

This drill is a great warm-up drill for dribbling sessions as it focuses on dribbling and ball control, keeping the head up, change of direction and change of pace.

Setup

1. Create a 20x20 grid. The size of the grid could vary depending on the skill level and the number of players.
2. Each player starts with a ball inside the grid.

Instructions

1. Instruct the players to protect their ball while trying to "knock-out" the other player's ball out of the grid.
2. Players must stay with their ball and cannot leave the ball for extended periods of time.
3. Players can only be "knocked-out" 2 times where they do 5-10 pushups and get back in the game.
4. On the 3rd time, they are out.
5. The last player standing in the end wins.

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

Variations

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