

# Knock It Out

**Emphasis:** Changing direction and changing speeds while maintaining control of the ball.



## Set-up:

One ball per person. Grid size should be approximately 20 x 20 yards.

## Objective:

Fun!

For players to get comfortable on the ball while moving with the ball.

## Progression:

1. Each player wants to kick the other players' ball out of the grid.
2. Players may not leave their ball to go kick out another ball. They must remain within one yard of their own ball.
3. Once a player has had their ball kick out of the grid, they must retrieve it and do some kind of skill work before re-entering the grid. Example: juggling or ball touches.
4. If a player sprints after their ball and gets to it before it stops then they get to come into the grid immediately.

## Coaching Points:

- Keep close control of the ball
- Eyes up seeing ball and man
- Keep arms out for balance and shielding
- Find the space to move into
- Be strong in the tackle
- Be determined to hold onto your ball