

Knockout



Activity Organization:

Within a confined area, players stand in random formation, each with a ball.

This game is often played when teaching shielding.

Each player dribbles under control and attempts to kick the opponent's ball away. When the player's ball gets kicked away, he/she must give immediate chase. If he/she can get to the ball before it stops rolling, permit him/her to rejoin the game.

If however, the ball has stopped, give him/her anywhere from 4-10 alternating ball taps (touching the top of the ball with the sole of the foot).

After a few minutes, the coach may want to say there is 30 seconds left. If the player's ball is kicked out now, he/she must stay out. This way, the most anyone stays out of the game is 30 seconds.

Implications for the Game

Technical

- Dribbling
- Shielding
- Tackling

Physical

- Balance
- Agility
- Quickness
- Fitness

Tactical

- 1 vs 1
- Quick transition from attack to defense

Social/Psychological

- Determination
- Success
- Assertiveness
- Develops the tendency to give immediate chase upon losing ball possession and not stop or give up

Related Activities

- Gladiator Ball
- Defrost Tag
- Pac Man