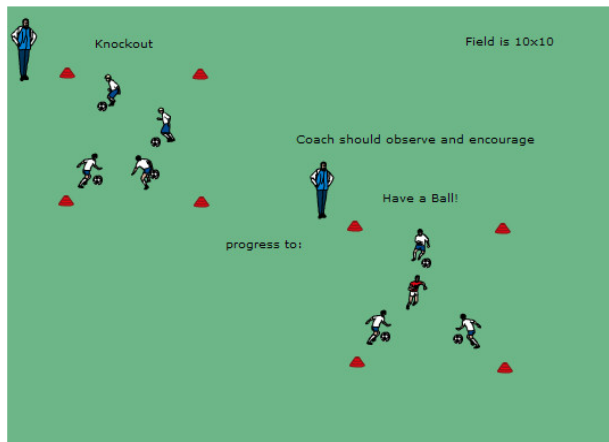


## **Knockout becomes Have a Ball!**



**The Set-Up:** Coach should set up a couple of 12x12 grids. 4 to 6 players, all with a ball, should be in each grid. Coach should stand in a position where he/she can observe all the players.

**Knockout:** Players dribble their ball while trying to knock other player's balls outside of the grid. Players can never leave their own ball. If their ball gets knocked out have them retrieve it quickly and get back into the game. Coach can give a minor

punishment 5 Juggles, 10 ball taps, sprint around the grid, etc. before player can re-enter the grid.

### **Focus:**

- Dribbling
- Shielding
- Poke tackling

**Have a Ball:** Same set-up, but now one player in each grid begins without a ball. The player without the ball now tries to win the ball off of any of the dribblers. If he/she does so successfully, they now keep the ball and the person who lost the ball tries to win any of the other balls back. You must win the ball, you cannot kick it out. If the ball is kicked out the players who was dribbling retrieves it and rejoins the game. Game should be played for 90 seconds. Who doesn't have a ball at the end? Assess a minor punishment for whoever is without the ball.

### **Focus:**

- Dribbling
- Shielding
- Winning the Ball
- Transition

**If you enjoy this exercise Coach Donahue recommends:**

### **Possible next Activity:**

Dribbling becomes Possession  
Capture the Balls

### **Match Related Game/Exercise to Goal:**

Gate Game (Possession) Combined  
Back to Back Goal Game