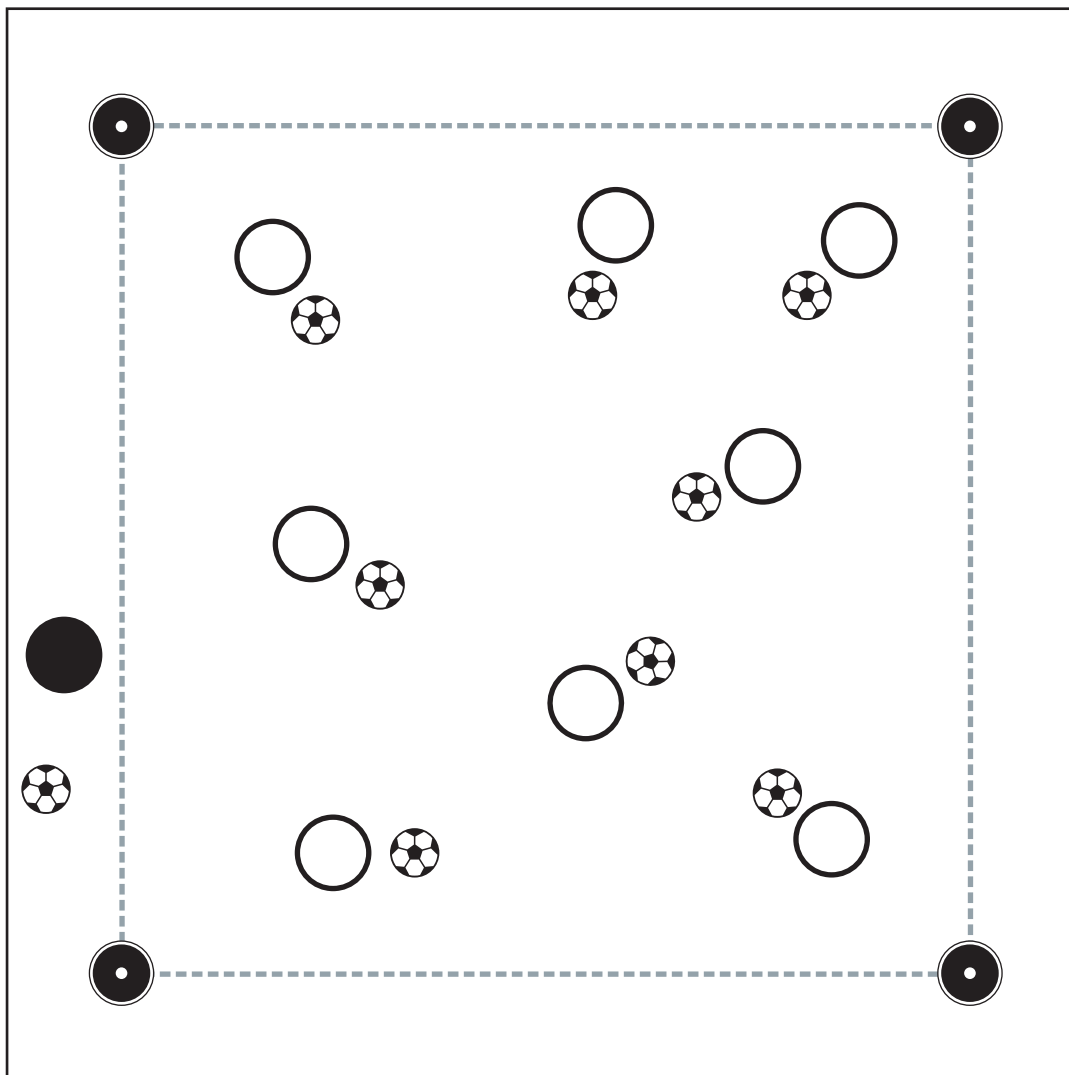







Knock Out: Dribbling under Pressure

Setup: Form a square with 4 cones. Players in the square should each start with their own ball

1.



KEY	
	Soccer Ball
	Player With Ball
	Player Without Ball
	Player Movement
	Cone

NOTES
<hr/> <p>Make it harder:</p> <ul style="list-style-type: none"> • Make box smaller <p>Make it easier:</p> <ul style="list-style-type: none"> • Make box larger

Players start by dribbling their own soccer ball within the boundaries. When the coach yells "knockout", each player has to continue dribbling their ball within the boundaries while trying to knock other player's ball out of bounds. If a player loses control of their ball and it gets kicked out of bounds, that player must step outside of the boundaries and perform 10 toe touches before jumping back into the drill.