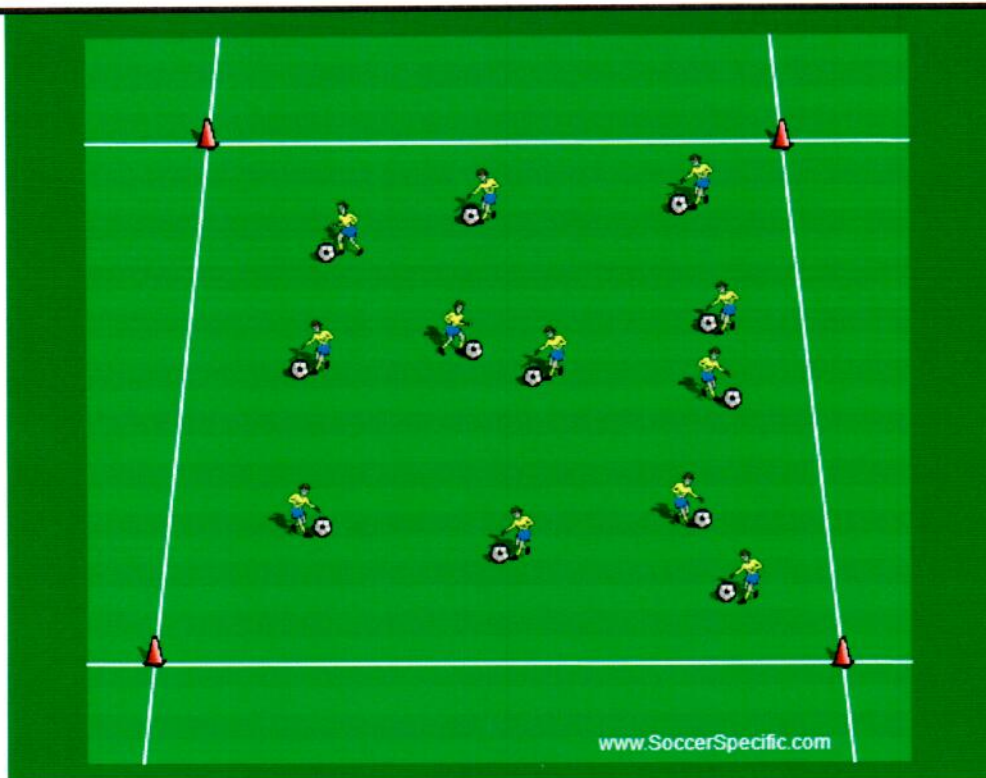


KNOCK IT OUT



Setup

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

Instructions

- 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.
- 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