

KING OF THE RING - KNOCKOUT

WHY USE IT

This is a classic warm-up activity with players of all ages and ability levels. The coach can add conditions to increase the level of challenge and establish two playing areas to ensure no players are eliminated from the activity.

SET UP

Two 10x10 yards areas adjacent to each other. All players with a ball dribble inside one area. A narrow safety zone is created between the playing areas.

HOW TO PLAY

In the first variation of this activity, the players attempt to kick out the opponent's ball whilst maintaining possession of their ball inside the area. This is a good opportunity to demonstrate the poke tackle technique used when the attacker is in front. This is a high intensity activity if played correctly, with players using different escape moves to elude their opponents. If a player's ball is kicked out they must chase after and take it to the adjacent square. Once 2 or more players arrive, start a new game. Each time a player gets 'knocked out', they move to the other area. Play for 3-5 minutes and the player with the least number of points (fewest times knocked out) is the winner.

COACHING NOTES

- + Coaching objectives – The coach should show players how to move the ball away from pressure and into space using different escape moves such as a step-over, step on turn and Cruyff turn. Also encourage players to constantly look over their shoulder to sense the pressure.
- + Coaching tips – Developing a repertoire of several take-on moves is important at a young age. Once the players know the moves, the coach should concentrate on the correct execution. For example, if pressure comes from an attacker's left side, an outside of the right foot cut will establish greater separation and maintain a physical barrier from the defender.

HOW TO MODIFY THE ACTIVITY

- + Less challenging: Instead of all against all add a couple of defenders in each area so the attackers only need to worry about keeping possession and not kicking out other players balls.
- + More challenging: Add conditions such as left foot only dribble, instead of kicking out the ball a player is knocked out for a nutmeg and make the activity a team challenge - 2 teams play against each other.

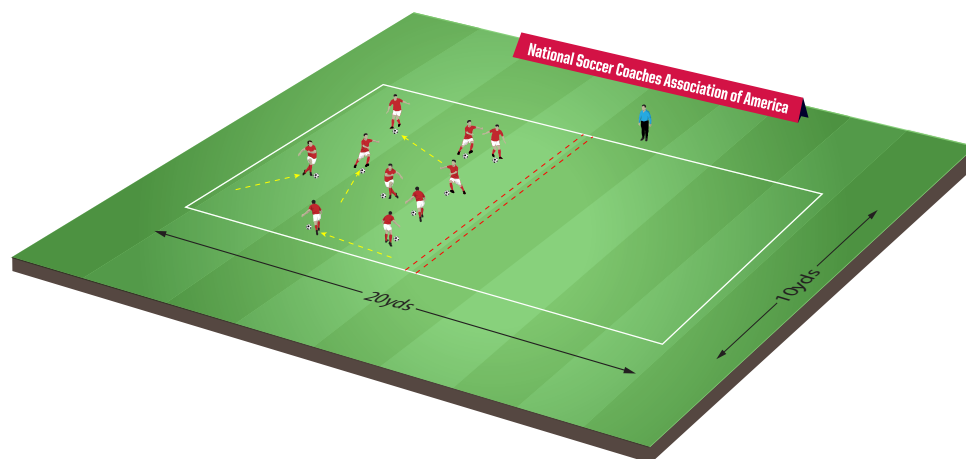
STAGES COVERED BY ACTIVITY

Stages 1, 2, 3, 4 & 5 - 3-18 year old players

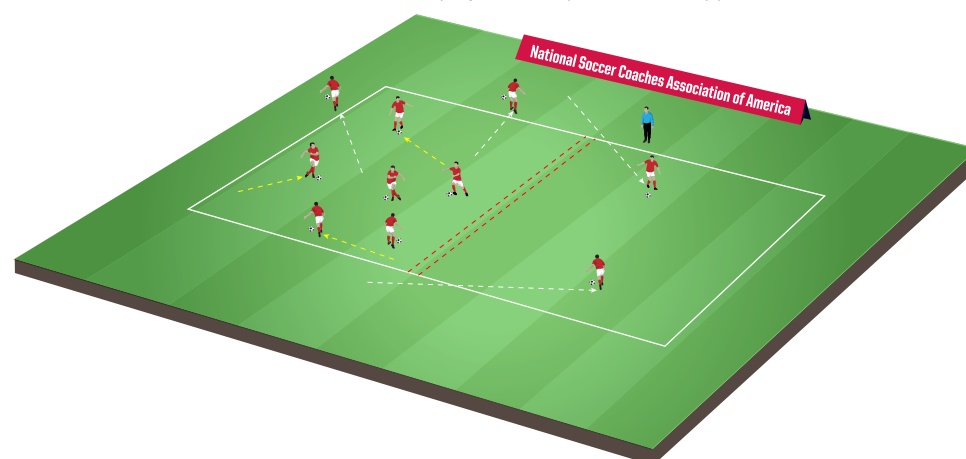
THEMES & COMPETENCIES

Top 3 themes: Dribbling, ball mastery and 1v1 attacking and defending.

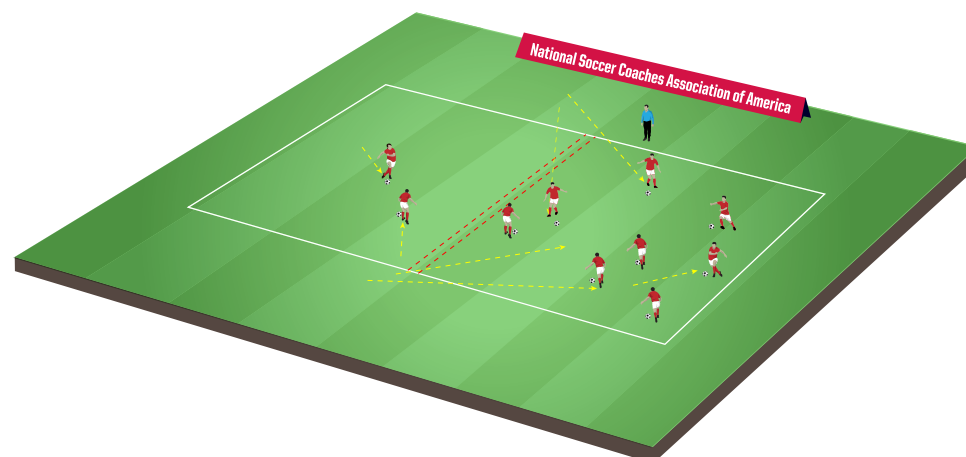
Top 3 competencies: Escape moves, poke tackle technique and creating space as an individual.



- + All the players start by dribbling around in a 10x10 yards square.
- + Adjacent to the square is another 10x10 yards area with a narrow safety zone separating the areas.
- + On the coach's command of "KNOCKOUT" all players attempt to kick the opponents balls out of the area.



- + If a player's ball leaves the area, they must retrieve the ball and then enter the adjacent square.
- + Each time a player gets knocked out of the area, the player earns a point.
- + The games should last 3-5 minutes and the winner is the player with the least number of points.



- + In this illustration, many of the players have transferred to the adjacent square and have started a new game.
- + The coach can add a number of conditions to make the activity more challenging for older players.
- + A player retrieving a ball before it stops moving can re-enter the same square without losing a point.