



“Team Knockout”

East Central Soccer District Academy Curriculum

Curriculum Topic: Dribbling

Primary Objective: Improve shielding of ball when dribbling and awareness of open spaces

Duration: 10 minutes

The Basics		<p>Organization</p> <ul style="list-style-type: none"> • 15yd x 15yd grid • Split group into 2 teams • Pinnies for each team • Each player has a ball
	<p>Activity</p> <ul style="list-style-type: none"> • At Coach’s signal, each player on each team dribbles and shields their ball while trying to kick the ball from an opposing player out of the grid. • A player that has lost their ball can still play, but now her only task is to kick opposing team’s balls out of the grid. • Team with the last player with a ball wins. CELEBRATE THE VICTORY!! Then, play again. 	
	<p>Coach Pts</p> <ul style="list-style-type: none"> • Players should be using legs, hips, shoulders and arms along with CoD and CoS to protect the ball. (no shoving) • Players cannot park their ball in a corner to chase after other player’s balls. Each player should be protecting her ball by keeping it close to her body. 	
	<p>Mods</p> <p>If players are struggling with keeping possession, increase size of grid. If keeping possession is too easy, make grid smaller.</p>	
Prog	<p>After playing 2-3 rounds, add 1 rule: a team with only 1 ball left can pass to teammates to maintain possession of the ball.</p>	