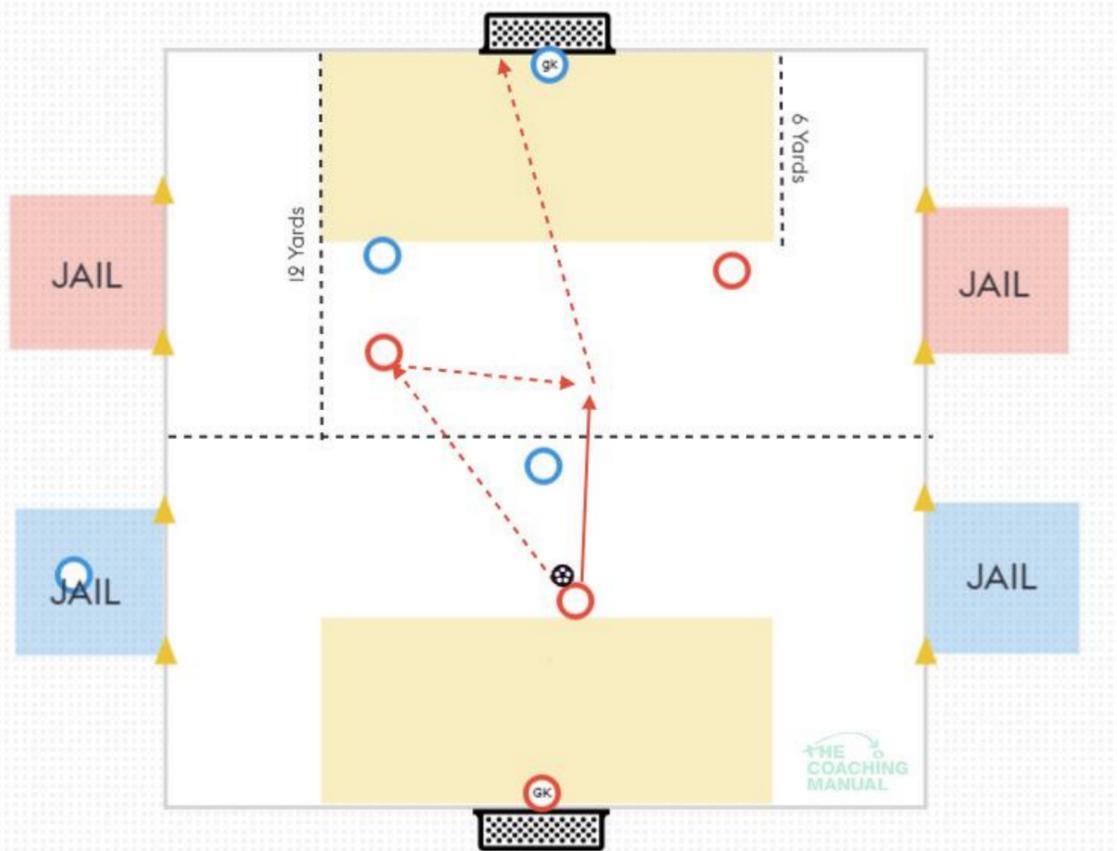


KNOCK OUT - SHOOTING GAME



TECHNICAL

- Dribbling
- Twisting
- Teasing
- Passing
- Tackling
- Protecting
- Shooting

TACTICAL

- Dribble/Protect?
- Dribble/Shoot
- Take On/Or Turn Away?
- Pass/Shoot?
- Dribble/Shoot?

PHYSICAL

- Walking
- Sprinting
- Jogging
- Kicking
- Pushing
- Shielding

PSYCH/SOCIAL

- Fail & Try Again
- Teamwork
- How are your friends playing?
- Experiment
- Deal With Pressure
- Up Next Game

How To Play: (3 x 5-6 minute games)

- Two teams (Red and Blue) - 24x18 field - 4 gates or boxes on the outside - 1 each side for each team (jail)
- The aim of this game is to score the most goals or knock out all of your opponents.
- Ball always starts from the goalkeeper - no throw ins or corners
 - If you score - restart from your own goalkeeper
 - If the goalkeeper saves it and it goes out - start from the keeper
 - whoever kicks it out otherwise loses possession - play starts from goalkeeper.
- **A goal = 1 point**
- If you score in the following ways, you can knock out 1 or more opponents via the **"touchlist"**:
 - The goalscorer has 5 seconds to choose who to knock out or play on
 - 2 touches to score (Control & Shoot) = 2 defenders put in jail
 - 3 touches to score (Dribble & Shoot) = 1 defender put in jail
 - 4 touches to score = 0 defenders put in jail
- If you can get the ball to your teammate in jail by passing them the ball

Progression

- Change touchlist from 2,3,4 to 1,2,3
- Jailed player must control the ball out of the box toward the goal to come back in (positive touch)

Coaching Points		
<u>In Possession (Me)</u>	<u>In Possession We (Team Mate ON Ball)</u>	<u>Out Of Possession</u>
<ul style="list-style-type: none"> • <u>Can I create a chance to score</u> <ul style="list-style-type: none"> ◦ twist, turn, tease & "create a yard" for a shot on goal • BE A MAGNET! <ul style="list-style-type: none"> ◦ Can you attract a defender to you? • Can you beat your player? • Can you play away from the defender with a pass? • Can I Keep The Ball? <ul style="list-style-type: none"> ◦ Dribble/Protect 	<p><u>Follow in shots at goal</u></p> <ul style="list-style-type: none"> ◦ Get ready for rebounds • Get Away From Danger • Get Away From Team Mate • Create A Clear Path • Communicate <ul style="list-style-type: none"> ◦ time or man on? ◦ Ball to feet or in space? • Support the play <ul style="list-style-type: none"> ◦ movement behind the ball ◦ move ahead of the ball ◦ stretch the play wider 	<ul style="list-style-type: none"> • Outnumbered? <ul style="list-style-type: none"> ◦ Slow the game down ◦ show the play to one side with your body ◦ force a mistake • Even Numbers? <ul style="list-style-type: none"> ◦ 1 player presses the ball ◦ 1 player covers the space and the pass behind • Patience, persistence, perseverance
<p><u>Super Power:</u> Restart Headstart</p>	<p><u>Coaching Spectrum:</u> <<<Super Power or Constraint>>></p>	<p><u>Constraint:</u> 1 Touch Finish</p>