

6-12

King/Queen of the Ring

Written by Jonny Bonner

Set Up



15 mins



8 players



8 balls



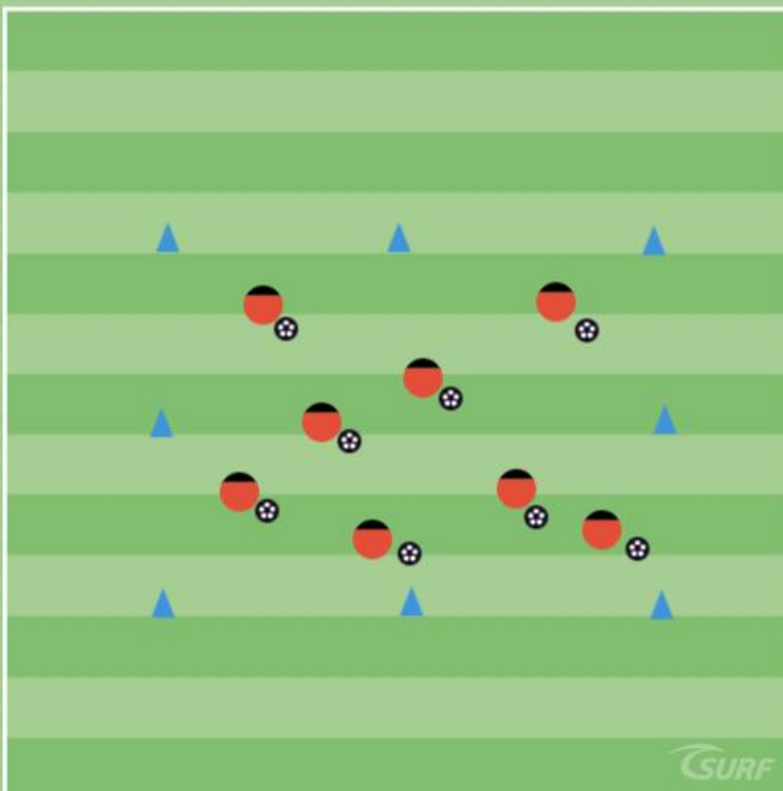
8 bibs



8 cones



30x30 area



Drill Overview

- All players are inside the grid with a ball
- Give players commands e.g. right foot only, left foot only, change direction, step over, scissor
- When you say "GO" - all players are for themselves
- Players must protect their ball while trying to knock other players balls out of the grid
- If you are knocked out you must sit out - if the drill is taking too long - add a defender to go in and tackle the players that are still remaining
- Last player in the grid with their ball is the winner

Key Coaching Points

1. Encourage players to dribble with both feet
2. Shielding the ball from opponent - put your body between the defender and the ball
3. Scan the grid to see where the danger of being tackled is
4. When to tackle opponent: if they take a bad touch - if they are not paying attention to you