



Gates

Activity Description	Diagram	Coaching Questions and Variations
<p>Gate Dribble (8 minutes) : In a 15x20 yard grid set up several gates (two cones about 2 yards apart). All players have a ball and must dribble through the gates to score points. Have the players keep count how many points they scored in 30 seconds. Repeat, asking the players to beat their score each time.</p>		<p>Round 1: Players will use only right foot to dribble Round 2: Only left foot Round 2: Players will dribble through a gate and turn with the inside of the foot Round 3: Players will dribble through a gate and turn by using a pullback</p>
<p>Gate Dribble w/ Bandits (8 minutes) : In a 15x20 yard grid, set up several gates (two cones about 2 yards apart). Select 2 players to be the "Bandits"; they will try to steal the ball from the players trying to score points by dribbling through the gates. If the bandit steals the ball they will try to score goals and the person without the ball becomes the bandit. Play games for time. See how many points each player can score. Add bonus point if you have a ball at the end of each round.</p>		<p>Are players changing speed/direction with ball depending on where bandits are? If players lose ball to become bandit, can the immediately try to get a ball back?</p>
<p>Gate Passing (10 minutes) : In a 15x20 yard grid, set up several gates (two cones about 2 yards apart). Players are now in pairs with a soccer ball. They must pass the ball through the gate to their teammate in order to score a point. Players count how many points they score in a set time. Repeat and ask the players to beat their score. You can also ask them to pass with the inside or outside of the foot, and use their favorite or weak foot.</p>		<p>Variation: Pass through and back through a gate before moving to next gate</p> <p>Make into a team game. Play with one ball and two teams. Each team to pass through a gate gets a point.</p>
<p>Four Corners (30 minutes) : In 15x20 yard grid with cone goals at each end, players of the same team are placed by the corner cones of the goal they are defending. The coach is standing outside and in the middle with all the balls. The game starts when the coach serves the ball onto the field and the first player at each cone comes in play. Players need to get off the field quickly and get back to their cone after a goals is scored or the ball goes out of bounds.</p>		<p>Coaching Points: Encourage all players to be active and attack minded. Keep the game moving.</p>
<p>Scrimmage</p>		<p>Let them play!</p>