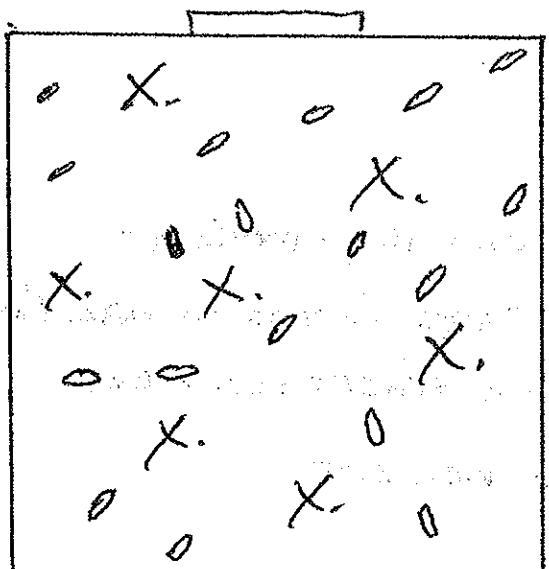


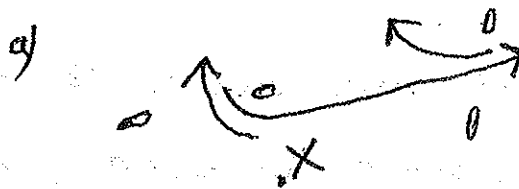
THROUGH THE GATES

1) BASIC SET UP

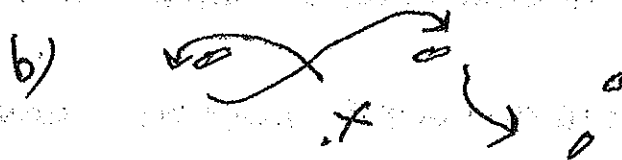


O O - CONE GATES

2) DRIBBLING



PLAYER DRIBBLES THROUGH CONE, PUTS FOOT ON BALL, DRAGS BACK AND TURN! AND ADVANCES TO NEXT GATE. ALSO WITH INSIDE + OUTSIDE OF FOOT TURNS.



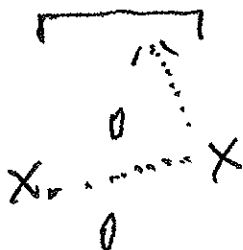
PLAYER DRIBBLES IN FIGURE OF 8 THROUGH GATE

3) PASSING



1) PLAYERS IN PAIRS, MOVE AROUND GRID PASSING THROUGH GATES. USE INSIDE FOOT PASS + INSTEP PASS

2)



SET TARGET # OF GATES WITH GATE IN FRONT OF GOAL FINAL TARGET. FINISH WITH PASS + SHOOT ON GOAL

a) IN ABOVE COUNT HOW MANY GATE COMPLETED IN A SET TIME (90 SEC) SET A TARGET # OF GATES THEN GO ON TO SHOOT

b) INTRODUCE PRESSURE. HAVE PLAYERS IN PAIRS, ONE DRIBBLING, ONE TACKLING. IF THEY WIN THE BALL THEY BECOME THE DRIBBLER COUNT HOW MANY EACH HAS IN SET TIME.

c) ASK THE KIDS TO SEE IF THEY CAN INVENT A MOVE ON THE BALL GOING THROUGH THE GATE (STEP OVER, SCISSORS, CRUYFF)

THROUGH THE GATES

GUIDE FOR COACHES

- EASY AND QUICK TO SET UP
- ALL KIDS INVOLVED, NO LINES
- USE YOUR IMAGINATION, GATES CAN BE ANYTHING
eg FARM GATES PUTTING ANIMALS AND
PARKING SPACES FOR CARS
- DEMONSTRATE WHAT YOU WANT TO ACHIEVE
- CIRCULATE, WATCH, CORRECT & CONGRATULATE.
- REMEMBER, ONLY ONE TECHNIQUE PER TRAINING SESSION
- FOLLOW UP IN GAME, LOOK FOR TECHNIQUE YOU
HAVE JUST PRACTISED.

HAVE FUN WITH THE GAMES