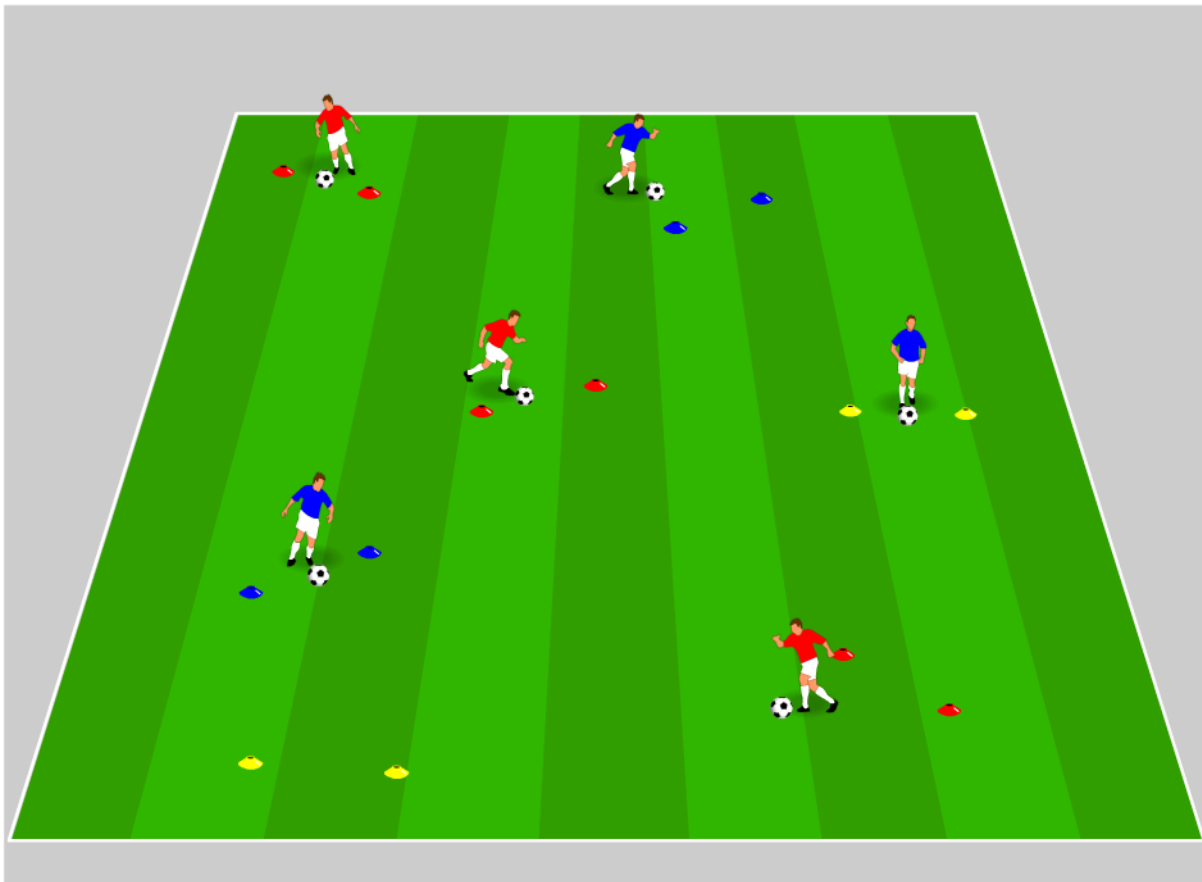


GATE GAME 2 - Dribbling Through Targets

Date:	1 Mar 2011	Measurement:	10 x 10 yards
Time:	.	Players:	5-12
Duration:	.	Level/Age Group:	2-6 years

Description: Set up a series of gates about 2 yards width using cones in a marked area to suit the size of the group.

Each player has a ball and must dribble through the gates. Certain conditions can be introduced e.g. right or left foot only. Make the game competitive by awarding points for each gate successfully passed.

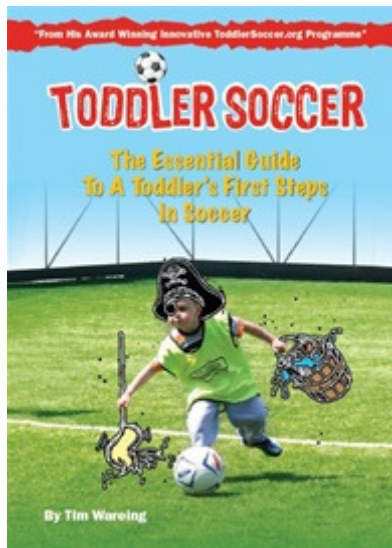
Objective: To develop dribbling, close control and awareness.

Coaching Points: 1. Close control. 2. Use both feet. 3. Head up.
4. Attack space. 5. Awareness. 6. Passing accuracy and weight.

TIP - Hold coloured gate cones above your head to encourage players to lift their head when dribbling.

Progression: 1. Spread the gates out, fewer gates, smaller gates.
2. Work in 2 with 1 ball and pass the ball to each other through the gates.
3. Coach calls out a colour gate.

This Dribbling through Targets Game was taken from Toddler Soccer Book



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