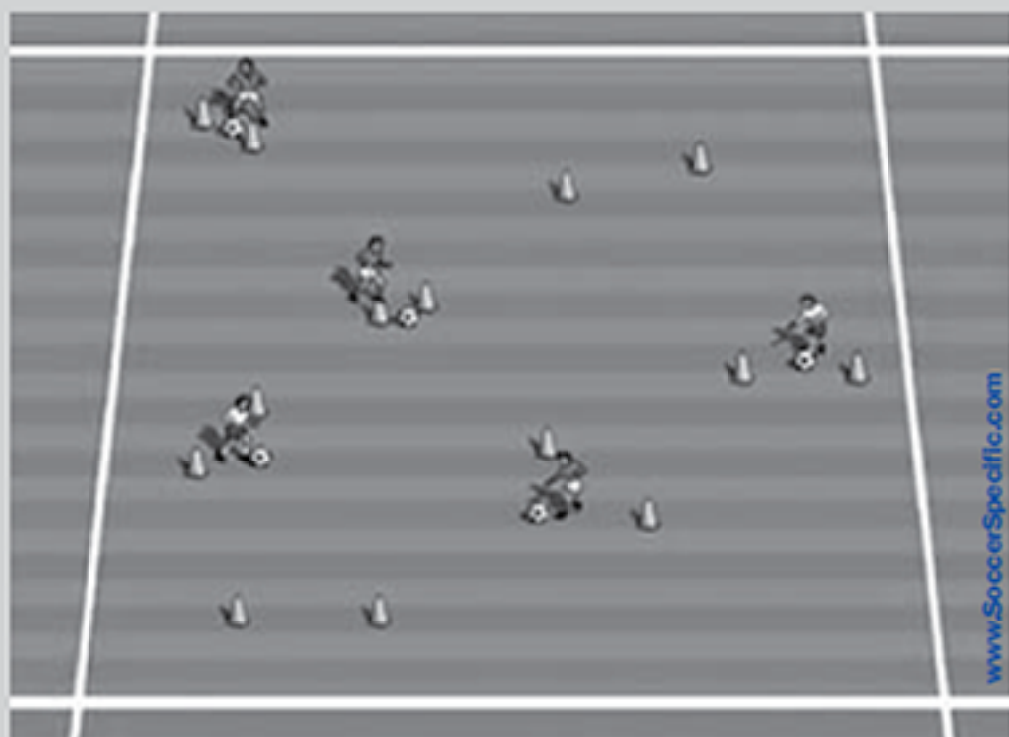


GAMES GATE GAME 2



www.SoccerSpecific.com

Emphasis

- Dribbling game through targets.

Set-Up

- Set up a series of gates using cones (gates should be about two yards wide) in a marked area to suit the size of the group.

Objectives

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

Progressions

1. Spread the gates out, fewer gates, gates smaller.

2. Work in partners with one ball between two and pass the ball to each other through the gates.
3. If groups develop well, play two teams against each other with one ball. Award a goal for each dribble or pass through the gates.

Coaching

- Close control.
- Use of both feet.
- Head up.
- Attack space.
- Awareness.
- Passing accuracy and weight.

TIP!

Hold coloured gate cones above your head to encourage toddlers to lift their heads when dribbling.

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