



Drill Name: Dribble Gate Activity

Set up :

Set up a big enough grid to play 5 v 5 or 6 v 6 with 4 - 6 mini goals in a different color cone. Sort players out in two different teams.

Instructions:

Players will play possession in the grid and will get points when a player dribbles through a gate. If the opposing team wins the ball they will possess and look for their opportunity to dribble through a gate. If the game goes outside the grid the coach will quickly provide another ball to keep the game going for more.

Coaching Points:

Does the player who has control of the ball pass or take advantage of space. Need to protect the ball and have good vision and field awareness and penetrate at every opportunity.