



Gates - Dribbling & Passing

Category: Technical: Ball Control
Difficulty: Beginner

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Description

"Gates" Sessions - focusing on fundamental dribbling and passing skills

Dribbling Gates

Dribbling Gates is an activity that can be used for players of all ages. It is a basic game that makes it easy to work on important dribbling fundamentals.

Organization:

Set up gates (mini cone goals) around your practice field. Every player has a ball.

How to Play:

Players dribble freely around the field. At each gate, perform a skill. Go from simple to complex.

- Start with dribbling through a gate with either foot. Then designate a foot, left or right.
- Perform skill at each gate - toe taps, tick tocks, turn
- Speed dribble through a gate, under control
- Races through the gates, dribbling, then running races



Passing Gates

Passing Gates is a fun activity that encourages proper techniques and movement.

Organization:

Set up gates (mini cone goals) around your practice field. Every player needs a partner, groups of 2. (In diagram, yellow players partner with blue players) Each pair has one ball.

How to Play:

The objective is to pass the ball through a gate to your partner.

- Game starts by partner without a ball running to a gate. Player with ball follows and passes to partner through the gate. After completing pass, player without the ball runs to a new gate, partner with ball follows. Game continues...
- Players should be 5-10 feet apart when passing and receiving.

Progressions:

- Designate passing foot
- Designate surface to receive



Coaches Notes

Focus on Fundamentals and Proper Techniques

"Gates" are great practice activities to improve dribbling and passing skills. When your players fully understand the game, turning it into a competition is a way to get the best out of your players.

** race to dribble through 5 gates, race to do 2 toe taps at 5 gates, race to run through 5 gates, team race to pass through 5 gates **

Coaching Points:

- When dribbling, keep ball close to feet and head up as much as you can
- When passing, use inside of foot to pass, plant foot (non-kicking foot) next to ball and pointing at target (partner / teammate)
- All players, 100% effort

