



Gates Session

Category: Technical: Attacking and Defending Skills
Difficulty: Moderate

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Description

A full session using gates. The same setup for the entire session. Progresses from a simple warmup to a 1v1 activity and finishes with a team game. This session is adaptable for different age groups. Gives players the option of going forward or going in a different direction to score.

Dribbling Gates

Warmup

Ignition activity to prepare for the training session.

Organization:

- See Diagram.
- Gates (cone goals) set up randomly on the field.
- All players with a ball.

How to Play:

- Dribble thru each gate. Perform different skills at the gates.

Variation:

- No ball (run thru the gates).

Coaching Notes:

- Keep tight control of ball.
- 'Eyes Up' to scan the field.



1v1 Gates

1v1 Activity

Game played to multiple goals.

Organization:

- See Diagram. Same setup as the warmup, with addition of small goals.

How to Play:

- Play 1v1. Multiple groups playing at the same time.
- All gates are goals, dribble thru to score.
- Younger age groups, describe it as "Shark vs Fishy"

Progression:

- Add pugg goals. If player scores in 3 gates, then score in pugg.

Coaching Notes:

- Immediate chase if you lose the ball.
- Dribble at speed after beating defender.



Team Gates

Conditioned Game

Small-Sided Game: Team Gates

Organization:

- See Diagram.
- 3v3 or 4v4. Add GK if possible.

How to Play:

- Score thru the gates.
- Add incentives, Red gates are 2 points, Yellow gates are 3 points.
- Score in larger goal after certain number of goals thru gates.



