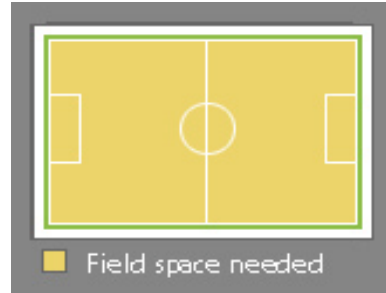


Materials Needed



Open playing area

- Cones
- One soccer ball per player
- Gates (2 cones 1 - 2 yds)

Gate Dribbling with Keepers (Dribbling)

Description:

Gates are placed at many different angles about 5-10 yards apart. Set up 1 gate per player or 1 more gate than there are players. Players dribble freely through the gates. Ask parents to be Gate Keepers. Each Gate keeper stands next to a gate.

Coaching Points

- Changing direction (which gate to go through next?)
- Changing of speed
- Simple decision making

Progressions:

When the coach looks at a Gate Keeper, he/she must get inside the gate. When a Gate Keeper is inside the gate, players cannot dribble through it. When a Gate Keeper moves outside of the gate, players are free to dribble through the gate. Each time the coach looks at a Gate Keeper, the Gate Keeper simply moves in or out of the gate.

Timed gate dribbling with Gate Keepers...the coach times the players for 30 seconds. The players must count how many gates they dribble through in 30 seconds. This is funny because they really can't count and concentrate on dribbling at the same time. When time is up ask the group a question like: "Did everybody go through 5 gates?" This will stimulate a fun discussion with the players because they will want to brag about how many gates they went through.