



Description

Gate Dribble w/ Pass (15 mins)

Organization: Gate Dribble Pass 20 x 20 yard area set up; 9 players set up as shown; 3 balls

Instructions:

- 1.) **Takeover.** B dribbles through the middle gate to A and then A takes the ball from the foot of B to then dribble through the gate and perform a takeover with C
- 2.) **Dribble Pass Switch.** B dribbles through middle gate and then passes to A, A take a positive 1st touch and then dribbles out himself through gates and passes to C
- 3.) **1-2.** B dribbles through gates and passes to A, B opens up at an angle and A passes back to B, B touches forward and does the same exchange with C

Coaching Points:

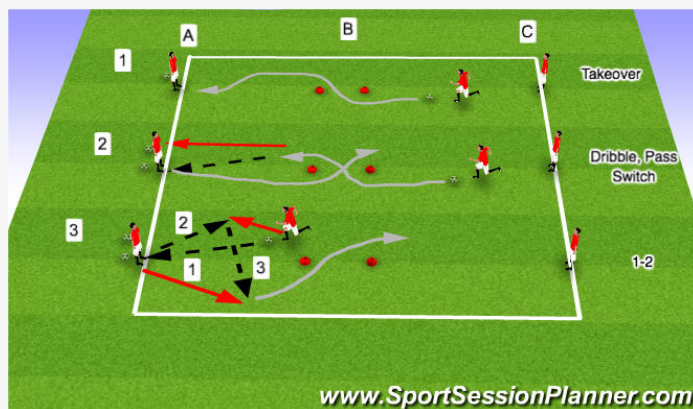
Hips square to target; Plant foot beside ball pointed towards target; Ankle locked, toe up; Follow through with pass; Strike through middle; Weight/Accuracy of passing; Movement to receive; 1st touch; Dribbling technique; Awareness

Progressions:

Vary the passing distance;
Challenge player to play to a certain foot;
Use only your weak foot

Regressions:

Decrease the distance



Passing/Turning (10 mins)

Organization:

10x5 lanes

3 players in each with one in the middle as shown

Instructions:

1) **Short, Short, Long**

- 1 passes to 2
 - 2 passes back to 1
 - 1 passes to 3
- Then reverse.

Rotate middle player on coaches command (1 minute)

****We want the middle player to show at an angle (to the side) and be taking a look behind them before receiving the ball**

2) **Half turn**

The player in the middle stays in the middle the whole time. Middle player should always have their body in an open position so they can see both players. Use 1 minute rotations

Player in the middle should check away from the ball then come back to it, half-turn, and play the "target"

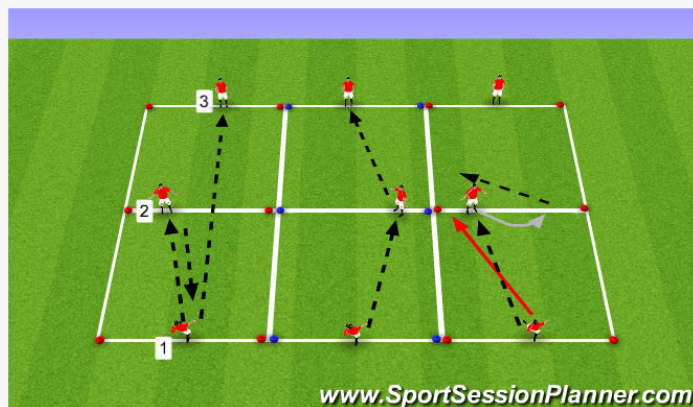
The check away can be slower, but the check to the ball, the turn, and the pass should be done quickly

3) **Overlap**

- Player 1 passes into player 2
- Player 2 touches towards the middle
- Player 1 overlaps player 2
- Player 2 receives the ball from player 1 then plays player 3
- Player 1 now goes to where player 1 made their run from.

Coaching Points:

Quality of pass
On toes
move towards the ball
timing of run
Weak foot only
R- 2-3 touch



2v2 to Target

Set Up

25x15 grid with target players at both ends

Instructions

Players combine to find the target players. Everytime they find a target player they get a point. Play 3 minute games then switch out one team to become the new targets.

Coaching Points

1. Can we use our combination play to find the target player
 2. Targets need to show for the ball so we can find them
 3. How are our passing angles
- ** if players are not combining, put a 2 pass restriction before they can find the target.



3v3 to Endzone (10 mins)

Organization:

1. Area as shown 20x20, 2x20x10

Instructions:

Instructions

Teams score by playing a teammate into the endzone. A point may also be scored if a player can get into the endzone within 2 touches. Switch opponents every 3 minutes

Coaching Points:

1. Passing technique
2. Combination play

Regression

1. Team defending needs to have one player take a knee so that is is a 3v2

2. You may pass or dribble into the endzone

Progression

1. 3 touch restriction

