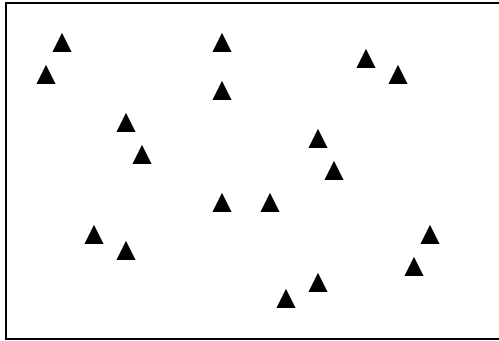


Gate Dribbling Level 1



Players: ½ the players on the outside
½ the players by a gate with a ball

Object: Players dribble through the gates using both feet (never the same gate).

Emphasis: Keeping ball close.
Using the inside of the foot
You nor your ball hits anything.

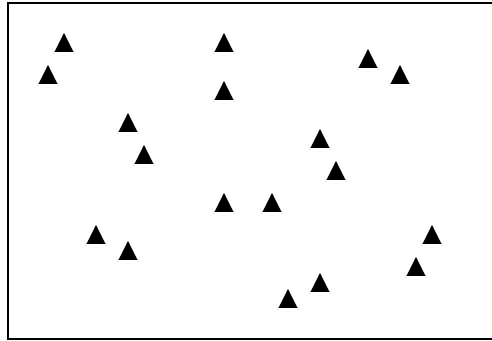
Time: 4 minutes (per advancement)
Every 20s (say pass) players with the ball pass it to players without the ball and switch spots.

Advancement (speed): Try to get through every gate before you have to pass (within 20s).

Advancement (vision & speed):
Coach/s walk around trying to get the ball.

Game: Always end by making it fun

Gate Dribbling Level 2



Players: Same Object: Same

Emphasis: Same Time: Same

Advancement (turn): Enter a gate, then go around a cone and out the gate.

Advancement (single foot): Using only a single foot, players work on using the inside and outside of their foot.

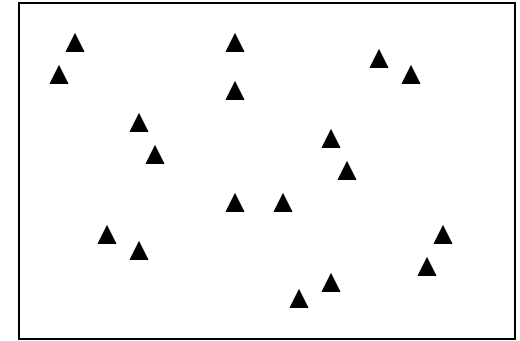
Advancement (speed both feet):
Players try to get through the gate with only 3 touches (1 control, 2 setup next, 3 through)

Advancement (speed/vision both feet):
2 defenders (wearing pennies), who can't touch the ball can chase and block gates.

Advancement (speed): Try to get through every gate before you have to pass (within 20s); using any of the above advancements.

Game: Always end by making it fun

Gate Dribbling Level 3



Players: Same Object: Same

Emphasis: Same Time: Same

Advancement (turn): Enter a gate, then do a figure 8 around the cones.

Advancement (single foot): Enter a gate, then go around a cone and out.

Advancement (blocked): The coach, randomly says "closed" and whatever gate the player was going to, he/she must change.

Advancement (speed/vision both feet):
A defenders (wearing pennies), can chase, block gates or steal.

Advancement (speed both feet):
Players try to get through the gate with only 2 touches (1 through and setup; 2 through the next)

Game: Always end by making it fun