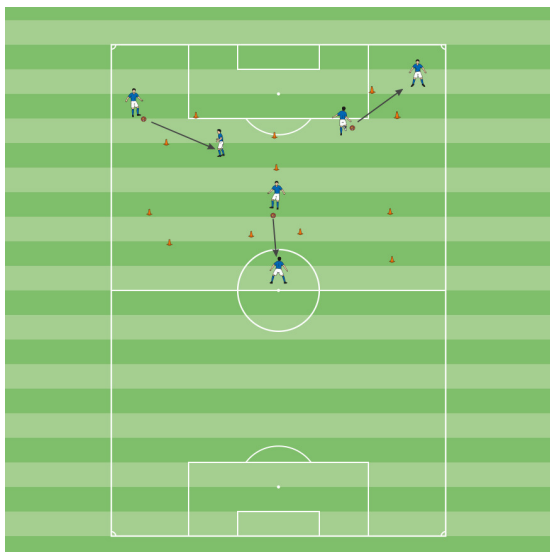








TRAINING EXERCISE

Passing Through The Gate



	Passing and Receiving Ball Control
	U5 to U8
	6 to 16 Players
	Cones, Balls
	Intensity: 5
	07:30 min (3 x 01:45 min, 45:00 min rest)

Objective

Make a pass to their partner through as many gates as possible

Description

Players work in pairs around the grid making a pass through a gate before moving onto a different one. A point is scored for every gate they make a pass through. Progressions:- Increase number of passes, i.e. make three passes through gate before moving to next- Make gates smaller- Specify amount of touches, i.e. two touches

Key Points

- Use side of the foot- Think about the weight of the pass- Lock ankle and follow through with leg- Standing foot next to the ball, toes pointing at target