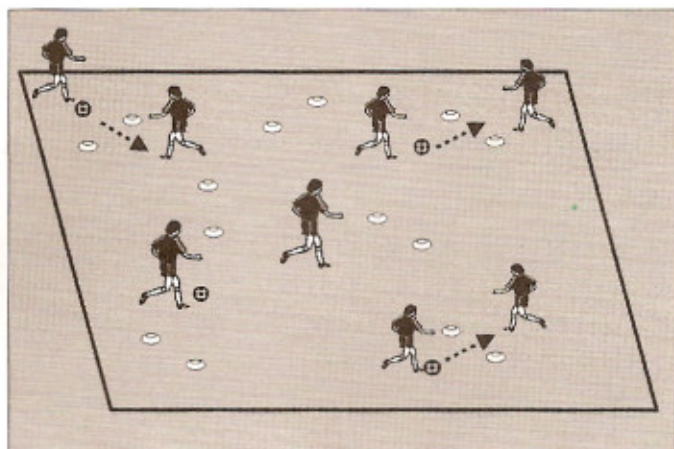


Session 2 ~ Passing & Control

2.1 Gate Pass



Organization:

The players are divided into pairs with one ball between two. They must dribble throughout the grid and make as many passes through the cone gates as possible in the given time.

Progressions:

1. Restrict passes to weak foot only and adjust the distance which players may pass over.
2. Players must make two consecutive passes before moving on to the next gate
3. After passing through three gates players the pair split up and must each find another partner.

Coaching Points:

Communicate with your partner.

Roll the ball smoothly with the inside of the foot.

Look up as soon as you receive the ball.

Accelerate away towards the next gate.