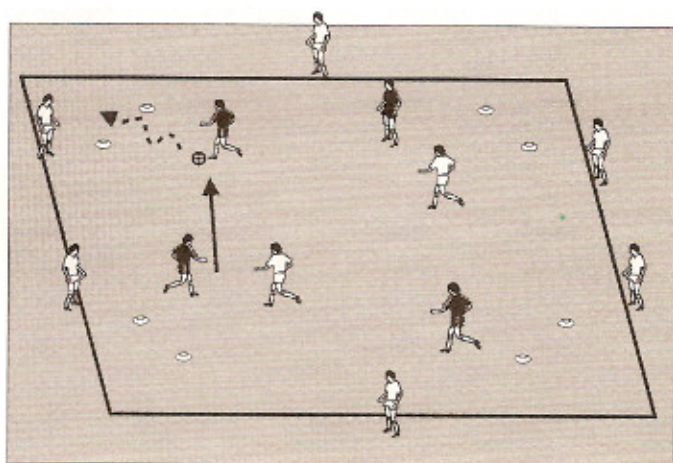


## Session 6 ~ Dribbling

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### 6.3 Gate Dribble



#### Organization:

Play 4 v 2 inside a 30 x 20 yard grid with six players spread out along the perimeter. The four offensive players score a goal by dribbling the ball through any of the four gates set up inside the grid. The two defenders must steal the ball and complete a pass to any of the perimeter players to score a point

#### Progressions:

1. Add two more players inside the grid and play 5 v 3.
2. Only allow a goal if the player completes a pass to a teammate after dribbling through a gate.
3. Finally, try playing the game with two equal teams – make sure that the space is large enough to allow plenty of room to dribble before players are challenged

#### Coaching Points:

Keep looking up when dribbling be aware of where your teammates are at all times.

Turn quickly away from gates protected by defenders.

As soon as you have scored through one gate accelerate away towards the next target.