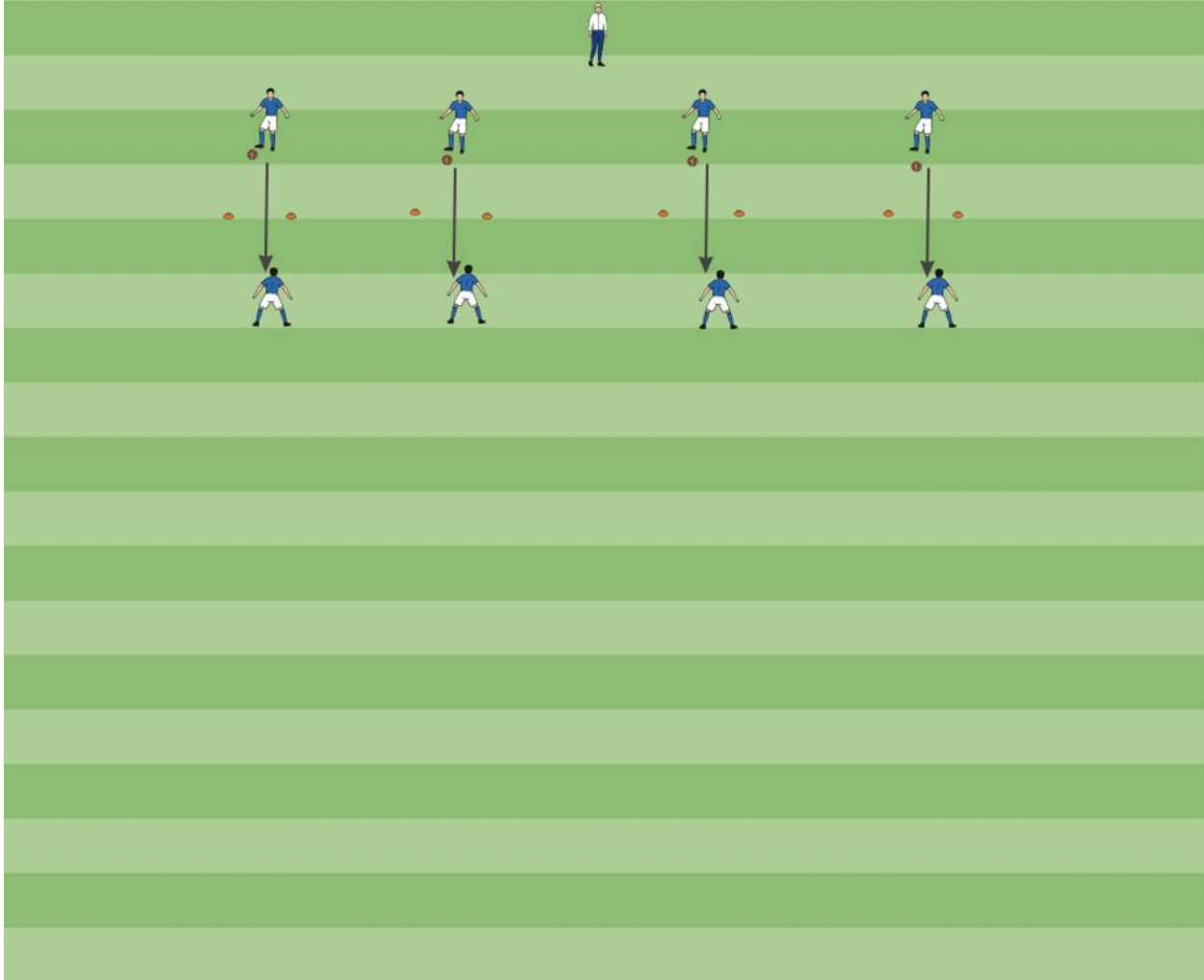


Passing Gates



Organization:

Players positioned across from each other 10yds apart (distance can vary based on level) with gates placed half-way between them.

How to Play:

Pass the ball to your partner through the gates

Why:

Improve passing and receiving

Variations:

- Change the foot players pass with
- How players pass (instep, inside of the foot) and receive the ball (across the body with inside and outside, Pass and receive both feet, behind plant foot)
- Make the gates smaller or Increase/decrease distance between players to vary difficulty
- Create a competition by seeing which pair of players can complete the most passes between the gates

Coaching Points:

- Proper striking and receiving techniques
- Explain how this will benefit the players within the game