

## GATE PASSING

### STAGES COVERED BY ACTIVITY

Stages 2, 3 & 4- 6-14 year old players

### THEMES & COMPETENCIES

#### Theme:

- + Passing and receiving.

#### Competencies:

- + Passing over a short distance.
- + Receiving the ball with the feet.

### WHY USE IT

Teach players to work in pairs using passing and moving with the ball.

### SET UP

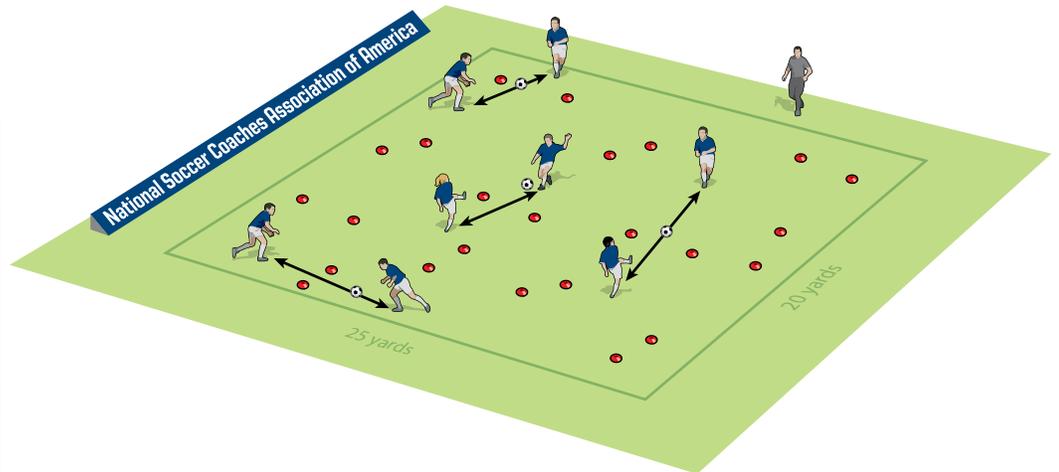
25x20 grid with cones in the corners. 12 gates made up of two cones are set up in the grid of varying sizes. Players are split into pairs and each pair has a ball.

### HOW TO PLAY

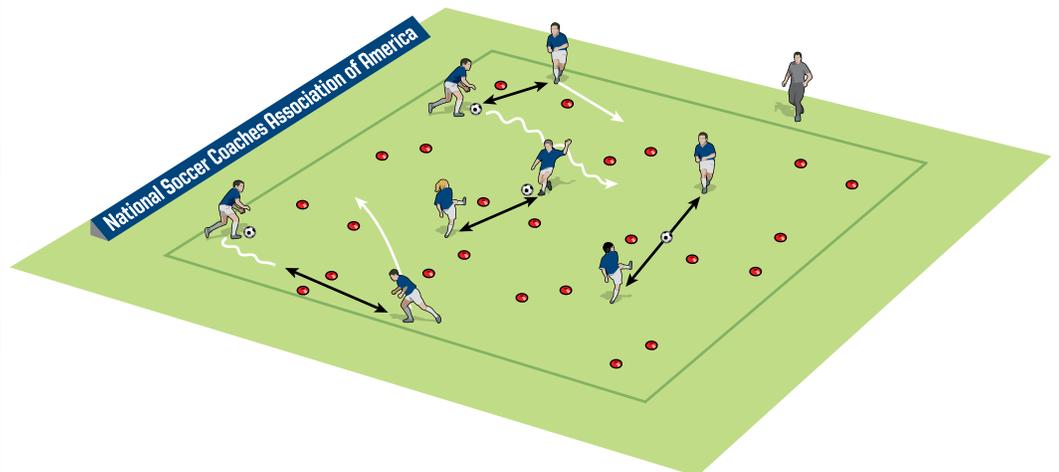
Partners will first pass through a single gate to review passing technique. Pairs will then have one minute to pass through as many gates as they can. The coach should play several rounds to allow players to devise strategies that will allow them to improve their score.

### COACHING NOTES

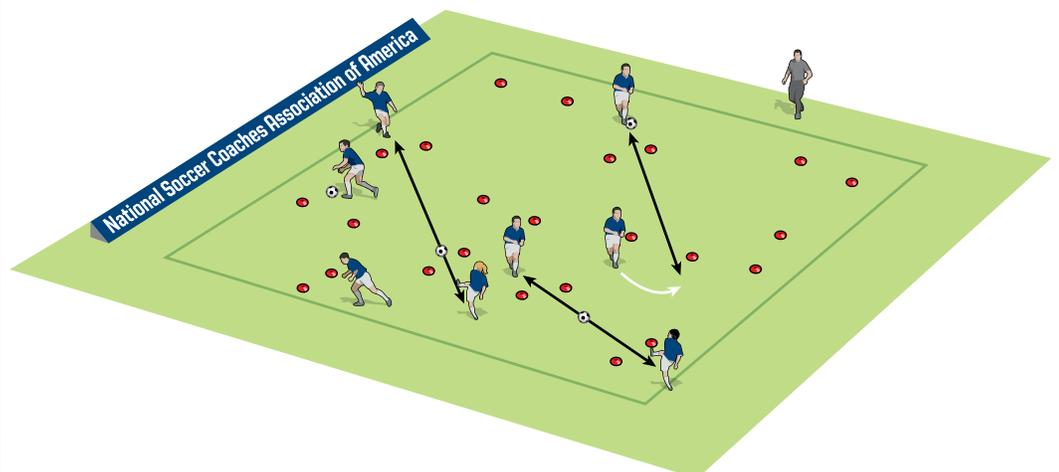
- + Main coaching objectives – players should improve passing accuracy, vision, and receiving the ball with their next movement in mind
- + Coaching tips – players should strike through the middle of the ball, use the metaphor of the ball is an “Oreo cookie” and players should hit the cream.
- + Adaptations – to increase difficulty one pair can act as bandits to try and steal the ball from other pairs



- + Partners pass between a gate - how many passes in a minute?
- + Coaches ask players to pass or receive with different surfaces of the foot.



- + Players must pass and move to different gates.
- + Take a first touch in the direction of the next gate.
- + Think about the pace of the ball played to a partner.



- + Players look to play the ball through more than one gate at a time.
- + Players think about short and long passes and the pace needed.

