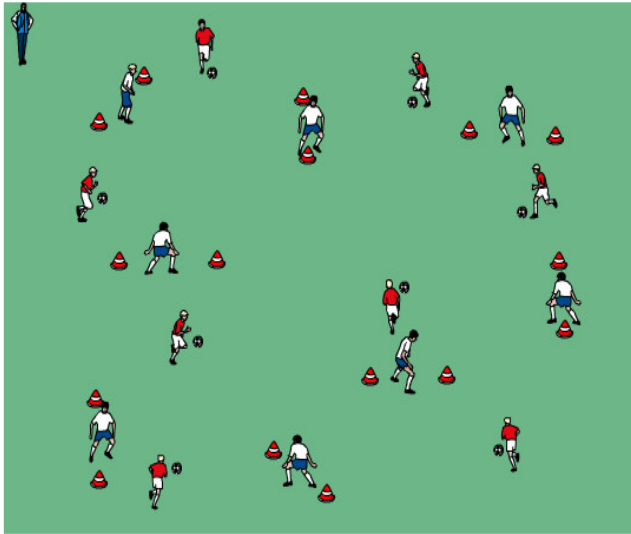


Gate Dribbling with Defenders:



The Game: All red players have a ball, while all white players are responsible for guarding a gate. Red's must dribble the gates not pass through them. You can attack either side of the gate. This forces the defenders to stay alert. After the designated time, switch roles. White attacks, red defend.

Duration: 60 to 90 seconds.
Allow players to the players to perform both roles twice.
Note: It is much more difficult to defend the more central gates, put your strongest players in these

positions.

*Ask defenders to stay on their feet. Make the gates wide enough that attackers can dribble through, but not too wide that they have success too easily.

If you enjoy this exercise Coach Donahue recommends:

Possible Warm-up:

Gate Warm-up Combined

The Dribbling Game

Progress to:

1v1 Fast break attack

3v1 plus 2 Keepers