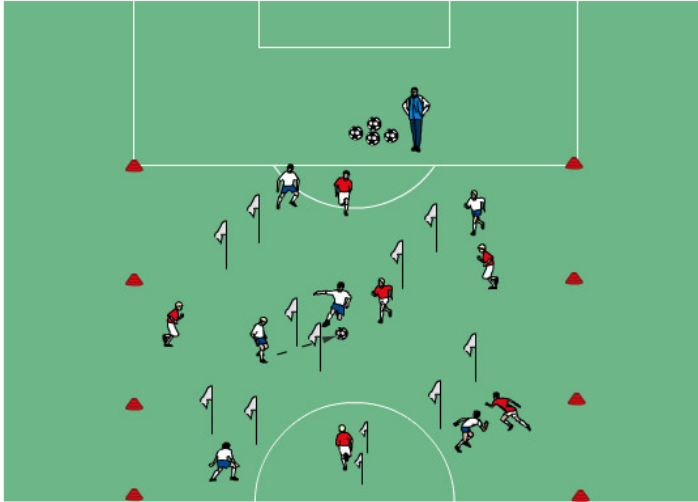


## Gate Game (Possession)



**Set-Up:** as pictured. You could use discs instead of flags as your gates.

**The Game:** 2 teams (Red vs. White) play possession, but can score goals by passing to a teammate through a gate. Games are to 10.

**Note:** Player should not try to force the ball through any particular gate, but be patient and find a gate that is not

defended by the opposition. The Coach should create an additional gate (7 gates for 6 v6 game) to ensure that there is always an undefended gate.

### Focus:

- Keeping possession of the ball
- Keeping the field spread offensively
- Speed of Play
- Movement off the Ball
- Winning the ball back as a group
- Quick transition from offense to defense, vice versa

*This is a very demanding, but much more enjoyable form of possession than a normal game of keep away!*

**If you enjoy this exercise Coach Donahue recommends:**

### Possible Warm-up:

Gate Warm-up Exercises Combined  
Passing in Pairs with Basic Movements

### Progress to:

7v7 Win by One  
Four Goal Game