

GATE GOAL

Develop passing and receiving in a skill related practice

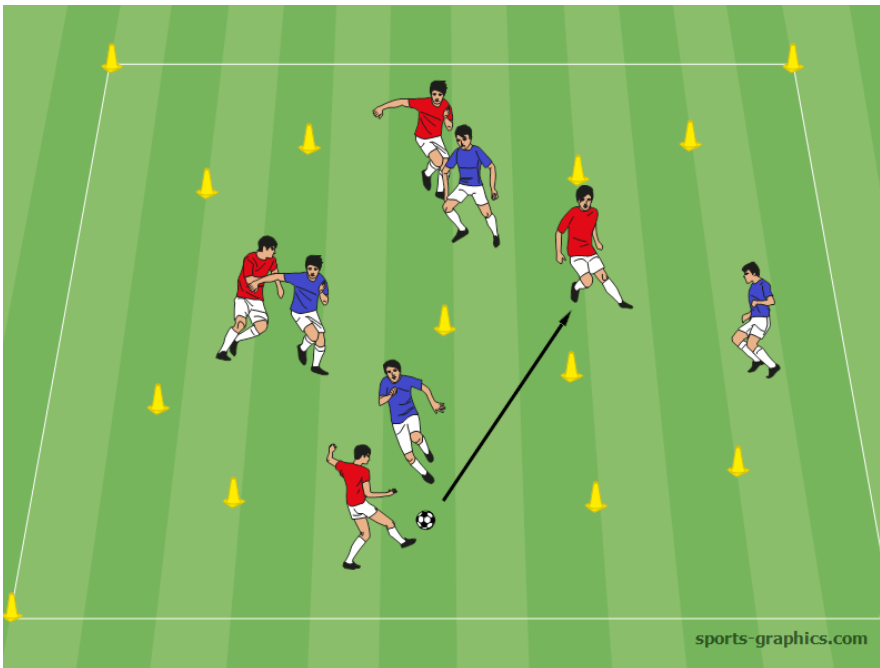
TECHNICAL

TACTICAL

PSYCHOLOGICAL

Passing

Support Play



Set up a 30x30 playing area.

Arrange five 2yd wide gates within the playing area.

Two teams of equal players attempt to score a goal by passing through a gate with feet to a teammate.

Both teams can score through any gate but the ball must be received by a teammate to count.

If the other team intercepts or tackles and gains possession they begin to score through the gates.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.



LEARNING OUTCOMES

- Angles and distances of support. Does the player on the ball see a clear pathway to pass to a teammate?
- Correct passing technique.
- Correct technique to receive.
- Develop good decision making.
- Good movement to show for the ball.
- How to create space to receive.
- Improve team work.
- To be comfortable in receiving the ball.
- To develop more fluent and quicker passing.

KEY FACTORS

- Body shape
- Communication
- Good angles and distances of support
- Good early decision making (on and off the ball)
- Good first touch
- Head up
- Movement
- Quality of pass (accuracy, timing and disguise of the pass)
- Support quickly

FOCUS AREAS

- Angles and distances of support.
- Awareness of passing options.
- Combination play, using minimal touches.
- Encourage communication between the players.
- Encourage players not to force the pass.
- Execution and weight of pass.
- Keep the ball moving.
- Observe the session from outside the grid to identify and make necessary improvements.
- Play fast, confident passes.
- Players' technical performance on and off the ball as play happens (Key Factors).
- Spread out (wide and long).

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