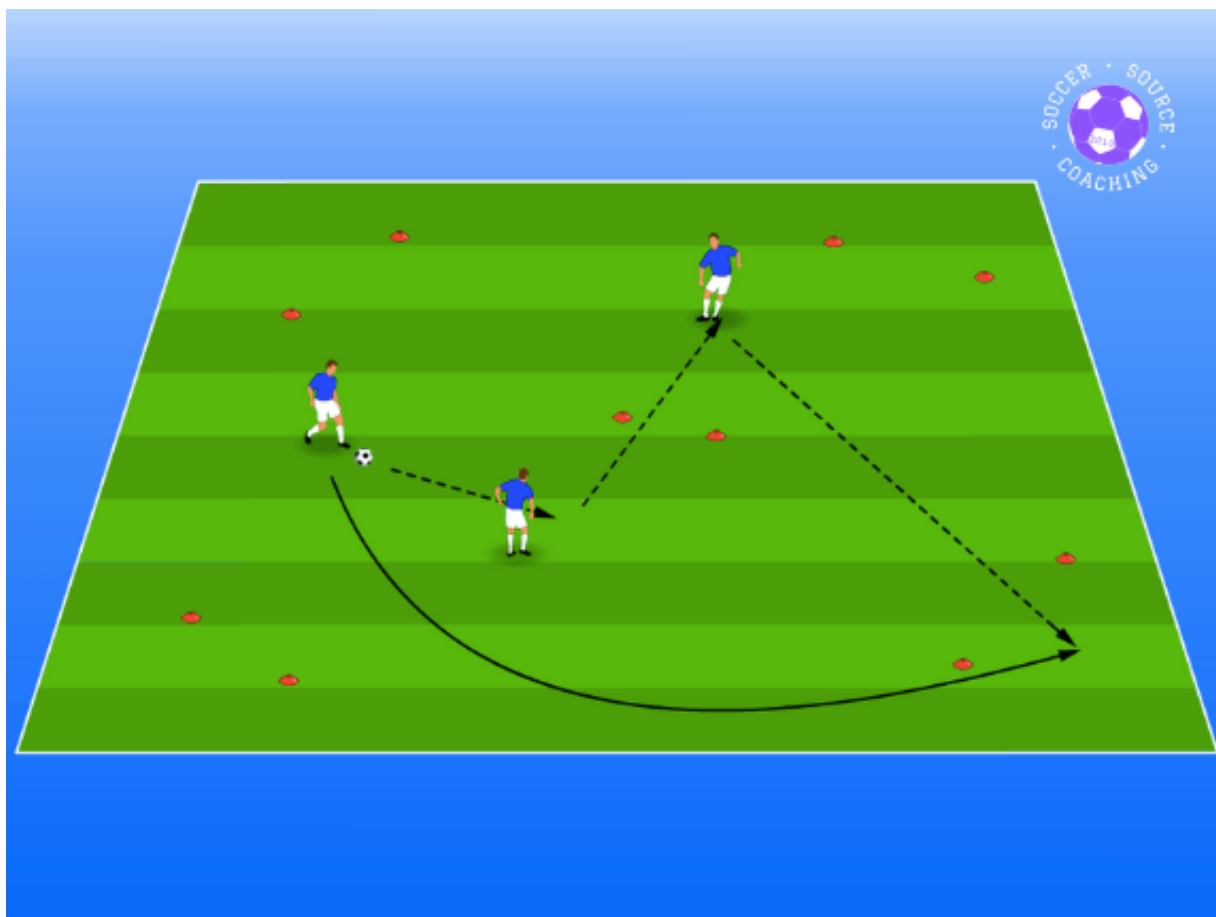




Pass and Move through the gates



How it works

Create your area and set up 5 gates spread out within the area.

A point is scored for the team when a player passes the ball through a gate and their teammate is on the receiving end of the pass.

The team with the most points is the winner.

The teams however must pass the ball through different gates and cannot pass the ball between the same 2 gates consecutively.

Coaching points

- Pass the ball using the inside of your foot
- Move and create options for your teammate when you do not have the ball
- Constantly scan the area to move into space

Questions

- What part of the foot should I be using to pass the ball?
- If I don't have the ball what should I be doing?
- How do I know what is going on around me?

Purpose

The purpose of the drill is to encourage players to move off the ball to help support their teammates in making the pass

Set up

- 15 x 20-yard area
- 5 gates (10 cones)
- 1 soccer ball per team of 3

Beginner