

1v1 Drill



THE GATEKEEPER GAME

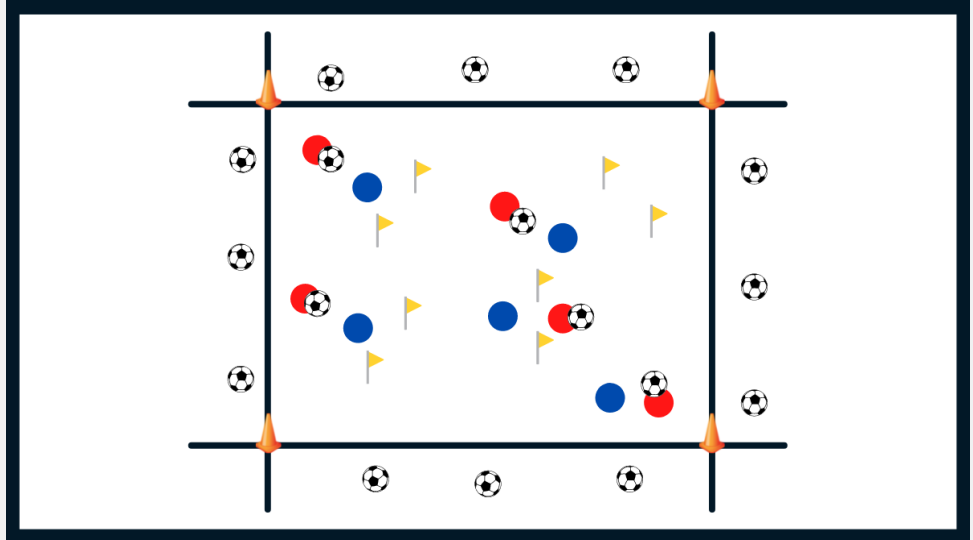


Age: 6-8

Players: 8-12

Topic: Turning, Shielding, and Dribbling

Duration: 15 Mins



Set Up The Drill:

Set up a 20x20 yard grid using small cones. Next place 4-5 small gates approximately 1 yard wide randomly within the area. For the small gates, you can use tall cones, poles, or even more small cones depending on what you have available. Split players up into pairs and have enough balls for one between two with additional balls placed on the outside of the grid.

Instructions:

Number players 1 and 2. Player 1 will start as the attacker and have a ball at their feet and player 2 will start as the 'gatekeeper'. All pairs work within the grid at the same time. Upon the coach's call, all the attackers have to try and dribble through as many of the gates as possible whilst maintaining possession of the ball.

Players cannot dribble through the same gate twice in a row and they get a point for each gate they successfully dribble through. The gatekeepers must try and stop their partners from scoring points by blocking whichever gate they are trying to dribble through. If the gatekeepers win the ball they must give it straight back to their partner and the game continues.

After 90 seconds the players should switch roles. Whoever gets the most points wins! To keep the game going, have players switch partners and repeat!

Coaching Points:

- Try to utilize lots of tricks, turns and changes of direction to fool the gatekeepers.
- Keep your head up, be aware of the other players, open gates and the position of your opponent.
- When under pressure try to keep your body in between the ball and the defender whenever possible.
- Utilize a change of pace to get away from the defender.