

Gates

U6 & U8

Phase: Session 2

Intensity: Medium-High

Intervals: 30 Seconds

Recovery Time: 1 minute

Coaching Points:

Dribbling with the head up. Turning, dribbling with speed. Decision making.



Instructions:

Players dribble their own soccer ball through as many gates as possible in 30 seconds.

5 square yards per player is a good starting point.

Ex. 25 yard area for 5 players.

Allow room to sprint but still have congestion.

Enhancements:

1. Smaller gates
2. 1 defender
3. Other cones as obstacles
4. Outside foot only
5. Weak foot only
6. Hurdles instead of cones

