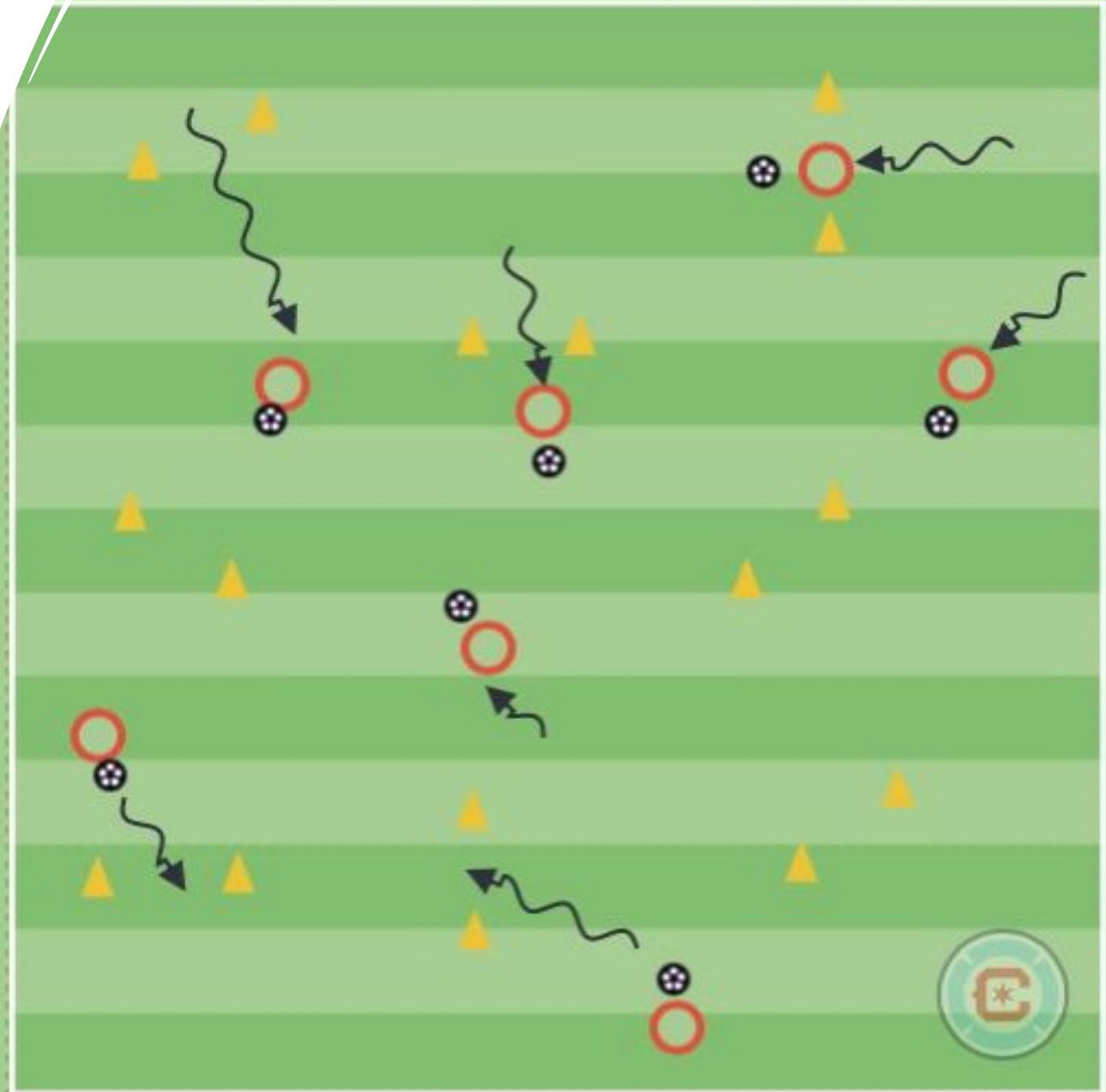


Gates: U5-U8

- “Gates”
- Simple dribbling activity
- Players each with a ball dribble around defined or undefined area
- Points are scored by dribbling through the gates
- Objective is to get as many gate dribbles as possible in a timed period
- Players may figure out a cheat and that’s ok, just adjust the rules after they figure it out
- Can go several rounds
- Can emphasize certain feints or ball manipulations through gates



Gates with Partner

U7-U8

- Same activity with a partner to work passing and receiving
- Timed
- Score points by counting passes through gates
- Many twists and progressions which can be added
 - Double pass through
 - Wall pass through or around
 - What team can close all the gates first?

