



1 v 1 through a Gate.

SET UP:

An area of 15 by 15.

On each side a Gate goal is made with cones – 2 Red and 2 Blue.
Coach stands to the side of the area with a collection of Footballs.

PROCESS:

Coach feeds a ball in for Blue to run onto.

Red rushes out to press and win the ball.

Blue looks to feint & trick their way through any Blue gate.

Red looks to win possession and dribble through either Red gate.

Progress / Regress:

Variety of feeds from the Coach for the Player to deal with.

Place values on the Gates – 3 pts, 2 pts.

Remove the Gate – the Player only needs to cross the line.

