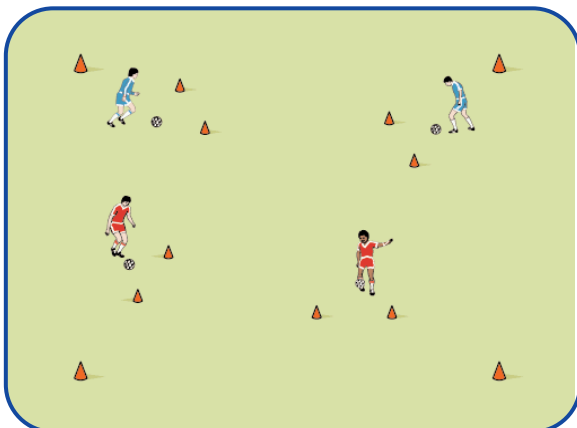


Gates



Implications for the Game

Technical

- Dribbling to many targets

Physical

- Changing direction
- Agility
- Running

Tactical

- Deciding which gates to do in the shortest amount of time

Social/Psychological

- All players are able to participate and improve at their level

Activity Organization:

Place cones three yards apart as small goals or 'gates' randomly spaced in a 30 x 30 yard area. Each player has a ball.

On the signal, players must dribble their ball through as many gates as possible in 60 seconds. At the conclusion, ask the players "How many gates did you dribble through?" (Be ready for their answers!)

Then pose the next challenge: "Can you go again and improve on your last try?"

Related Activities

- Defrost Tag
- Gladiator Ball
- Ball in the Air (Scatter)