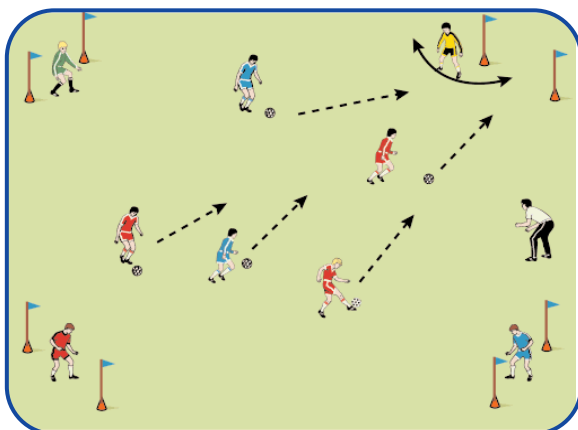


Open and Close Gates



gate becomes closed and the goal does not count.

Continue for several minutes randomly opening and closing gates. Switch players and add four new gate keepers. This drill is appropriate for all ages.

Variation:

Can be played in groups of 2, 3, or 4; thereby, adding the dimension of passing and cooperative play.

Activity Organization:

In an area 25 x 25 yards, with four goals (gates) at each corner. Goals are approximately 5 yards wide and are set up with a flag or cone on each sideline at the corner.

Place one player in each of the four goals. The coach is positioned outside of the space. When the players are standing in the goal, the goal is considered closed and a ball cannot be played to that goal. When the coach points to a particular goal, that player either jumps outside of the goal, thus opening it or jumps inside closing it.

Procedures:

The remaining 4-8 players each have a ball and dribble inside the area. The game should begin with all goals closed (players standing inside the goals). when the coach points to a goal, that player jumps outside of the goal. Players with the ball try to dribble through or play a ball through to score into the open gate.

If the coach points to the gate again before the ball is played through, the

Implications for the Game

Technical

- Dribbling in tight spaces
- Dribbling to a target
- Passing to target when in groups

Physical

- Changing direction
- Quickness

Tactical

- Recognizing when to penetrate
- Decision making
- Expanding field vision

Social/Psychological

- Creates a sense of accomplishment and goal scoring
- May be used as a group building activity

Related Activities

- Four Corners
- Baseball
- Many Goals