

Gates



Whole Part Whole Session

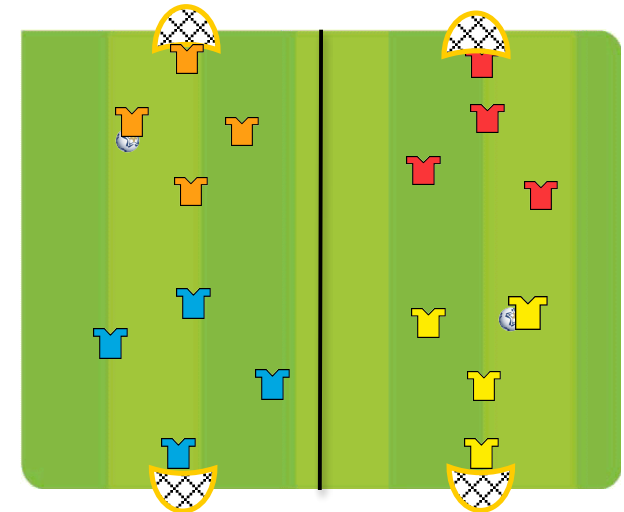
Whole

Place children into mini 3v3/4v4 games, children encouraged to try and be brave & positive with the ball

YOUNGER GROUPS FOCUS

- Individual possession skills looking to dribble with the ball
- As they get more comfortable can you dribble with your head up to see if better options available through passing

NB: If you have big groups, consider playing 2 mini-games on each pitch so 2v3/2v2 on one side and same on the other OR play game with 2 footballs



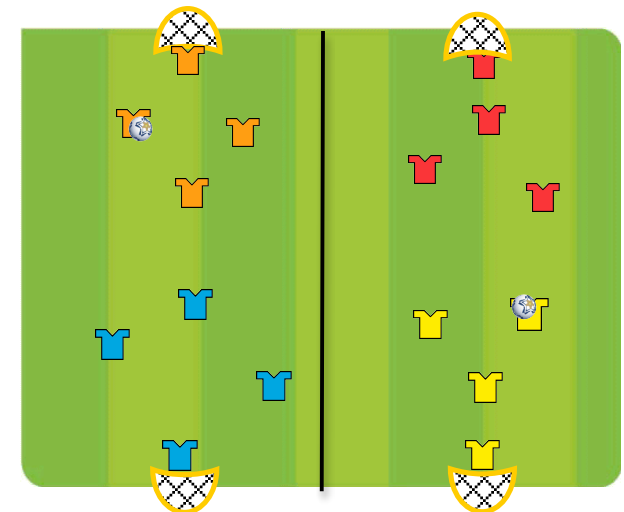
Whole

Place children into mini 3v3/4v4 games, children encouraged to try and be brave & positive with the ball

Whole Practice at the end can be 5v5/6v6 mini-tournament OR play 6v6 with subs if numbers cannot allow for 3 teams tournament

OLDER GROUPS FOCUS

- Use pass & dribble techniques to play with the ball



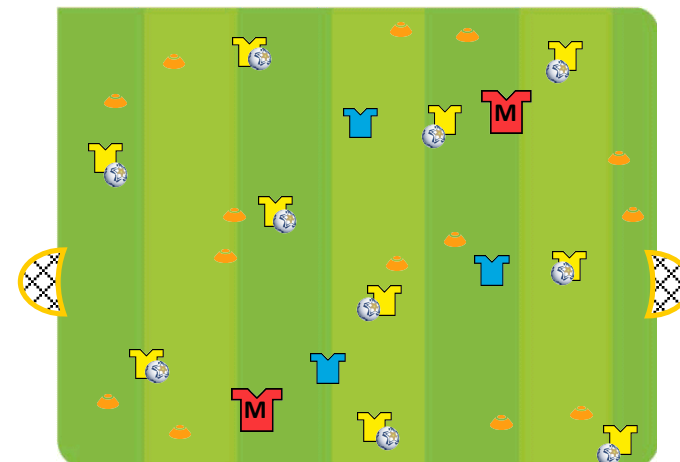
Part Practice

YOUNGER GROUPS – Ball Manipulation/Individual Possession

Each player with a ball, dribble through a gate to score a point. Players encouraged to dribble through empty gates ONLY, if someone else going through the gate, can you turn moving to a different gate

Progression Ideas:

- Work on different TURNING techniques, can you go through a gate return back through doing a turn to go through the gate again
- Add Defenders; 3 players without a ball, keep your ball safe whilst trying to score, if you get tackled can you steal ball off another player OR 2-3 defs try and tackle attackers, if you can win the ball can you score in the goal
- ADD MAGIC PLAYER; use when in danger to help you look after the ball, if you pass to Magic player they will try and return pass back to you



Part Practice

OLDER GROUPS – Individual & Small Unit Possession Play

Play 3v3/3v2/4v3, teams have to dribble or pass through a gate. If you get through 2-3 gates, you can now try and attack the goal to SCORE. Encourage teams to keep a track of the score

Progression Ideas:

- Opportunity to coach encouraging players to move away from one another to create space, provide an opportunity to play different types of passes, use individual skill when no passes are on
- Play various types of under/overloads 2v1/2v2 OR 3v2/3v3/4v3

