



PASSING GATES

Category: Technical: Passing & Receiving

Difficulty: Moderate

Am-Club: PEI Soccer Association
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Description

Screen 1 (15 mins)

Passing

Players get into groups of 2, 1 ball between 2 and stand between a gate. Players start by passing the ball two touch receive and pass.

Progressions:

- When coach shouts switch players move to a different gate
- When coach shouts switch players have to move to a different coloured gate (if they are at a red gate, they have to go to a blue one)
- Get players to take a touch to right or left as they receive pass to move the ball and then pass back on outside of the gate. Partner repeats.

Competition - How many gates can you pass through, remember you cannot go to the same gate twice in a row

