



Attack the Gate

Purpose- Introduction to attacking dribbling

Organization

Divide players into two's

Place sets of cone goals around the circle approx 2 yards apart

One player has the ball, the second player faces their partner

The player with the ball aims to keep possession and their purpose is to dribble through a set of cones. Players can enter the cones from the front or back to score

If the attacking player loses the ball, the defender gives the ball back and the attacker attempts to score again

Attacker plays for one minute then changes roles

After two minutes, one partner moves to another player and a new game begins.

Points awarded 3pts=Win, 2pts for a tie, 1pt for a defeat

Coaching Points

Keep head up-Look for open space

Maintain ball under pressure(shield ball)

Change direction and pace

Encourage players to use moves