

## Dribble Through the Gate



**Purpose:** Dribbling skills emphasizing foot skills and accuracy

### Organization

1. Ten gates are set-up approximately two yards apart
2. Players are split into two teams
3. The first team (red team) have one minute to dribble through as many cones as they can, they must move to another set of cones and are not allowed to keep dribbling through the same cones
4. After one minute teams swap

### Coaching Points

1. Keep the ball close
2. Keep the head up
3. Accelerate through the cones
4. Try to ensure players use both feet not just their main foot