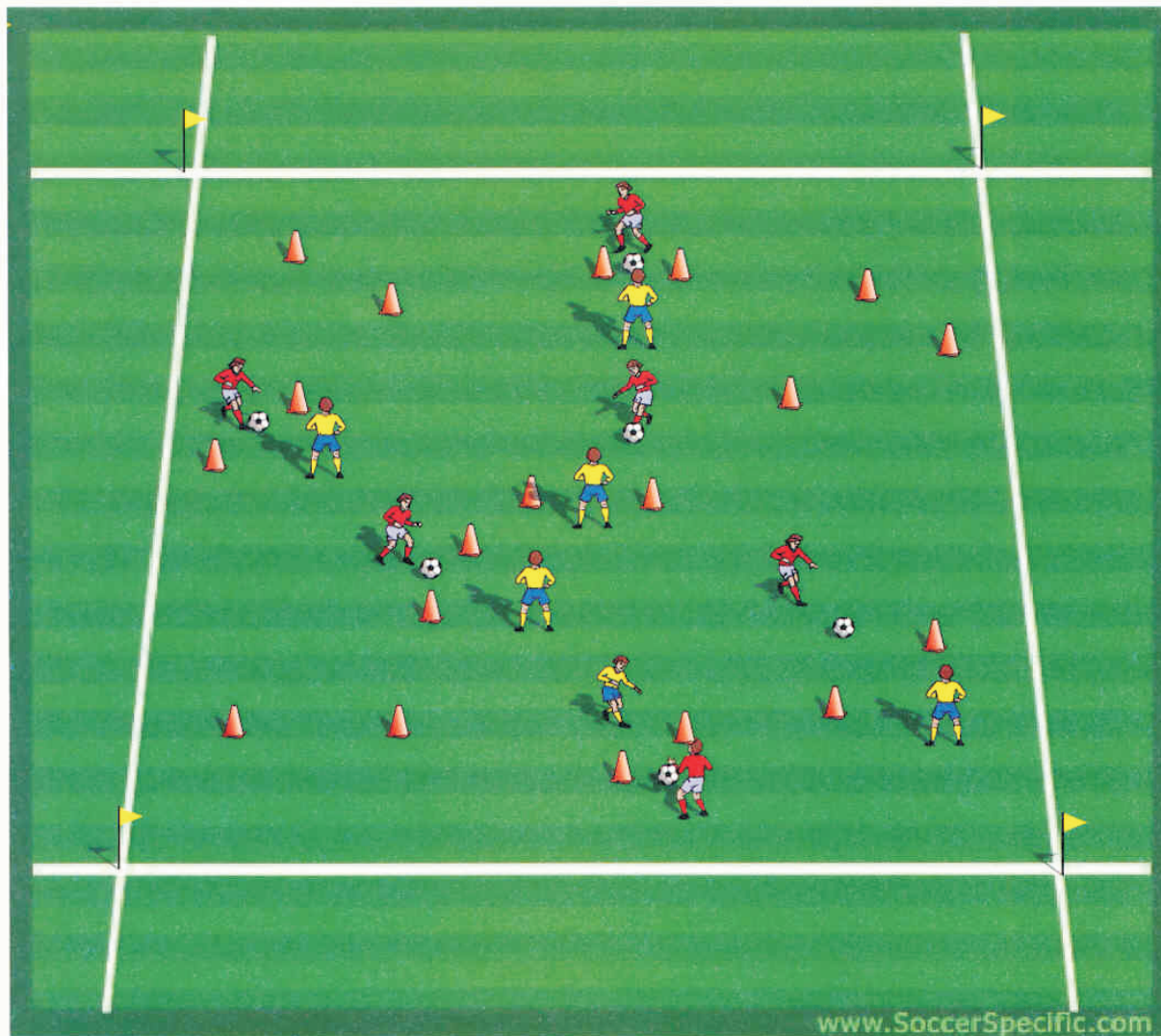


Passing Through the Gates



Purpose: Passing with accuracy and working as a team

Organization

1. Divide the players into pairs, one ball between two. The pair must try and pass through as many gates as possible in one minute

Progression

1. Players need to make two passes at each gate before they can move on

Coaching Points

1. Communications between the pairs is essential
2. Keep your head up to look for the spare gate
3. Try to use inside of the foot for the pass