

Small Sided Games - #7 / Gate Game

Start Game – 15 Minutes

Organisation/ Explanation

- 4 v4 game.
- Playing Area: 25m x 25m.
- Set up as illustrated, 5 gates made of cones.
- No goals

If ball leaves play, play restarts with:

- Coach passing a new ball onto the pitch.

Rules

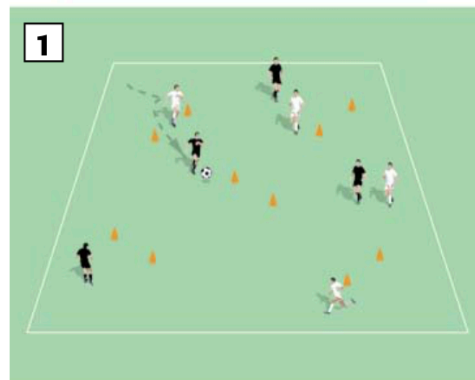
There are a number of ways this game can be played and score:

1. The player in possession must dribble through a gate to score.
 2. The player in possession must make a pass through the gate to a team-mate.
 3. The player in possession can use both of the choices above.
- The team not in possession must try to win the ball from their opponent and then use one of the methods above to score.

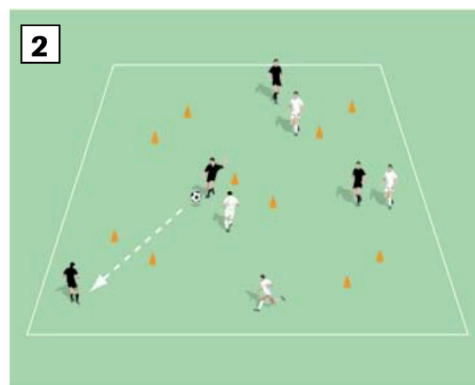
Coaching Points

- Encourage players in possession to make the field as big as possible.
- Take on defenders in 1v1 situations.
- Move the ball quickly.
- Dribble or pass the ball through the gate to score when the opportunity presents itself.
- When defending, close down the player on the ball quickly.

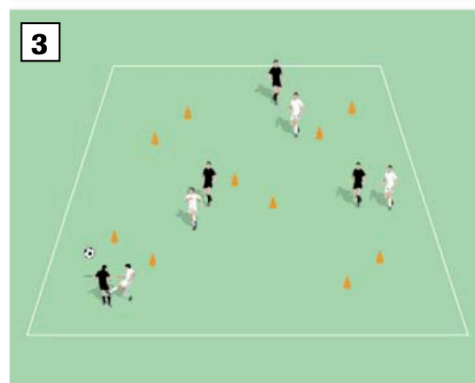
Diagram



1. The team in possession score by dribbling through a gate.



2. The team in possession score by passing through a gate.



3. If the opposition manage to make a tackle it becomes their turn to score through the gates.