

Warm Up Activity - #9 / Dribbling Gates

Start Game – 15 Minutes

Organisation/ Explanation

- Playing Area: 20m x 20m.
- Each player has a ball.
- The players dribble around the playing area freely.
- On the coaches' call, the players must attempt to dribble through as many gates as possible in a set period of time (30s – 1m)
- Players are not to repeatedly go in and out of the same gate.
- Progress this further with players having to go through the gate, perform a ball mastery turn and come back through the same gate as shown in the diagram.
- Coach determines what ball mastery move is performed.

Coaching Remarks

- Encourage players to keep the ball close.
- Encourage players to use both feet.
- Encourage players to change direction.
- Encourage players to get their heads up.

Diagram

