

Gate Game - Dribbling & Turning

All players dribble around grid looking for open gates.

To score a point player dribbles through a gate, turns & dribbles back through the same gate.

Score as many points as possible in one minute.

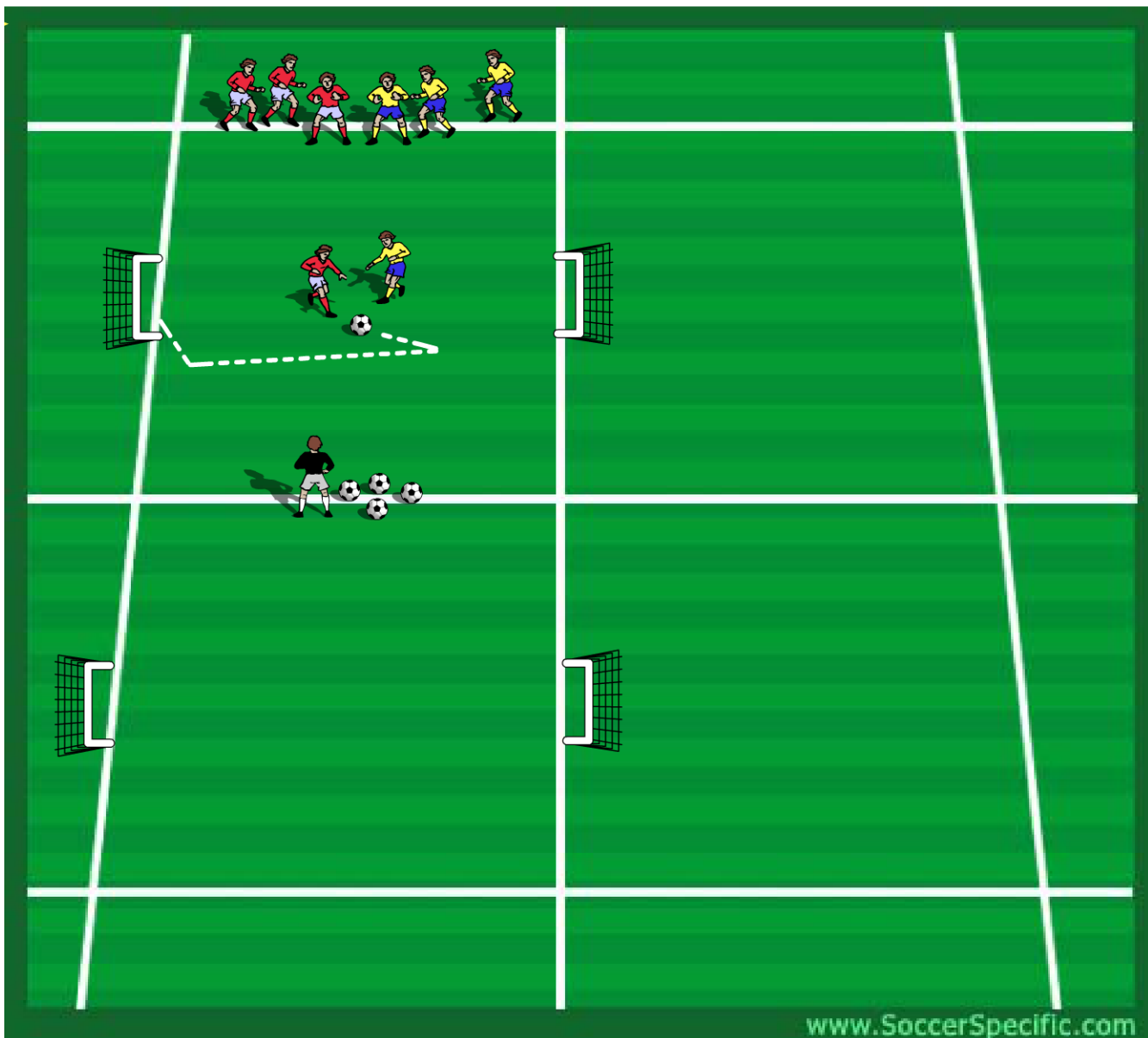
Cannot dribble through the same gate consecutively.

Player must perform 10 toe taps if they crash into someone else or dribble out of bounds.

Turns: Drag-back; inside cut, outside cut

Advanced Turns: Cruyff (hook); Step-over (Zico); L-Cut

Variations: Turn with weak foot only.



1 vs 1 Game - Turning

Coach passes ball in for two players.

Both players can score in either goal

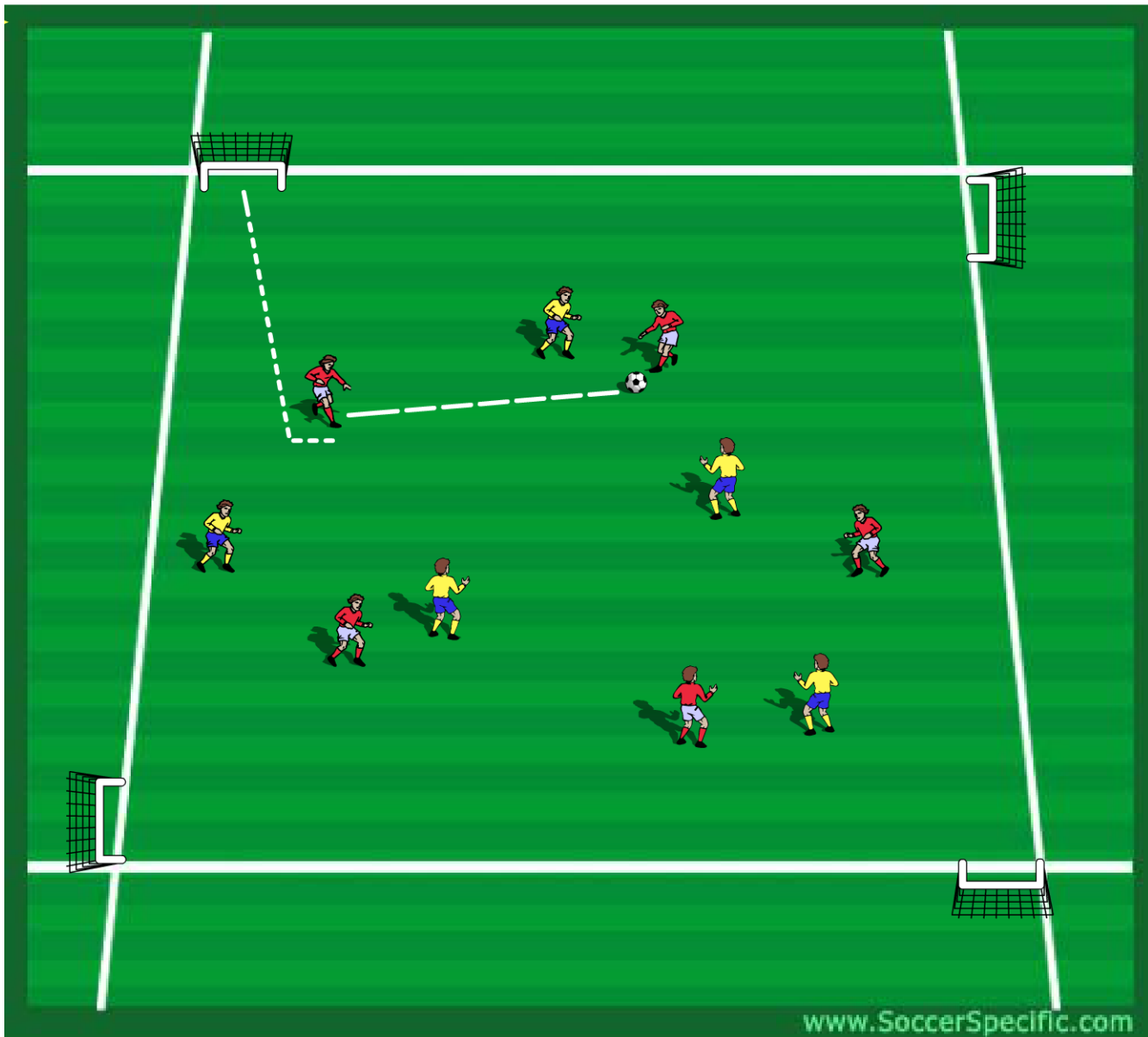
Ball must be dribbled into net for goal to count.

Grid Size: 20 long x 15 wide

Progression: Put a time limit on every play (E.g. 10 seconds)

Key Coaching Point

- Encourage turning toward the goal that is open.



Multi-Goal Scrimmage Game

5 vs 5 scrimmage game (no GK's)

Both teams score in any of the four goals by dribbling ball into net.

Field Size: Approx 30x30

Progression: Each team can now only score in two of the four goals (opposite corners)

Key Coaching Point: Recognizing when & where to turn in order to find open space.