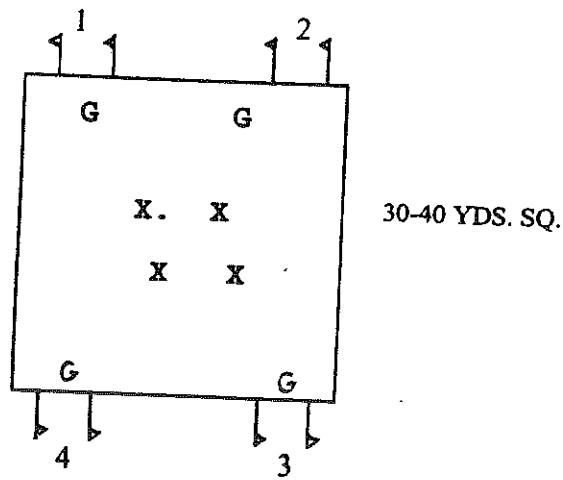


GAME 10: OPEN THE GATE



OBJECTIVE: To improve passing and develop vision and reaction.

ORGANIZATION: 3 or 4 players pass one ball among themselves in a grid. 4 other players stand in front of 4 gates. The coach can open and close gates by pointing at a specific gate. For example, in the diagram above, gate 2 is open while all other gates are closed. If the coach points at gate 1, the player standing in front of gate 1 must move out of the gate and stand beside it. If the coach points at gate 2, that player must move inside gate and close it. Whenever a gate is open, the passing team tries to put the ball through the open gate. The players can bring the ball closer to the gate before kicking it through but only by passing it to each other since dribbling is not allowed.

Rotate roles.

The coach should keep a number of balls at his feet and serve a new ball every time the team kicks one out of the grid. This will maintain a good activity level.

VARIATION: The coach can open more than one gate if he wished, or close all the gates and let the players just pass the ball around. A defender can be added to make it 4v1.