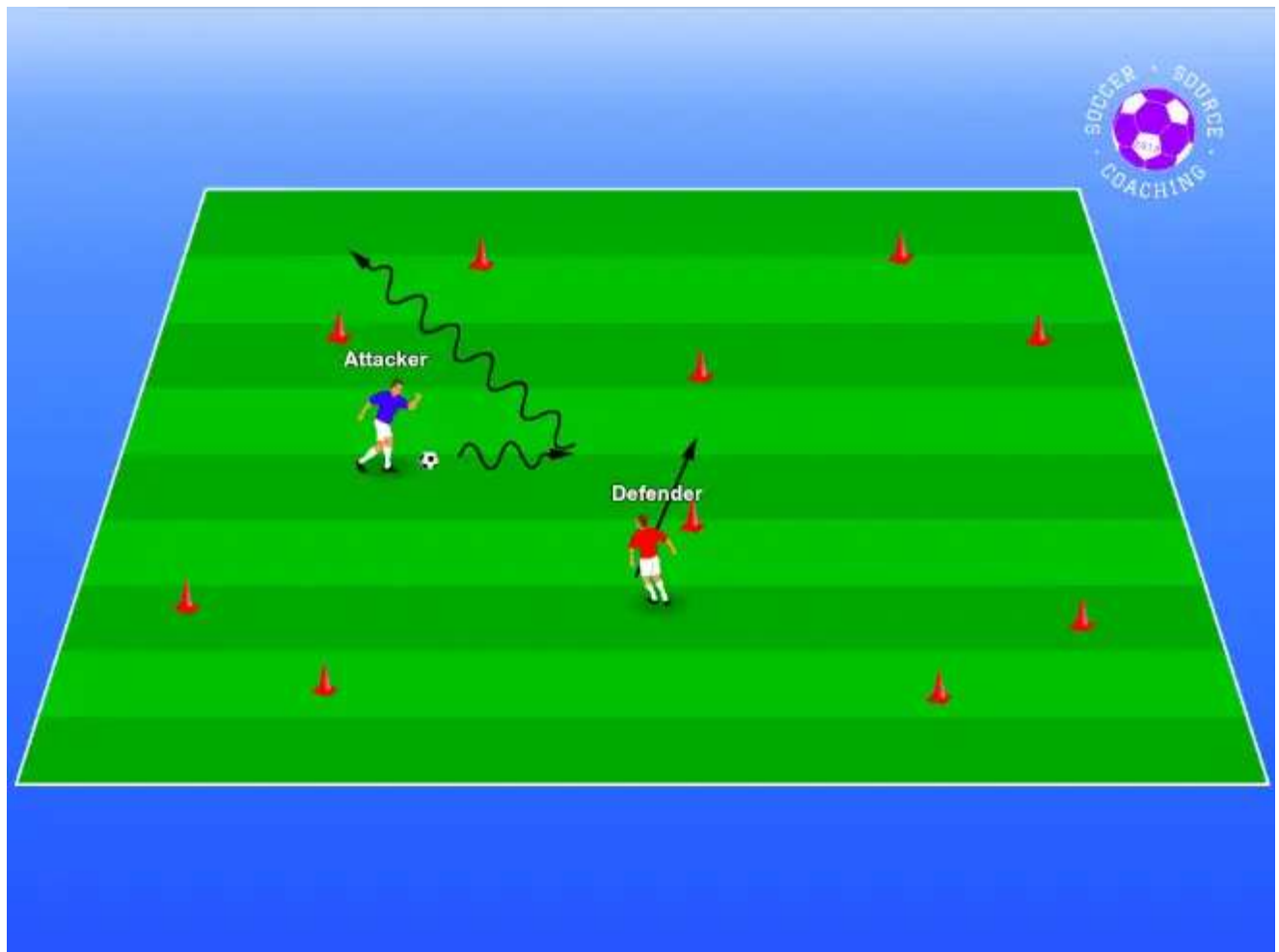


# Block the gates soccer drill



## Purpose:



The purpose of this drill is to encourage quick changes of direction with the ball at their feet

## Set up:

- 5 gates (2 cones per gate)
- 2 players (1 attacker, 1 defender)
- 1 soccer ball

## How the drill works:

Set your gates roughly in a 10 x 10-yard area, 4 in the corners of the area, and 1 in the middle.

The attacker will start with the ball and they must try to dribble through as many gates as possible in 2 minutes.



However, the defender is trying to block them by standing in front of the gates.

The defender cannot steal the soccer ball

At the end of the 2 minutes, the players will swap roles.

The winner of the round will be the player who has dribbled through the most gates.

### **Coaching points:**



- Dribble with your head up so you are able to see which gates are open
- Use small touches when changing direction but bigger touches when you want to accelerate to a gate
- Use body feints and skills to disguise your changes of direction to trick the defender

### **Questions that can lead to coaching points:**

- Where should your head be looking when dribbling?
- What type of touches should you be taking if you want to change direction/ accelerate into space?
- How can you trick the defender?