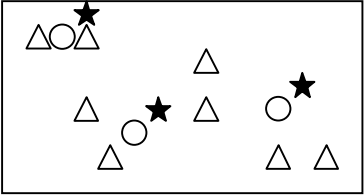
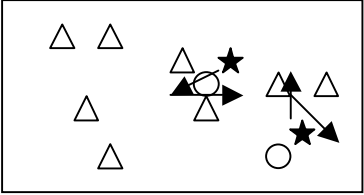
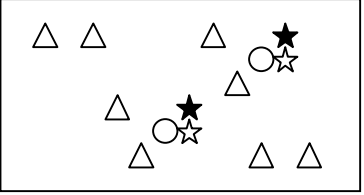
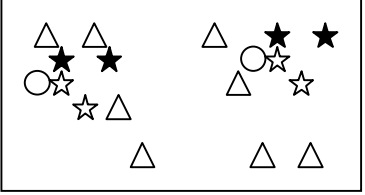


Amherst Soccer Association

Example Session 2

<p style="text-align: center;">pGATES DRIBBLING</p> 	<p style="text-align: center;">ORGANIZATION</p> <ul style="list-style-type: none"> ▪ Set up 5-6 2 yd gates spaced around field ▪ Each player with a ball, dribbles around and tries to go through gates where there is least amt of traffic. ▪ Have players count how many gates they can get thru in 1 min. <p>Progressions: Specify what surface must be use to dribble through gates (right/left foot, sole, outside, etc.).</p>	<p style="text-align: center;">KEY COACHING POINTS</p> <ul style="list-style-type: none"> ▪ Keep ball close to foot ▪ Head up to avoid traffic ▪ Find the open space and the open gates and get there ▪ Small touches in tight space, bigger touches in open space ▪ Sharp cuts to get thru gates
<p style="text-align: center;">GATES DRIBBLING PROGRESSION</p> 	<ul style="list-style-type: none"> ▪ Same setup, now players must dribble thru gate, then cut back thru same gate ▪ Time them for 1 min and see how many gates they can get thru and cut back in time allotted. <p>Progressions: Specify how players should cut ball back thru gates (inside/outside of foot chop, step on/pull back, Cruyff behind heel, etc.). Add a fake before cut back.</p>	<ul style="list-style-type: none"> ▪ Select gate with little traffic. ▪ Keep ball at proper distance to set up cut back thru gate ▪ Have in mind which gate you will go to after cut back ▪ Explode/accelerate away from gate ▪ Use body fake to throw off defender
<p style="text-align: center;">GATES DRIBBLING 1V1</p> 	<ul style="list-style-type: none"> ▪ In same setup, have players dribble with def. playing passive defense first (just running beside player with ball) ▪ After switching roles, progress to def. playing full defense, but giving ball back to attacker each time they win it. ▪ Progress to full 1v1 games. ▪ For all progressions, have players count the number of gates they get thru in 1 min. 	<ul style="list-style-type: none"> ▪ Keep ball close to foot ▪ Head up to avoid traffic and select proper gate ▪ Use cut backs and body fakes to throw defender off ▪ Explode into space with bigger touch
<p style="text-align: center;">GATES DRIBBLING 2V2</p> 	<ul style="list-style-type: none"> ▪ Play 2v2 in same set up ▪ Players must work with teammate to find open space and dribble thru gate ▪ 1pt. for each time they dribble thru and maintain possession. <p>Progression: Can do this same session with emphasis on passing. Have players finish with 2v2, but points for passing ball to teammate thru gates.</p>	<ul style="list-style-type: none"> ▪ Head up to see where space is ▪ Use teammate to create space ▪ Communicate where you want the ball ▪ Explode into space and keep control of ball.