



## GATES PASSING

### Emphasis:

This game focuses on passing, receiving and movement off the ball.

### Game Info:

This is for ages U6-U8. It is best run with at least 4 players but no more than 16 players. The game should be run approximately 15 minutes on a small field.

The coach will also make sure they have the following equipment: cones

### Setup:

Outline a 20X20 grid. Create 12-16 small goals (1-2 yards), using two different color cones.

### Instructions:

Put the players in pairs. Each pair has a ball. Players must successfully pass the ball through the goals to their teammate to earn a point. Have them go through any colored goals initially, but they must continue on and go to different goals, rather than pass through the same goal.

### Progression:

- Players alternate between the different colored goals
- Limit the number of touches
- Specify parts of the foot to pass and receive the ball

### Coaching Points:

- Quality passing
- Good preparation out of the feet for the pass
- Movement off the ball to receive the pass
- Move the ball using multiple surfaces of the foot
- Good communication and eye contact before passing