

Gates (U8 and up)



Scatter one yard “gates” made with cones in a grid. Have players dribble in the grid and provide instructions for the players such as: dribble to the gate (not through) and complete a pull-back, or dribble a figure-eight around the two cones.

Variations:

1. Don't allow them to return to the same gate.
2. Play Body Dribble, Free Dribble, or Traffic Jam in the grid but don't allow players to dribble through the gates.

Focus:

Players should be focusing on keeping the ball under control and close to their body. Emphasize the particular technique you are focused on.