

Gates



The Game

- Two players per gate. The gates are approximately two steps apart. One ball per group. First player must play the ball on the ground through the gate to second player. Second player must receive and play back through the gate within two touches. The game continues until players can not get ball back through the gate on the ground within two touches.

Coaching Points

- Player receiving the ball should get in path of ball before it arrives.
- First touch should help player to get a good kick back through the gate.
- Keep score and rotate stations.
- Vary the serve to start the game: Long balls, short balls, inside of foot, instep, outside of foot, weak foot only, etc.
- Players should receive with one foot, play back with the other.