

Receiving Through Gates



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

Coaching Points:

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