



WARM-UP - Gates

Players dribble ball through as many gates as they can in the time allowed by the coach.

- Players perform drag back and come back through gate
- Players perform left, right turn after going through gate
- Players perform scissors/step over at gate



ACTIVITY – Passing

In pairs. Players pass to their partner through the gate.

- ✓ Use the inside of the foot
- ✓ Call “feet” for the pass



SMALL-SIDED ACTIVITY – Number Soccer

Two teams, each player has a number. When their number is called, they run around the goal and towards the ball, trying to score in the other goal.



GAME – 3 v 3

LET THEM PLAY !!