



WARM-UP – Gates

- Players dribble through the gates on the field.
- ✓ How many can they get in a minute?
 - ✓ Dribble through gate perform drag back and go back through same gate
 - ✓ Dribble through gate and make left/right turn using the outside of foot
 - ✓ Dribble at gate and go around outside using outside of foot before gate



SMALL-SIDED – Passing

In pairs. Players pass to partner through gate

- ✓ Use inside of foot
- ✓ Call “feet” for pass
- ✓ Communicate on which gate they are going to next.



SMALL-SIDED ACTIVITY – Number Soccer

Two Teams, each player has a number. When their number is called they run around goal and towards ball, trying to score in other goal. Call out two numbers so they have teammate to pass too.



GAME – 3 v 3

LET THEM PLAY !!