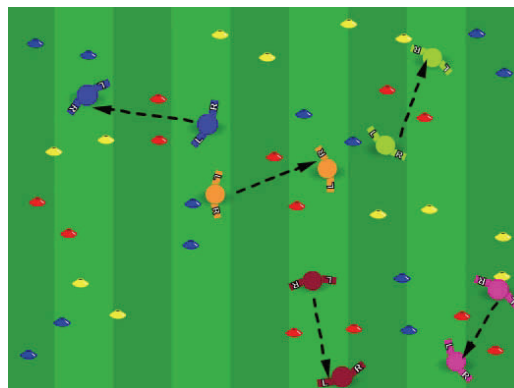


Williamson County Soccer Association U13+

Passing Gates

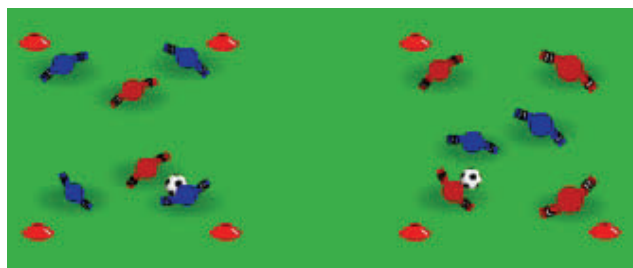
1. Scatter pairs of cones in an area (the pairs should be about 1-2 yards apart)
 - a. Use different color pairs if possible
 - b. Players in partners (or in 3s if they are older) pass ball through gate to partner then move to a new gate
 - c. Time the pairs for 30 seconds and repeat (see if they can beat their own record of gates passed through)
 - d. Require pairs to play through at least 3 other gates before returning to original gate
2. If gates are colored, designate a color that each group can go through
3. If gates are colored, give each group a color combination that they must follow (red, yellow, blue)



The important thing about the gates is getting the players to communicate and think ahead. If they already know which gate they will attack next, they will be able to get through it sooner. Players without the ball need to move immediately to dictate which gate to go through next.

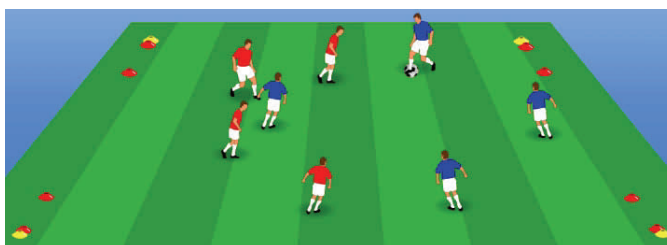
Send 2 Over

- 2 15x15 grids
 Players divided into 2 groups (1 in each grid)
 Objective is to keep possession for 2 minutes vs. 2 players from opposite group. Any time a defender touches the ball or it goes out of bounds, restart counting completed passes.
 After 2 minutes, what was your highest number of completed passes? Compare with opposite grid
 Repeat so all player have a chance to defend



4 Goal Game

- Each team attacks two goals and defends two goals.
Objective: Have players switch the field of the goal they are trying to score on is congested



Scrimmage with wide Gates

- Divide into two teams and play to goals
 Add a gate at the midfield near each sideline
 Players score a point for dribbling to passing through the gate to a teammate (in the direction the team is attacking).
 A regular goal is worth 3 points

This encourages the players to not always look forward but to open up the field while attacking



Scrimmage

Finish with a scrimmage without the wide gates. Encourage the players to use what they have learned.