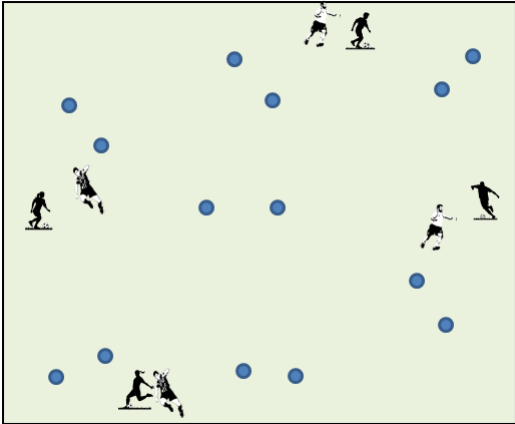




# Shadow Gate

## Training Plan

<b>Title:</b>	Shadow Gate
<b>Objectives:</b>	Warm Up. Improve fitness.
<b>Age range:</b>	U6 +
<b>No. of Players:</b>	Any – in pairs
<b>Time:</b>	5 - 10mins or until players start to lose interest.
<b>Organisation:</b>	<p>Make 'gates' with pairs of discs 1-2metres wide.</p> <p>Grid area min 10mx10m - bigger for more players.</p> <p>Smaller grid means more challenging technically. Larger grid means easier technically harder physically.</p> <p>Split players into pairs with 1 ball per pair.</p>
<b>Drill:</b>	<ul style="list-style-type: none"> <li>1 player in pair has ball and tries to dribble through gates. Player without ball tries to block players' pathway to goal – BUT NO TACKLES.</li> <li>Players work each other hard, attacker turning quickly towards new gate when blocked and defender quickly moving to block new target gate off.</li> </ul> 
<b>Coaching Points:</b>	<ul style="list-style-type: none"> <li>Attacker work defender hard. Close control. Turning. Skills. Drive aggressively for new gate.</li> <li>Defender must work hard to keep up with / block attacker.</li> <li>All players must have awareness so they don't run into each other.</li> </ul>
<b>Progression:</b>	<ul style="list-style-type: none"> <li>Pair up attackers and defenders to go 2v2 with same objective and progress to attackers making a pass before dribbling through a gate.</li> </ul>