

Shadow Gate

<u>Training Plan</u>

Objectives: Warm Up. Improve fitness. Age range: U6 + No. of Players: Any – in pairs Time: 5 - 10mins or until players start to lose interest. Organisation: Make 'gates' with pairs of discs 1-2metres wide. Grid area min 10mx10m - bigger for more players. Smaller grid means more challenging technically. Larger grid means easier technically harder physically. Split players into pairs with 1 ball per pair. Drill: • 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. • Players work each other hard, attacker turning quickly towards new gate when blocked and defender quickly moving to block new target gate off. Coaching Points: • Attacker work defender hard. Close control. Turning. Skills. Drive aggressively for new gate. • Defender must work hard to keep up with / block attacker.	Title:	Shadow Gate
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Detender must work hard to keep up with / block attacker.		
• All players must have awareness so they don't run into each other.		
 Progression: Pair up attackers and defenders to go 2v2 with same objective and 	Progression:	
progress to attackers making a pass before dribbling through a gate.	riogression.	