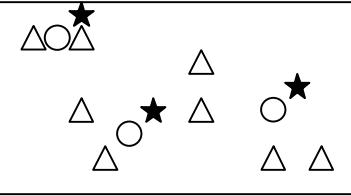
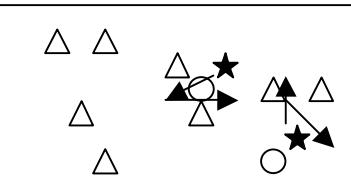
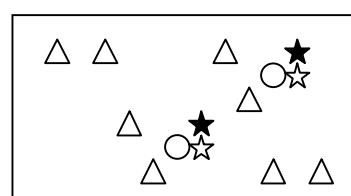
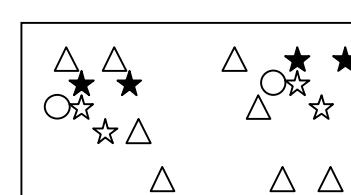


## Amherst Soccer Association

### Example Session 2

<p><b>pGATES DRIBBLING</b></p> 	<p><b>ORGANIZATION</b></p> <ul style="list-style-type: none"> <li>▪ Set up 5-6 2 yd gates spaced around field</li> <li>▪ Each player with a ball, dribbles around and tries to go through gates where there is least amt of traffic.</li> <li>▪ Have players count how many gates they can get thru in 1 min.</li> </ul> <p><b>Progressions:</b> Specify what surface must be used to dribble through gates (right/left foot, sole, outside, etc.).</p>	<p><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>▪ Keep ball close to foot</li> <li>▪ Head up to avoid traffic</li> <li>▪ Find the open space and the open gates and get there</li> <li>▪ Small touches in tight space, bigger touches in open space</li> <li>▪ Sharp cuts to get thru gates</li> </ul>
<p><b>GATES DRIBBLING PROGRESSION</b></p> 	<ul style="list-style-type: none"> <li>▪ Same setup, now players must dribble thru gate, then cut back thru same gate</li> <li>▪ Time them for 1 min and see how many gates they can get thru and cut back in time allotted.</li> </ul> <p><b>Progressions:</b> Specify how players should cut ball back thru gates (inside/outside of foot chop, step on/pull back, Cruyff behind heel, etc.). Add a fake before cut back.</p>	<ul style="list-style-type: none"> <li>▪ Select gate with little traffic.</li> <li>▪ Keep ball at proper distance to set up cut back thru gate</li> <li>▪ Have in mind which gate you will go to after cut back</li> <li>▪ Explode/accelerate away from gate</li> <li>▪ Use body fake to throw off defender</li> </ul>
<p><b>GATES DRIBBLING 1V1</b></p> 	<ul style="list-style-type: none"> <li>▪ In same setup, have players dribble with def. playing passive defense first (just running beside player with ball)</li> <li>▪ After switching roles, progress to def. playing full defense, but giving ball back to attacker each time they win it.</li> <li>▪ Progress to full 1v1 games.</li> <li>▪ For all progressions, have players count the number of gates they get thru in 1 min.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Keep ball close to foot</li> <li>▪ Head up to avoid traffic and select proper gate</li> <li>▪ Use cut backs and body fakes to throw defender off</li> <li>▪ Explode into space with bigger touch</li> </ul>
<p><b>GATES DRIBBLING 2V2</b></p> 	<ul style="list-style-type: none"> <li>▪ Play 2v2 in same set up</li> <li>▪ Players must work with teammate to find open space and dribble thru gate</li> <li>▪ 1pt. for each time they dribble thru and maintain possession.</li> </ul> <p><b>Progression:</b> Can do this same session with emphasis on passing. Have players finish with 2v2, but points for passing ball to teammate thru gates.</p>	<ul style="list-style-type: none"> <li>▪ Head up to see where space is</li> <li>▪ Use teammate to create space</li> <li>▪ Communicate where you want the ball</li> <li>▪ Explode into space and keep control of ball.</li> </ul>