



Diagram Key:



Player running with ball



Pass



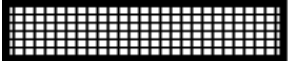
Shot



Player running (no ball)



Ball



Goal



Cone/Marker

Gatekeeper, phase 1

Category: Dribbling/1v1; Ball Striking/Shooting

Practice Segment:

- Technical Repetition-Limited Pressure

Skills:

- Dribbling/Footskills
- Ball Striking
- Body Control/Coordination

Players: 8-10

Time: 15-20 min

Gatekeeper, phase 1:

Coordination, shooting/ball striking/1v1

Set Up:

- Two cones or other markers (green at right) are set up about 12-15 yards from goal; distance between the markers is about 8 yards
- Additional marker (red at right) is placed about 5-7 yards from the 2 markers to mark the starting point for the players.
- One ball per player; players may only use the ball they have to start the activity.
- A defender is placed on the imaginary line between the two markers. The defender may only move side-to-side on the line. He may not move forward or backward.

Action:

- The player at the starting point holds his ball in his hands and runs at the defender while carrying the ball.
- The attacking player tries to cross the imaginary line between the two cones without being tagged by the defender and without stopping.
- If the attacking player successfully passes the defender, he immediately drops the ball to the ground (while still running) and shoots at goal. If the attacking player passes the defender on his (defender's) left side, he must shoot with his right foot. If he passes on the (defender's) right, he must shoot with his left.
- If the defender is able to tag the attacking player, the attacking player becomes the defender, and the defender becomes the attacker.

