



Diagram Key:



Player running with ball



Pass



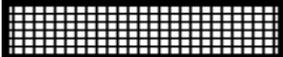
Shot



Player running (no ball)



Ball



Goal



Cone/Marker

## **Gatekeeper, phase 3**

**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 3:

*Coordination, shooting/ball striking/1v1*

#### Set Up:

- Two pairs of cones or other markers (green at right) are set up with the first about 12-15 yards from goal and the second about 5-7 yards farther from goal; distance (side-to-side) between the markers is about 8 yards
- Additional marker (red at right) is placed about 5-7 yards from the second 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.
- Defenders are placed on the imaginary lines between the two sets of markers. The defenders may only move side-to-side on the line. They may not move forward or backward off the line.

#### Action:

- The player at the starting point holds his ball in his hands and runs at the two defenders while carrying the ball.
- The attacking player tries to cross the imaginary lines between the two cones without being tagged by the defenders and without stopping.
- If the attacking player successfully passes the first defender, he immediately drops the ball to the ground (while still running) and tries to dribble past the 2<sup>nd</sup> defender. 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 one of the defenders is able to tag the attacking player (or tackle the ball) the attacking player becomes a defender, and the defender becomes an attacker.

