



Diagram Key:



Player running with ball



Pass



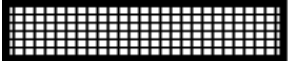
Shot



Player running (no ball)



Ball



Goal



Cone/Marker

Gatekeeper, phase 4

Category: Dribbling/1v1, Ball Striking/Shooting, Defending

Practice Segment:

- Technical Game-Limited Pressure
- **Skills:**
- Dribbling/Footskills
- Shooting/Ball Striking
- 1v1 Defending

Players: 8-12 players

Time: 15-20 min

Gatekeeper, Phase 4:

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. A second starting point is set up to the right or left on the side of the field and half of the attacking players begin there.
- 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 beginning with the ball passes to the player on the flank.
- After passing the ball to the flank, the attacking player tries to run past the gatekeeper without being tagged. In the meantime, the flank player dribbles down the side of the field.
- If the attacking player passes the defender without being tagged he or she then runs toward goal to receive and finish a cross from the flank player.
- If the first player is tagged, the crossing player attempts to score. The player who was tagged becomes “gatekeeper” for the next turn.

