



Diagram Key:



Player running with ball



Pass



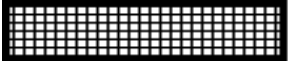
Shot



Player running (no ball)



Ball



Goal



Cone/Marker

## **Gatekeeper, phase 5**

**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 5:

*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 dribbles at the first gatekeeper and tries to beat the player.
- After beating the defender, the player passes the ball to a teammate on the flank and attempts to run past the second defender without being tagged.
- If the player passes the second defender, the player gets to finish a cross from the teammate who is dribbling the ball down the flank.
- If the attacking player fails to pass one of the defenders, that player becomes the defender at the gate that was not passed successfully.

