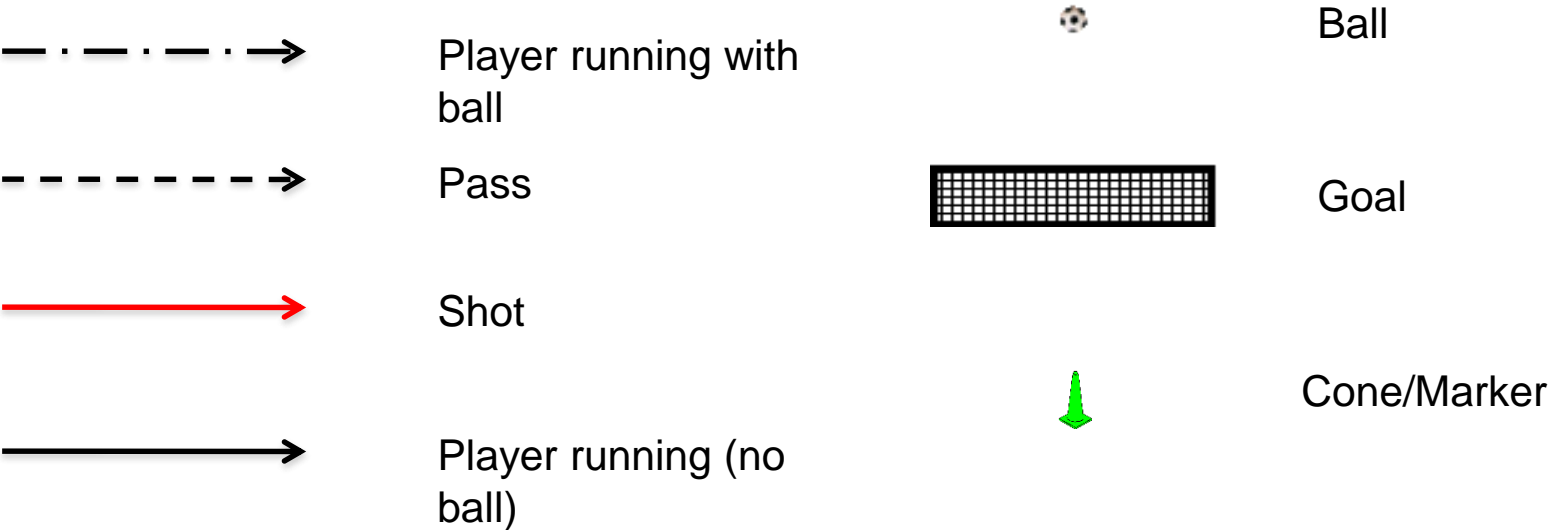




Diagram Key:



Gates to Goal

Category: Small Sided Games

Practice Segment:

- Technical/Tactical

- **Skills:**
- Passing and Receiving
- Dribbling/1v1
- Ball Striking/Shooting
- Defending

Players: 2 even teams

Time: 20 min

Play to goal with gates:

- Teams are set up as a “diamond” or in a shape incorporating multiple diamonds (depending on numbers)
 - 4v4-players in diamond
 - 5v5-players in diamond with a player in center of diamond
 - 6v6-players in 2-3-1
 - 7v7-players in 3-3-1 or 2-3-2
- “Gates” or cone goals are set out on the field on angles as shown.
- Players must pass the ball through a gate to a teammate on the other side of the gate at least once during every possession prior to scoring a goal
- If the players maintain their diamond shape, they should be able to replicate the passing sequence from the Ajax passing activity.
- Describing the “gates” game in terms of the prior drill will help the players understand shape and positioning.

