

## Gate Dribbling



### Key Points

Dribble with your head up  
Change direction  
Change speeds

### Description

In a 20x25 yard grid set up gates (two cones about 2 yards apart). All players with a ball must dribble through the gate in order to score a point.

Coach: Have players keep count of how many points they scored in 30 seconds or a minute. Repeat asking the players to beat the score by one or more points. You can also ask them to dribble with the left or right foot only.

### Notes

Progress:

- Players must complete a move before going through a gate
- Divide the team in half and have the two groups compete against each other to see which groups goes through more total gates
- Allow players to knock the other players balls out while dribbling through gates.