



CORNERSTONE ACTIVITY: MULTI-GATE GAME

A **CORNERSTONE** activity is one that can serve as the foundation for your entire practice and with a few modifications you can build an entire practice session around this activity. Here is an activity you can use with children 7 and older at any level to teach dribbling, dribbling to set up a pass, short inside/outside push passes, receiving-ball control, cooperating with a teammate etc.

We recommended you not play this activity for more than 12 minutes' total. Five repetitions @ 1 minute each rep with a 1-minute rest in between each rep to address players what you see.

Organization:

Lay down a series of "gates"- two cones. Put each gate down in different widths, some 2 yards wide, some 1-yard-wide, some the space of 2 balls etc. Lay them randomly around the field. To start, you can have each player with a ball or put players in pairs as you see here and they share one ball. Each pair chooses a gate as a starting point. Tip, make sure you have at least 2 more gates than you have pairs, so if you have 4 pairs best to have a minimum of 6 gates. Players choose a gate as a starting point. A player from each pair starts on opposite sides of a gate. **Progression:** A) Pass the ball back and forth to each other between the gates-control first then pass. See how many passes they can make in 20 seconds—tip-as players improve can they do it one touch or pass only counts if it passes on the ground and in between cones and not hitting a cone, B) Pass the ball through the gate to their partner then go to a new gate, C) Use "Gate Keepers" –ask for two volunteers (tip-ok to use parents!) to be gate keepers who walk from gate to gate when you yell "change". If a person is in a gate, then the pair have to go to another gate! E) Only the ball can pass through the gate NOT the players!

Things to look for and address:

Surface selection for the push pass: Inside or outside. Note: Using the outside of the foot for a lot of children 8 and under will be extremely challenging. Make eye contact with your partner before passing to them. Keep the ball moving. Redirect the ball to go to another gate.

The picture shows players in pairs, each pair with a ball and then passing in between gates/cones.

