



# Gate Ball

**Level: Warm Up with Ball**

**Objective: Passing with movement.**

## Organisation

Set out a 30x20 playing area.

Have players spread out and split players into pairs with one ball for each pair.

Place cones inside the grid making small goals, make sure you have more goals than pairs.

Each pair counts how many goals they can score by passing the ball through the goal to their partner.

After each goal, the pair must move to another goal to score again.

## Progression:

Progress this exercise by using a time limit. After each time, ask players to beat their previous score by m

## Coaching Points:

1: Approach to the ball - Line up with where the ball is going

2: Type of pass: Inside push pass, driven pass or lofted pass

3: Inside push pass - make L shape with non-kicking foot being right up next to the ball and kicking foot coming through as an "œL"•

4: Follow through on pass and use body to generate power

5: Focus on weight and accuracy of pass, both are very important

