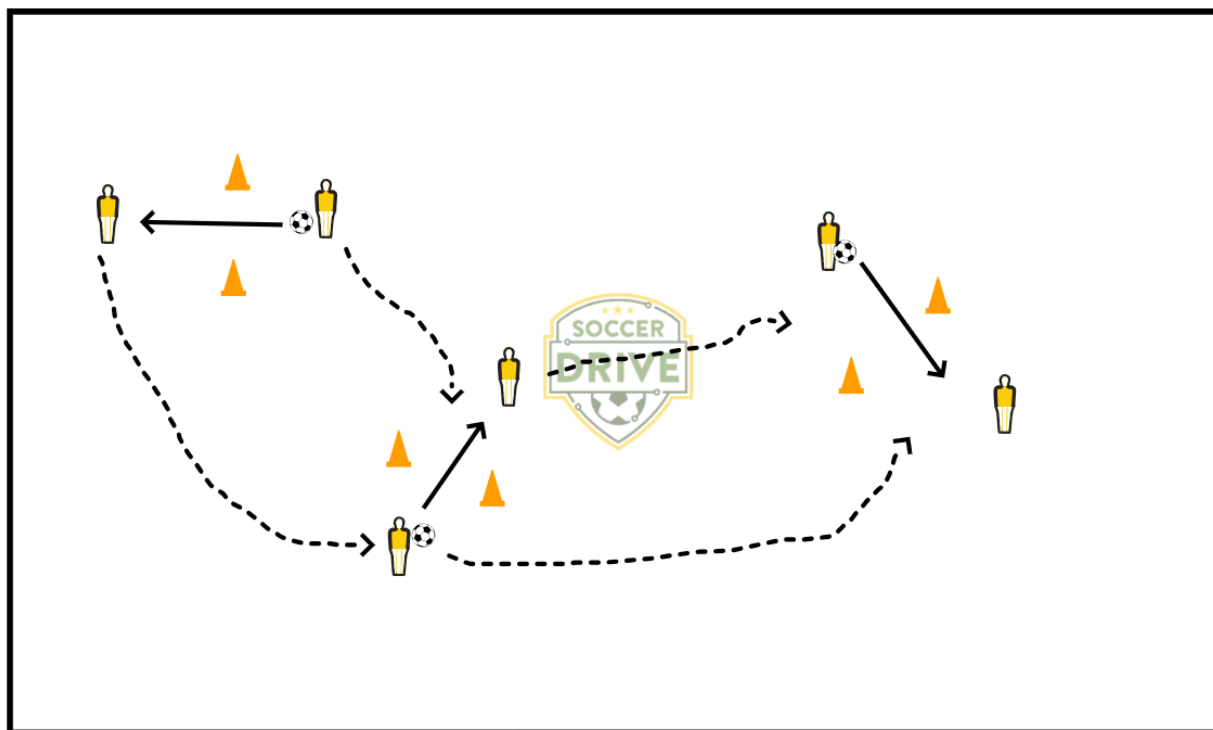




Progressing to gate passing



Description

Set up many small gates with cones across the field

Split your team into pairs

Have each pair run to a gate and pass the ball through it

They can only pass the ball through the gate one way. They cannot pass through the same gate twice in a row

Have them do it slowly at first.

Then have a timed race to see how many gates each pair can pass through.

Or have a set amount the pair has to pass through then sit down once reaching that amount