


“Sharp Gates”

East Central Soccer District Academy Curriculum

Curriculum Topic: Dribbling

Primary Objective: To build skill and confidence in dribbling around obstacles with speed

Duration: 10 minutes

The Basics		<p>Organization</p> <p>10-20 cone gates spread out over 20yd x 20yd area, each cone gate 5’ wide.</p> <p>1 ball per player.</p>
	<p>Activity</p> <p>This is a progression activity (see progression below); at the coach’s signal, players dribble through the cones as instructed by the coach for 1 minute.</p>	
	<p>Coach Pts</p> <ul style="list-style-type: none"> Encourage crisp, sharp turns when moving through gates. Encourage acceleration after each cut. Use insides and outsides of both feet. Players must move through multiple cone gates, not the same 1 or 2. Run the same progression 2x and have players compare their results against their first effort. Congratulate improvement! 	
	<p>Mod</p> <p>Increase distance between gates and space between cones at each gate for more novice players.</p>	
Progression	<ul style="list-style-type: none"> 1st activity - allow free dribble through as many cone gates as possible in 1 minute. Players count # of gates they dribble through and report to coach. Repeat and check for improvement. 2nd activity, player must go around outside of gate and cut back through middle of gate. Repeat and check for improvement. 3rd activity, player must dribble through gate, then do a pullback back through the gate, turn and accelerate to next cone gate. Repeat and check for improvement. 4th activity, player must execute single scissors when moving through gate, then accelerate/cut to one side. Repeat and check for improvement. Add new activities or repeat previous ones to build mastery. 	