



SESSION TITLE	6 v 6 through gates.	SESSION REFERENCE:	en_tm_009
LEARNING OBJECTIVE	To improve decision making in possession.		
OTHER OUTCOMES	<ul style="list-style-type: none"> • Passing. • Control. • Turning. • Dribbling. • Running with the ball. • Defending. • Conditioning. 		
WHAT TO OBSERVE / WHAT TO COACH	<ul style="list-style-type: none"> • Movement of players to create space to receive. • Awareness and decision making of player in possession. • Timing of runs. • Angles and distances of support positions. • Weight and accuracy of passing. • Quality and use of 1st touch. • Reaction to transition stage. 		

SET-UP

➤ Equipment	Balls, bibs, cones
➤ Areas	60 x 40m
➤ Duration	Three 6 minute periods interspersed by 2 minute rest breaks.
➤ Participants	12+
➤ Age Group	12+

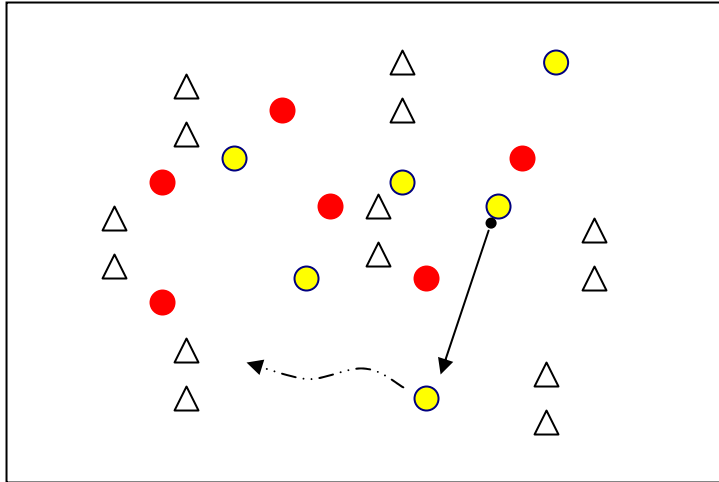
ORGANISATION

Cones are used to create a 60 x 40 area. Additional cones are used to create a series of gates, each 2m wide. A supply of balls ensures the flow of the drill is maintained. Players divide into two teams.

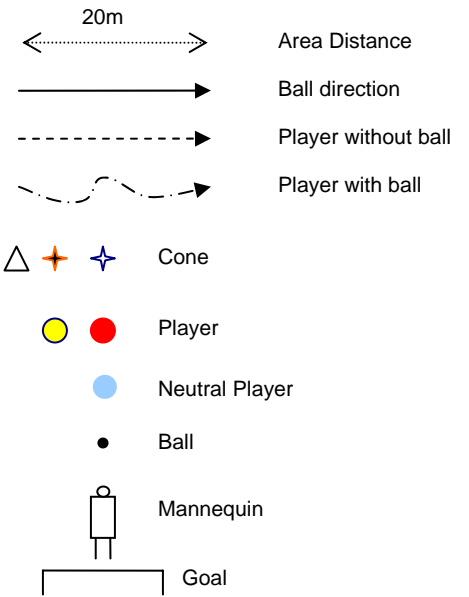
HOW TO PLAY

- 6v6 conditioned game.
- Teams score by dribbling the ball in any direction through any of the 7 target gates.
- Possession is retained and players attempt to score in another gate.
- Goals cannot be scored through the same gate consecutively.
- Play for 6 minutes, rest for two minutes and repeat.

SESSION DIAGRAMS



KEY:



How to simplify the Session:

- Increase number of gates.
- Have 2 neutral players work for team in possession.

Progressions:

- Reduce number of gates.
- Restrict touches.