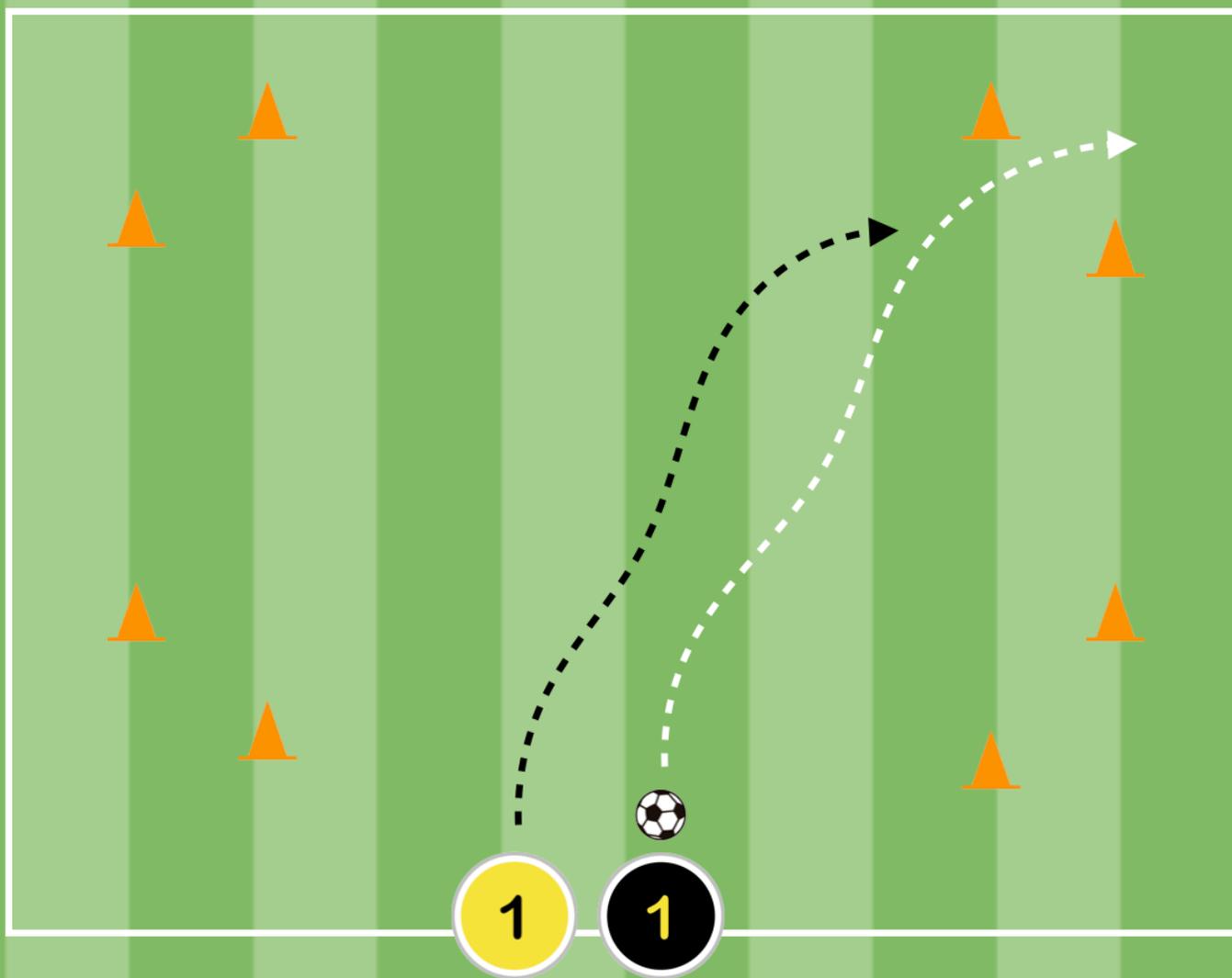


1v1 FOUR GATES



1v1 FOUR GATES

This is a multidirectional 1v1 game with four gates for the player with the ball to attack. This activity will challenge the player with the ball to identify an open gate or use their shielding and change of direction skills.

SET UP & ACTIVITY

Set a square or rectangle playing grid and put four gates one in each corner of the playing grid. Make the width of your gates appropriate for the skill level of your players.

Put your players into pairs and put players of similar ability levels together.

The objective of the activity is for the player with the ball to keep the ball away from their partner and to dribble through one of the four gates to win a point.

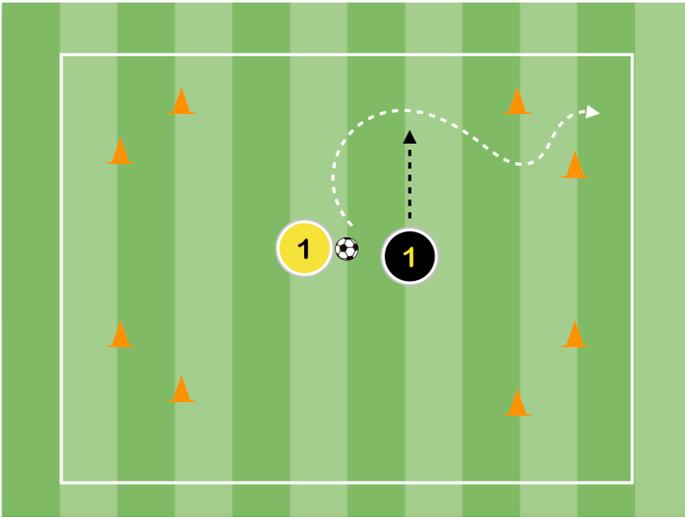
The objective for the defender is to prevent the attacker with the ball dribbling through a gate and to steal the ball and then dribble through a gate themselves to win a point. The game is over if the ball goes outside of the playing grid or if one of the players dribbles through a gate.

- Adjust your zone and make it bigger when you have more players and for lower ability players.
- Adjust the width of your gates based on the ability level of your players. Narrower and gates for more advanced players, wider gates for beginners.
- If the defender steals the ball they must go and score through a different gate than the attacker was going for.

COACHING POINTS

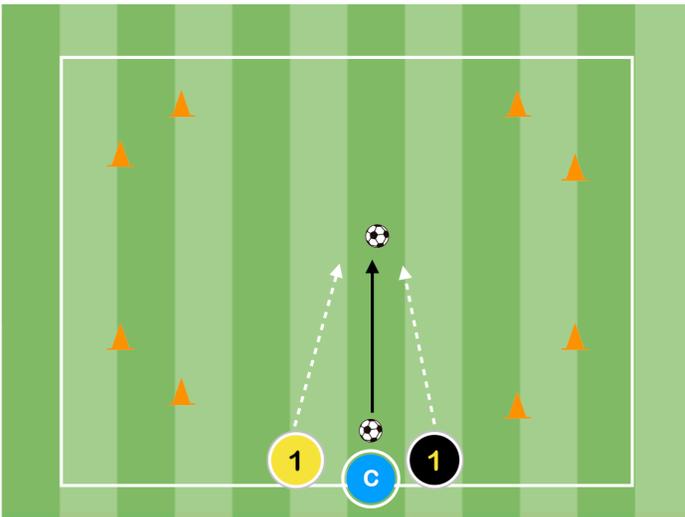
- Encourage the attacker to use their shielding skills to keep the ball and then a change of pace to dribble at an open gate.
- Encourage the attacker to change direction and pick a new gate if the defender does a good job of getting in front of them and covering the gate they are going for.
- Remind the defender that they need to steal the ball and go score a point themselves, no kicking the ball out of play.

VARIATIONS



Change the position of where the two players start, have them start in the middle of the pitch facing each other.

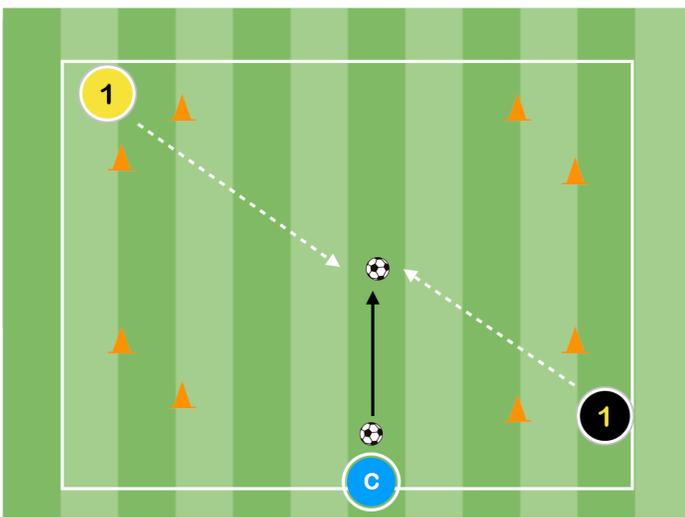
One player will start with the ball facing their opponent they will have to feint to beat them and go past them or turn and shield the ball or change direction quickly to a gate that is away from the defender.



The next progression is for the two players to battle to win the initial ball before dribbling through one of the four gates.

Have the two players start either side of the coach. The coach will play the ball into the pitch as soon as he does the two players can go battle for the ball.

Whichever player wins the ball then tries to score by dribbling through a gate.



This is the same progression as above but just with the two players now starting in opposite corners of the pitch.

TROUBLESHOOTING

Players will have a tendency to just try and dribble faster and faster and will miss the gates completely.

- Show players how to look up and identify which gate is the most open based on where the defender is.
- Encourage players to use a variety of techniques including slowing down or stopping and hiding/shielding the ball to keep possession while they identify which gate they are going to dribble through.