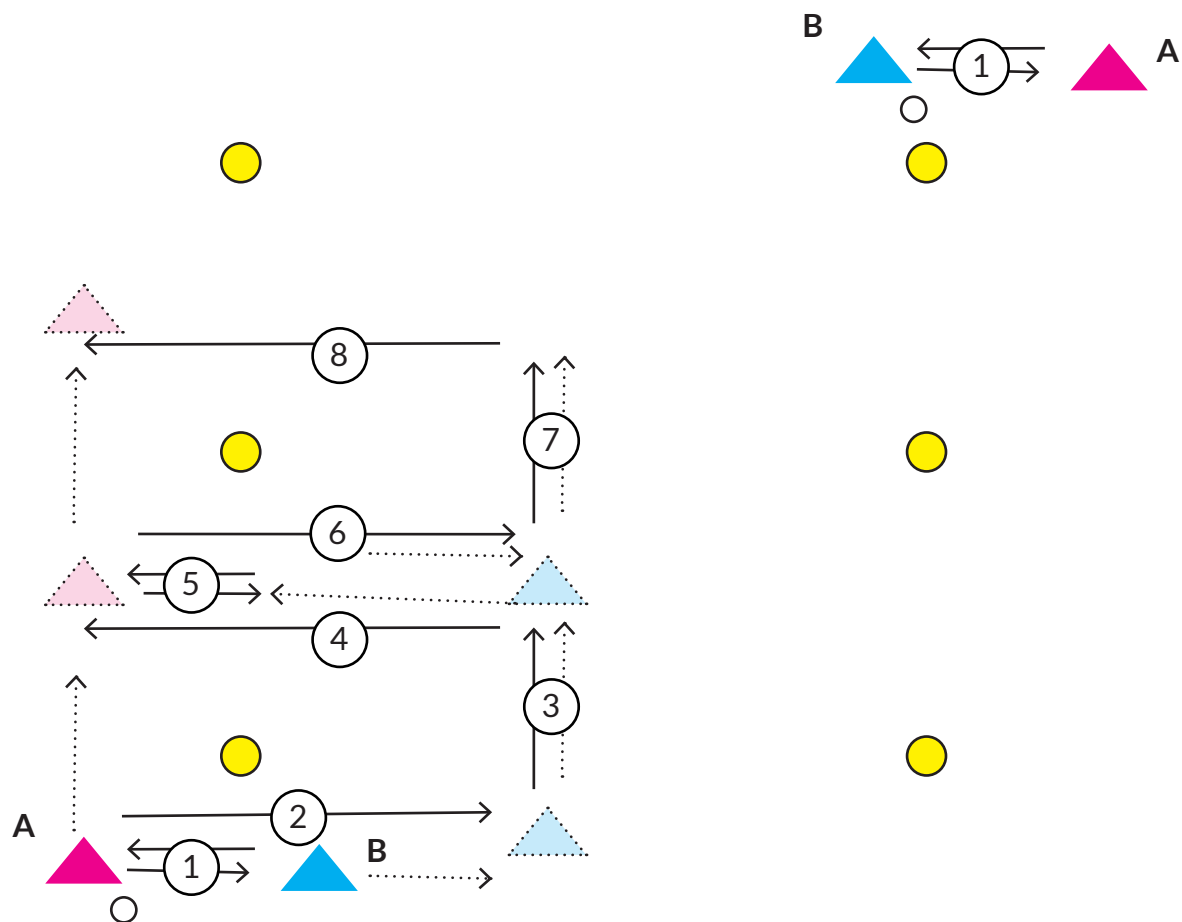


Bounce through gates



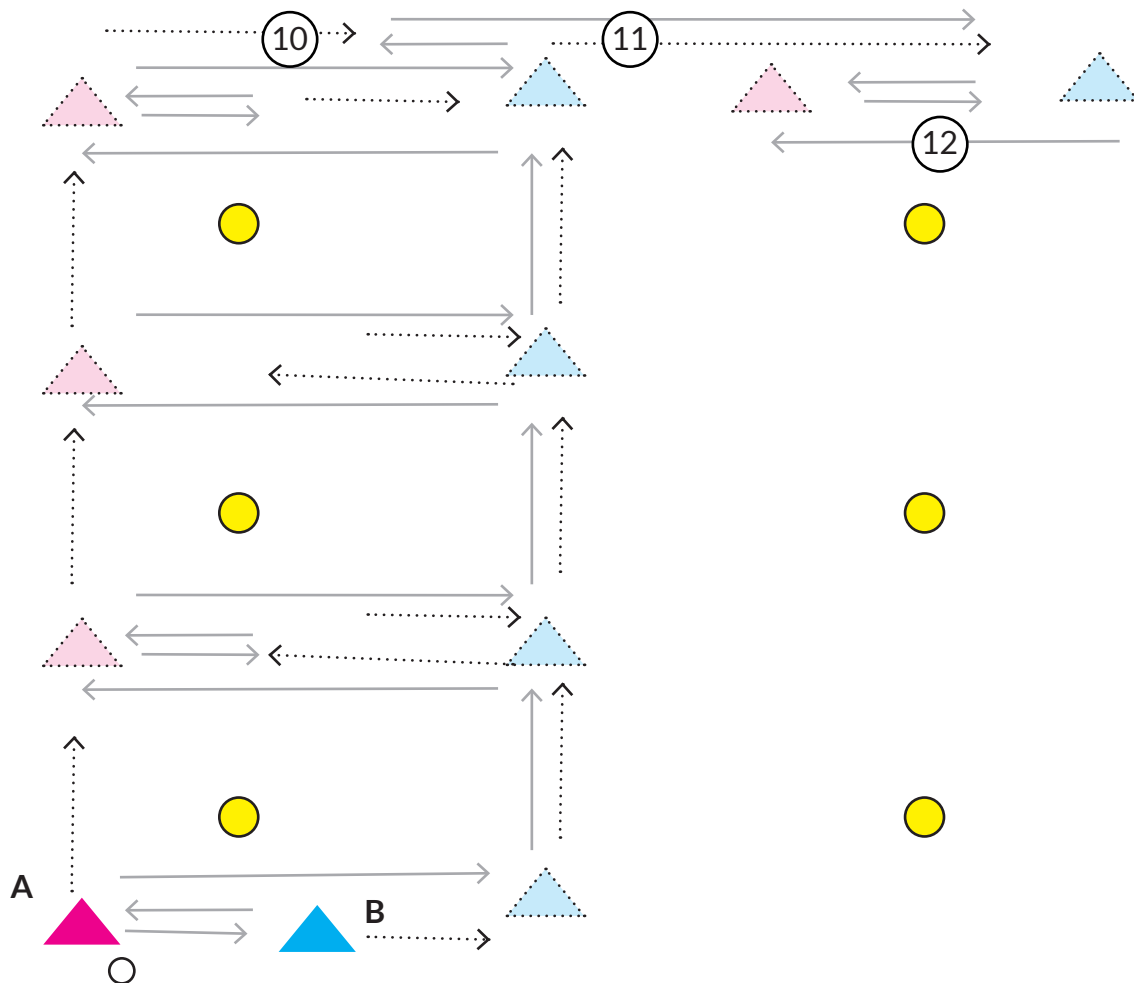
Drill

- + ① Bounce-pass between A and B
- + ② B backs off to receive pass from B
- + ③ B moves ball right
- + ④ B plays pass to A and sprints forward
- + ⑤ A moves left and plays bounce
- + ⑥ B runs back and receives from A
- + ⑦ B moves ball right
- + ⑧ B plays pass to A and sprints forward
- + Continue for 2 minutes, then swap worker
- + Spare player performs ball juggling

Coaching Points

- + How quickly can we move the ball
- + Player must sprint forward fast to receive
- + Think about pace and timing of the pass
- + Try to build up a rhythm
- + One touch if possible, take more if needed

Bounce through gates - Progression



Drill

- + ⑩ Instead of continuing back along the same row, A sprints forward
- + ⑪ B backs off and the players exchange bounce passes until they are level with the other set of cones
- + ⑫ The players then continue down the new row but with A doing the work
- + At the end of that row, they change rows
- + Repeat twice, if the group has 5 players

Coaching Points

- + Be aware of the other pair
- + Constantly scan shoulders
- + Coach to hold a cone up in the middle