

# Gate Keeper

455

A great dribbling and turning activity requiring attackers to lift their heads to see 'open' gates. On the coaches command, Gate Keepers open and shut the gates, forcing attackers to change direction.

## WHY USE IT

Players work on dribbling and turning.

## SET UP

4 cone gates, 4 players as gate keepers, 4 players with a ball each.

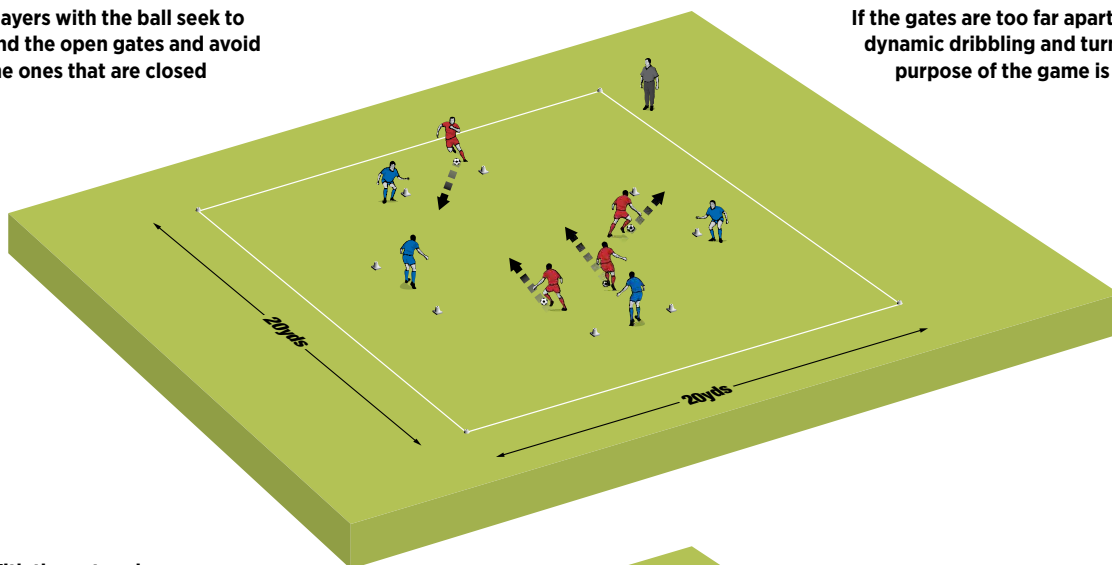
## HOW TO PLAY

Gate keepers "open" or "close" gates as instructed by coach. Players with the ball must dribble through the open gates. Progress and introduce a defender who attempts to steal the ball.

## TECHNIQUE

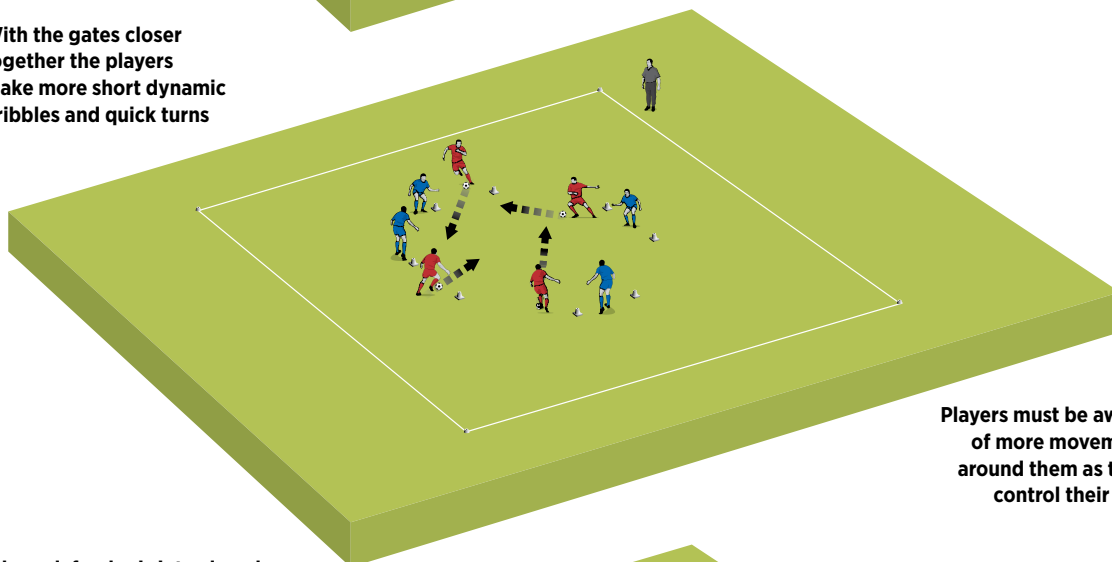
Dribbling and turning.

Players with the ball seek to find the open gates and avoid the ones that are closed



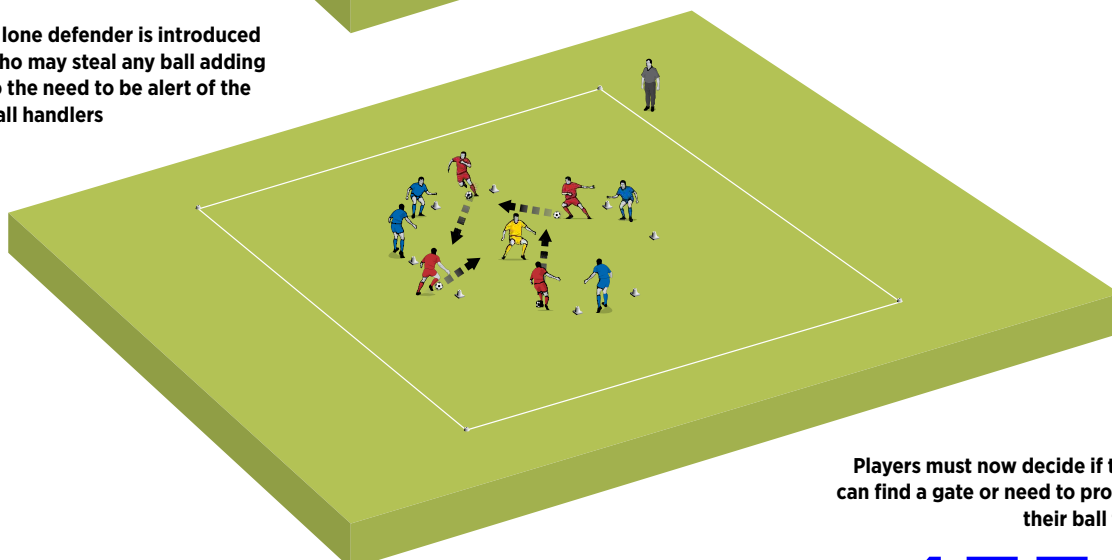
If the gates are too far apart the dynamic dribbling and turning purpose of the game is lost

With the gates closer together the players make more short dynamic dribbles and quick turns



Players must be aware of more movement around them as they control their ball

A lone defender is introduced who may steal any ball adding to the need to be alert of the ball handlers



Players must now decide if they can find a gate or need to protect their ball first

Player movement



Ball movement



Run with ball



Shot



455