

Gate control

Players should be in the habit of using their first touch as a means of setting up the next pass (or shot or cross or dribble) and not just as a way of getting the ball under control.



What you tell your players the session is about

1. Setting the ball up for a pass with first, receiving touch.
2. Creating more possession time.
3. Accurate passing.

Session planner

Warm up 10 mins	Session 15 mins	Developments 15 mins	Game 15 mins	Warm down 5 mins
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Activity	Kit	Outcome
Warm-up	Disc cones, balls	Dynamic stretching, gentle running and ball work
The session	Disc cones, balls	Practising controlling technique
Development	Disc cones, balls	Adding a bit of movement to create space before receiving the ball
Game situation	Balls, disc cones, bibs, goals	Putting into a game situation the techniques practised in the drill
Warm-down	Disc cones, balls	Gentle running and ball work, static stretching, de-brief Q&A



Where it fits

Individual skills: Ball control

Team skills: Passing

Related Smart Sessions

16 One touch passing

17 Passing and receiving



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What to think about

Receiving

- Move into line with the ball.
- The ball travels across the body to the back foot.
- Contact the ball's horizontal mid-line or above.
- Cushion ball on impact to guide it in the right direction.

Passing

- Correct pace/direction so team mate can control easily.





Set-up

- A 10 by 10 yard playing area, with four 1 yard “gates” set up at each corner, at right angles to each other.
- 1 ball between 4 players.



What you get your players to do

The players pass the ball clockwise around the square to each other. To begin with, each player controls the ball with their right foot, directing the ball through their “gate” as they do so and following it, before making their pass.

Reverse the direction of the drill so players now have to control the ball with the left foot.



What to call out

- “On your toes, stay nice and balanced”
- “Make that first touch nice and positive”
- “Relax”



Development

This time the receiving player (player “C”) moves through to the other side of their gate as the ball travels from player “A” to player “B”.

Player “B” then passes to player “C” who returns the pass and returns through their gate to their original position.

Player “C” then receives a second pass from “B”, and controls the ball through the gate before following the ball and passing to player “D”.

Player “B” then returns to their start position as “C” and “D” repeat the sequence.

Reverse the direction of the drill so players now have to control the ball with the left foot.

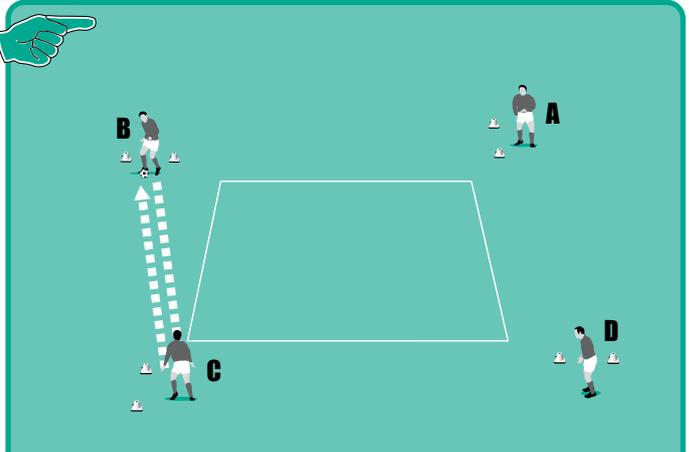


Game

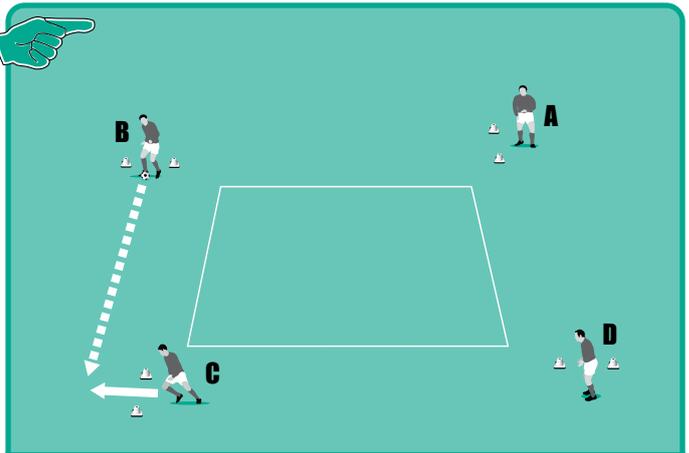
Play a 4v4 match with goalkeepers and goals. Encourage players to knock the ball into space with their first touch.

Gate control

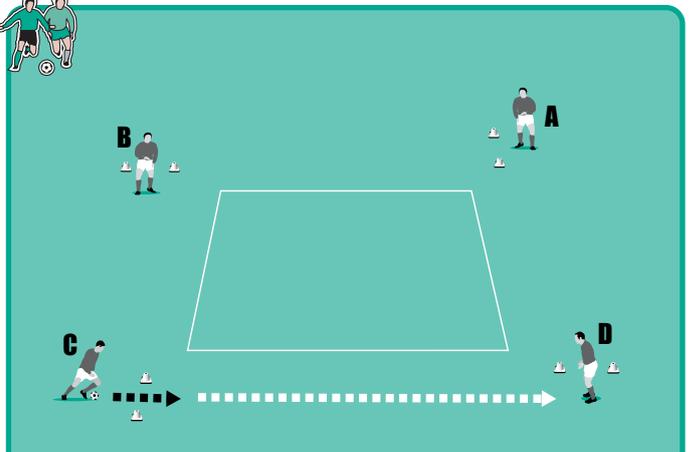
player movement ⇌ pass □□□⇌
dribble ■■■→



C moves through the gate to receive a pass from B.



C moves back through the gate to receive a return pass.



C pushes the ball through the gate then begins the sequence with D.