

Gate Passing

Build small gate with cones around your practice place. About 2 feet wide.

Have the players dribble through the gates freely in various directions. Once the players know where all the gates are, then put them into pairs with one ball to a pair. Now they must dribble and pass through a gate to their partner. Then they should look up and go find another gate. This environment fosters controlled dribbling, looking around, change of direction, decision making (if one group is occupying a gate, then they must look for another open gate). The partners must talk to each other while dribbling to know which gate to go to next.

