



Pass and move through the gates

TECHNICAL & TACTICAL · PASS AND MOVE · 2 PLAYERS (A PARENT CAN BE ONE) ·
AGE 9+

Set up

2 players

1 ball

5 gates, 1.5 m wide

15 x 15 m square

Dose

4 x 1 min, 1 min rest

Count your gates

4 rounds of 1 minute with 1 minute of rest, counting your gates each round (the Football Reach target, not an FA rule).

What it trains

Pass through a gate to your partner, then both move to a new gate, every time. England Football's 7-11 sessions use gates like this to teach pass and move: after passing, move into new space, ready to receive again.

How it works

- 1 Warm up first. On flat grass, mark a 15 x 15 m square and scatter 5 gates of 2 cones, each 1.5 m wide, at different angles. Use a size 3 ball up to U11, size 4 at U12-U13 and size 5 from U14.
- 2 Stand either side of a gate, a few steps back from it, and pass along the ground through the gate to your partner.
- 3 As you pass, point to a new gate. Both of you move there straight away: the receiver takes the ball with them, the passer runs round to the other side.
- 4 Pass back through the new gate, then pick another one. Count how many gates you pass through in 1 minute.
- 5 Play 4 rounds of 1 minute with 1 minute of rest, and try to beat your count.

Coaching points

- 1 **Move straight away**
As soon as the ball leaves your foot, go. Move to the far side of a new gate, a few steps back from it, so your partner can pass straight through to you. Don't let the ball stop.
- 2 **Look up, point the way**
Look up between passes to find the next free gate, and point to it as you pass, so your partner knows where you are going. Pass it the way you would like to receive it: firm and along the ground.

× **Not this:** Passing back through the same gate, or waiting at one gate. The drill is moving into new space after every pass, so you are ready to receive again.

➤ HARDER

Only one-touch or two-touch passes. England Football's harder version asks for a first-time pass through the gate.

➤ EASIER

Stay at one gate for two passes before moving, and make the gates bigger and further apart.

🛡️ Safety

- Warm up first. Flat, dry grass with space all round, never a road or a driveway.
- Spread the gates out so you never run into each other, and look up before you move.
- Passes along the ground only, nothing lifted into the air.
- Stop if anything hurts, and tell an adult.
- Warm up first. Stop if anything hurts and tell an adult.

📅 Track 12 weeks (tick each session)

W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	W11	W12
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐



Watch Archie show it

footballreach.com/drills/pass-and-move-through-the-gates

Then take the free test at footballreach.com

MY NOTES