

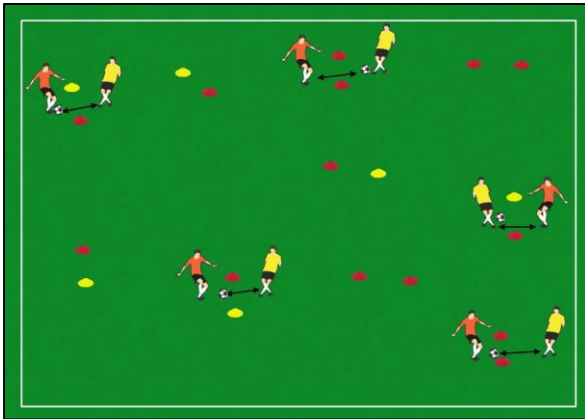


Core skill: Striking the ball

Difficulty level ★☆☆☆☆

PASS THROUGH THE GATES

Beginning activity



Players form pairs and stand on opposite ends of the gateway with one ball between them.

On the coach's signal, players count how many passes they can complete to each other through the gate in 30 seconds or 1 minute.

Can the players beat their score?

Set up: In an area approximately 10m by 15m. Place a number of "gateways" with cones 1-2m apart.