

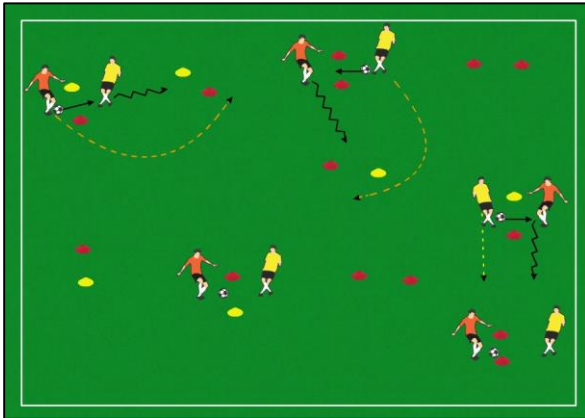


Core skill: Striking the ball

Difficulty level ★☆☆

# PAIRS THROUGH THE GATES

## Middle activity



Players form pairs and count how many different gates they can pass through.

Once they complete a pass through one gate, the player who received the ball will then run with the ball to another gate and pass it back to their partner through that gate.

Teams will count how many gates they can pass through in 30 seconds or one minute.

You can also see which team can be the first to pass through all of the gates, and raise their hands when done.

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