

GAME: GATES

This is a game used to develop the Player's Spatial Awareness, Vision, Communication, Catch Pass and Evasion skills.



HOW TO PLAY

- * Layout pairs of colored cones (gates) randomly within your playing pitch.
- * Two equal teams.
- * Run and Pass in any direction
- * To score a player in possession of the ball must run through a pair of cones (gate) without being touched.
- * If touched ball is turned over to the opposition.
- * When a point is scored the scoring player must stop and pass the ball to a fellow teammate, he/she cannot score through the same gate twice in a row

GAME CONSTRAINTS

There are multiple adaptations and constraints available for this game:

- Space gates further apart
- Increase or Decrease the amount of gate's
- Overload Attack or Defence
- Ball must be carried in two hands, if not turnover
- Add an exercise (i.e. a burpee) to a player caught in possession

COACHING CUES

Fundamental Movement Cues:

- * See Space, Attack Space
- * W - Catch early as you intend to pass it
- * Punch and Point
- * Transfer ball away from Defender
- * Tuck the Tip, Tighten the Grip

COACHING REVIEW

Stop – Start – Continue

1. What worked well in this game?
2. What didn't work so well?
3. What will I do differently next time?