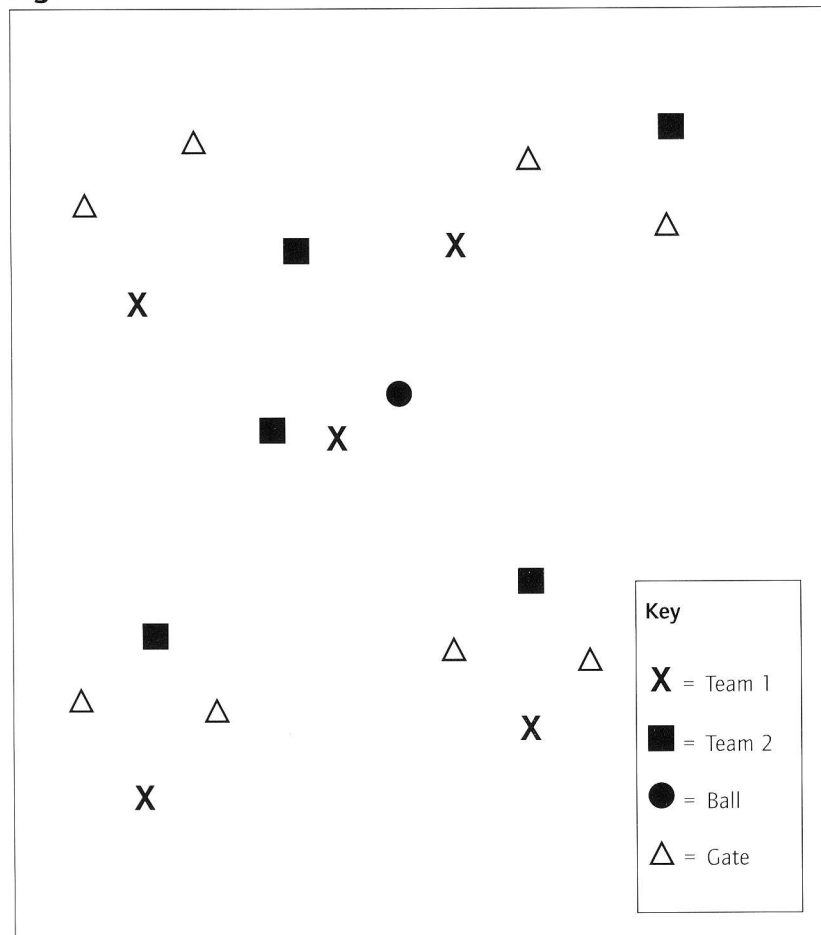


## Through the Gate

Age 10+



### Set-up

The pitch can be any shape and should have four gates, each two metres wide. The area will be dependent on the number of players and the size of space available. You have two teams and the objective is for them to pass through the gate to a teammate. They can then take the ball and attack another gate.

### Progression

You could progress this game to make it more challenging by reducing the number of gates from four to three or two.

### Set-up

- Shape can be anything (ie square, circle, odd)
- Four gates (two metres wide as a minimum)
- Area (quarter pitch or bigger)
- Two teams (odd numbers become floaters)
- Pass through gate to teammate

### Progression

- Fewer gates
- Smaller gates

### Technical Outcomes

- Passing and receiving
- Encouraging other options (eg turning, running with the ball, dribbling)
- Creating space
- Supporting play

### Physical Outcomes

- Running
- Movement
- Turning

### Social Outcomes

- Communication
- Teamwork

### Psychological Outcomes

- Observing
- Focusing
- Challenging
- Decision making