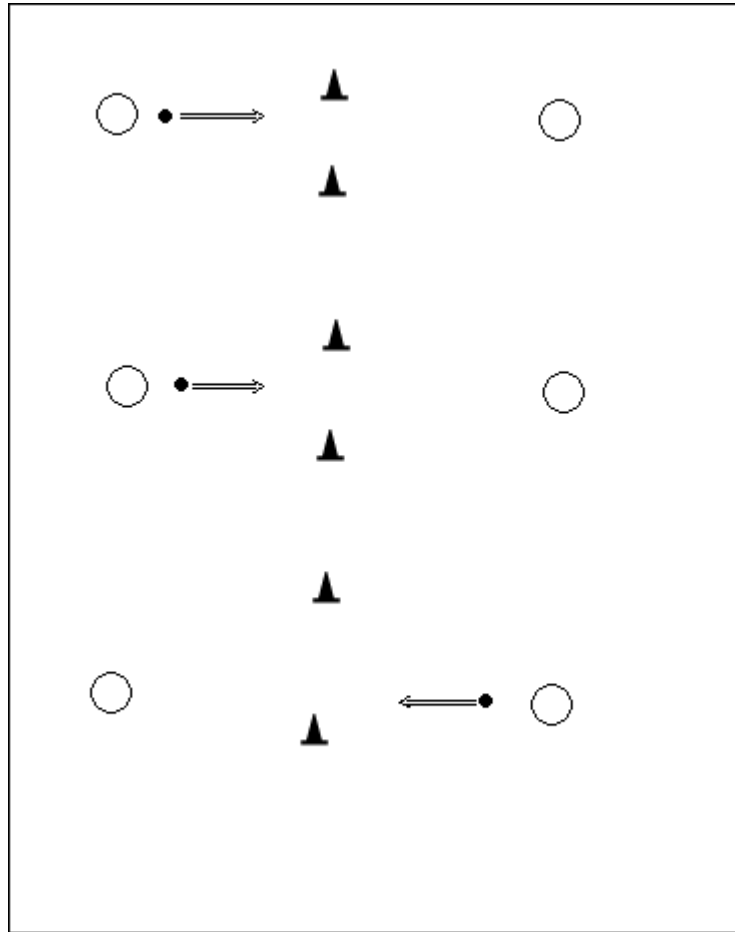


# PASSING THROUGH GATES



## PASSING THROUGH GATES

**Setup-** split group into pairs. Use cones to create gates about three yards apart.

Each player takes a turn trying to pass the ball between the gates. A point is awarded each time the ball goes through the gates with out touching a cone. Players keep track of their own points

Play for 3-4 minutes.

Loser does pushups (for younger players, maybe the winner gets selected first for next activity)

Make the game easier or tougher by adjust the size of the gates or by adjusting the distance between the two players.

Remember to have players alternate between their left and right feet.