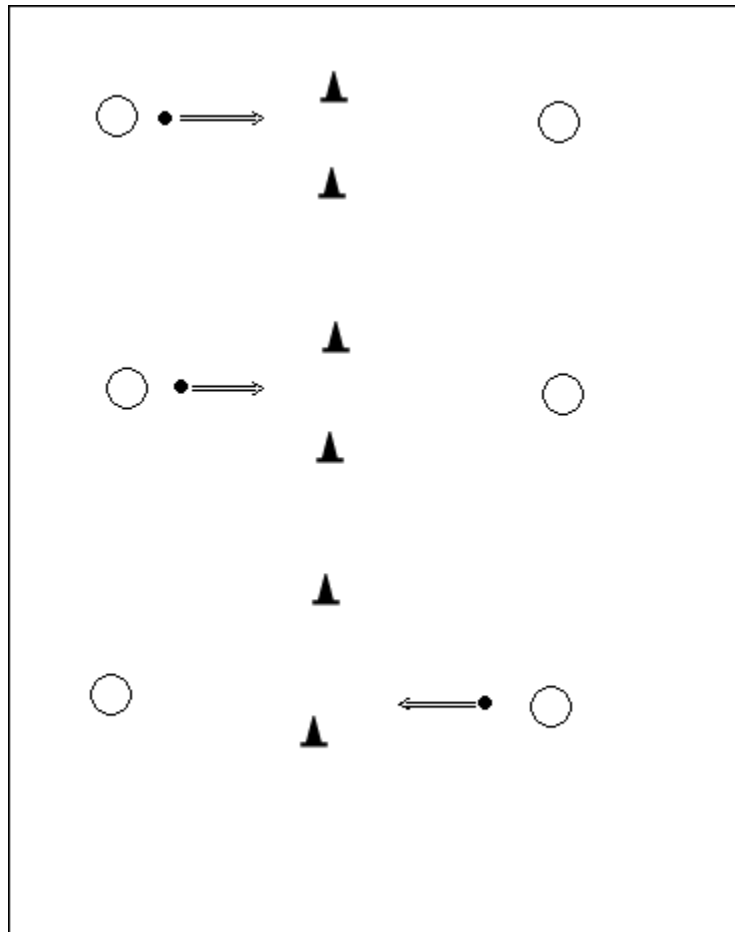


## PASS THRU GATES



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

**The Game** - 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 without touching a cone. Players keep track of their own points

Play for 3-4 minutes.

Loser does pushups.

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

**Comment** - To work on TECHNIQUE