

## Warm Up Activity - #10 / Passing Gates

Start Game – 15 Minutes

### Organisation/ Explanation

- Playing Area: 20m x 20m.
- Arrange the players into pairs.
- One ball per pair.
- The pairs of players must try to make as many passes to each other through as many gates as they can in a set period of time.
- The player in possession must look to see which gate their partner has run to.
- The pair with the most gates passes in the set period of time are declared the winners.
- Get both players with the pair to lead to the gates.

### Coaching Remarks

- Encourage players to communicate and work together.
- Encourage players to use both feet.
- Encourage players to change direction.
- Encourage players to get their heads up.

### Diagram

