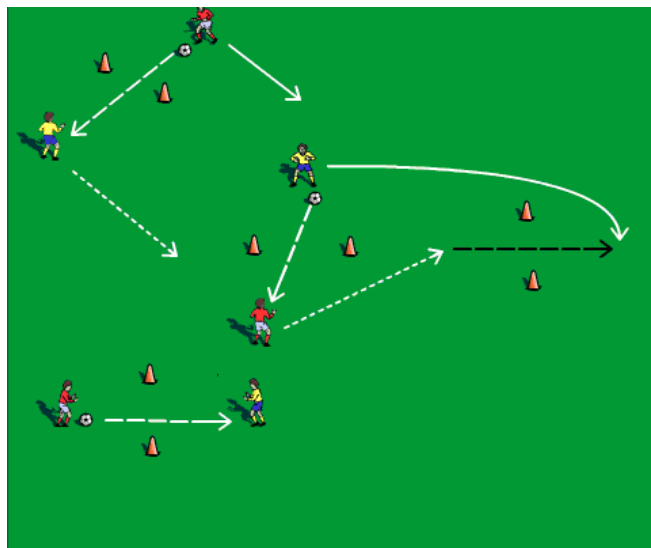




Curriculum – Technical / Skill

Activity # - 713

Topic:	Control	Age:	All Ages
Section:	Main Theme	Ability Level:	Recreation
Learning Outcome(s):	Controlling the ball in the direction you wish to play next		



Organization:

1. 30 x 40 yard area set up as shown
2. 6 players set up as shown
3. 3 balls

Instructions:

1. Teams score by passing through as many different gates as possible
2. Players have to play through each gate to their teammate and then move to the next gate
3. Play for a set time limit then change partners

Coaching Points:

1. Getting into line with the ball
2. Assess the situation as ball travels
3. Select appropriate surface (**Inside, Outside**)
4. Withdraw surface at impact
5. Directions of touch to enable next action

Progression/Regression:

1. P – Teams lose their points if the ball touches another player or if it hits one of the gates
2. P – Add a defender – ‘Gate Keeper’ – their role is to deny players the opportunity to score
3. R – Add more gates