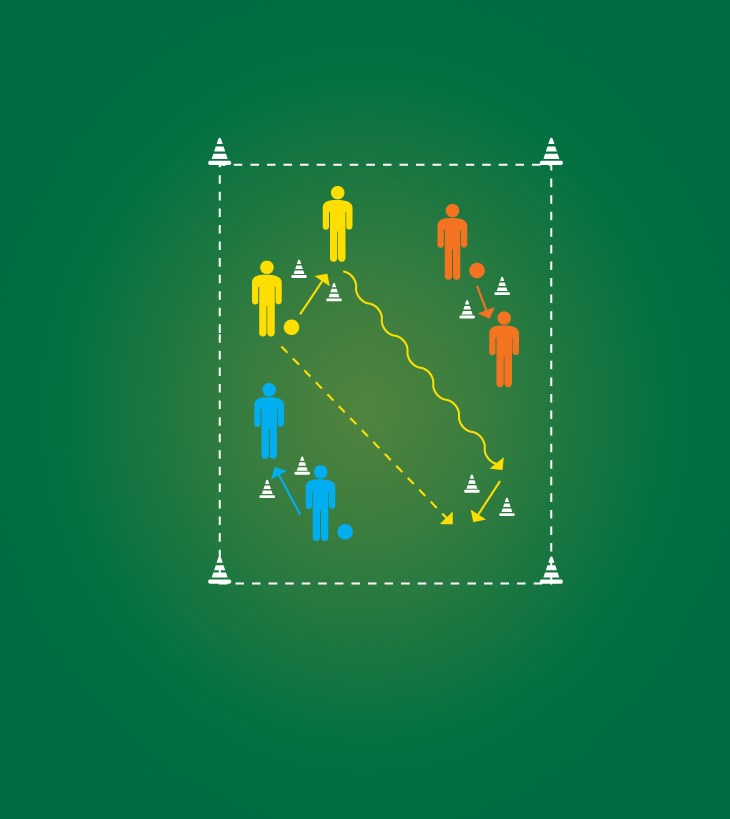
## Middle: Pairs through the gates



Mark out an area about 7m × 10m and set up four small gates – two cones about two metres apart.

The players run around the area in pairs with a ball between them and pass it through the gates to each other until they have performed a successful pass through each gate.

The winning pair is the first to pass through every gate and wait outside the area.

### Notes on this exercise

Before moving to the next activity, have a competition to see which pair (one at a time) can pass through the most gates in 20 seconds.