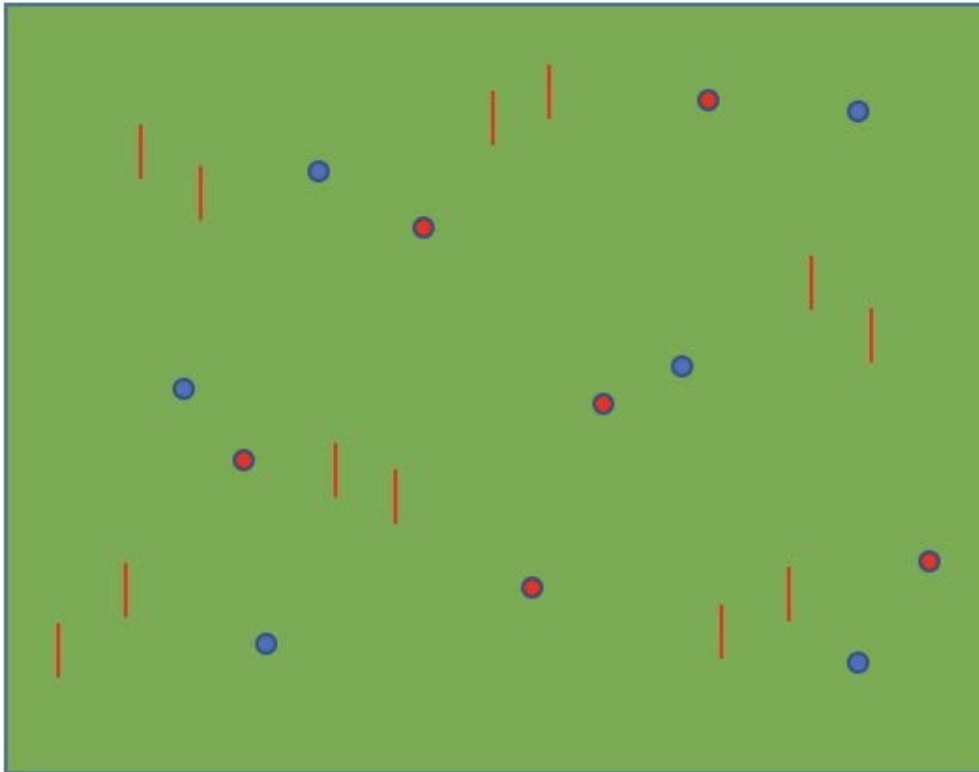


## Through the gate



- Set up as shown, 6v6/7v7 with at least 6 gates
- Possession game with striking and hand passing
- To score, a player must run through one of the gates
- As soon as a player runs through a gate they must give a stick pass to a team mate
- Promotes fitness with the ball, running off the shoulder, making the correct run and striking & receiving under pressure

