

Football - Gates

Football - This game helps players to improve their dribbling, simple passing and changing direction.

Age Range

Any Age

What you need

- Marker discs or cones (or just lines drawn on the ground – 2 metres long)
- One ball between two players
- Suitable space appropriate to the size/nature of the group.

How to play – game basics

- Set out as many 'gates' as possible within the playing area (for example, two discs set two metres apart; or lines drawn on the ground).
- Group players in pairs; one player is the 'lead' player, the other the 'shadow'.
- The lead player dribbles/moves around the playing area; the shadow player follows the lead player wherever they go.
- When the lead player moves through a gate with the ball, they turn and pass through the gate to the shadowing player.
- They reverse roles and move to find another gate (and repeat).
- Pairs score one point for each gate.
- The pair scoring the most points by the end of the game wins!

Something to think about

Covering the ground between the gates as quickly as possible to score more points.

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BESO can be applied to adapt or modify the activity as in these examples.

tegeBar (Task)

- The number of gates can be gradually increased or decreased as required.
- Impose a time limit; for example, how many gates in 30 seconds without losing control of the ball.
- Play without a ball initially; just moving between and through the gates.

hEzebe (People)

- Hearing impaired players (or hearing player with deaf or hearing impaired partner) can agree signals to help them:
 - change roles;
 - keep score.
- Some players can use their hands to control the ball.

quSaquse (Equipment)

- The size and density of the ball can be varied; for example, a larger, slower-moving ball might be easier to control than a smaller, bouncy ball.
- Taller cones (soft safety type), instead of marker discs, may assist some players in locating the gates.

bOta (Space)

- Increase or decrease the distance between the gates to vary the challenge; for example, more space means bigger distance to cover before reaching the next gate.
- Increase or decrease the width of the gates; closer together means more control needed when moving through and passing; a variety of different widths can be used to enable players of different abilities to play together.

Safety

- Players should be aware of each other's movement capabilities; for example, some players need more space to turn or change direction.

How to improve

- Use the inside or outside of the foot to control the ball when crossing through a gate.

Extension game – Change over

- On a visual / verbal signal, players find another partner and continue the game as above; each partner change starts a new game.
- Progress to calling out a number – 2,3 or 4; players get into groups of that number and continue the game; the lead player moves through the gate then passes, and receives a pass, from each player in the group in turn; then a different player takes the lead.