

Escape Through the Gates

Objective – ball handling

GameFocusResetProgression

1. 1v1 Game
2. Purple vs white
3. Play begins at the yellow cone.
4. Purple defend light blue gates.
5. White defend dark blue gates.
6. Escape through a gate to score a point.
7. The player who conceded starts with the ball at the yellow cone.
8. Can the player in possession twist, turn and accelerate away from their opponent?

1. Protect the ball
2. Wide arc runs
3. Speed

1. Get a new ball

1. Start with 1 set on the pitch and increase

