

Star Gates

GameFocus/ObjectivesTransition/ResetProgression

The team in possession must play a set number of passes (say 5) then attempt to break into the next frontier through one of the star gates by passing or dribbling through.

The defending players must not simply stand in front of the gate to block it.

Once the ball has been played through a gate – and the player who played it has followed it through – all of the players can move through into the next frontier and the process begins again.

Unless both ball and player have gone through, no-one else is allowed in as the next frontier is deemed to be unsafe.

The object of the game is to get from one end to the other and back again through any combination of gates.

If possession is lost the other team faces the same challenge. However, if the ball is lost in the central zone the other team must get into an end zone before the process can start again.

Main Objectives

Passing, dribbling, timing and angle of forward runs, switching play.

Set Up

Area: 45×30 yard area divided into 3, 15 yard zones

Players: 10, 2 teams of 5

Equipment: Cones, balls



Teams must make 5 passes within the zone.



A player breaks through a Star Gates.



The rest of the players can then enter the zone.