

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

## What you need

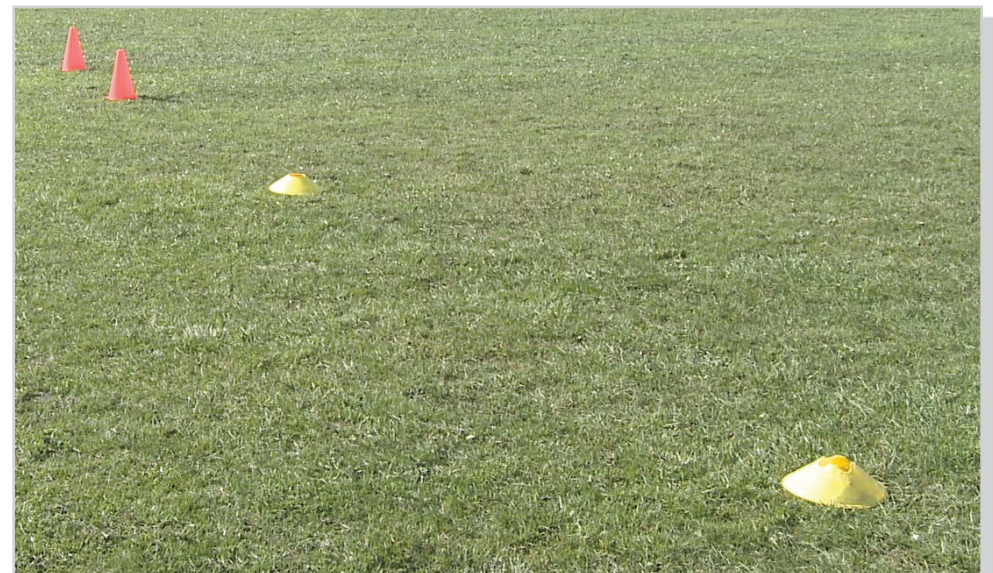
- Marker discs or cones (or equivalent).
- One ball between two players.
- Suitable indoor or outdoor space appropriate to the size/nature of the group.

## How to play

- Set out as many 'gates' as possible within the playing area (for example, two discs set 2m apart).
- 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!

## Think about

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



Use the **STEP** model to modify this game:

## 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.

## 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.

## 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.

## 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.

## 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.

## Integrity

Whatever modifications are used, maintain the integrity of the game. Avoid modifying a game to the point where it no longer resembles the original.

## Links

For more information see:

The Football Association <http://www.thefa.com> and <http://www.thefa.com/get-involved/player/disability>

## Extension game – Swap Shop

- On a visual/verbal signal, players find another partner and continue the game as above; each partner swap 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.