

The Rules

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: 45x30 yard area divided into 3, 15 yard zones
 Players: 10, 2 teams of 5
 Equipment: Cones, balls

What To Call Out

"Stargate open" - the passing target has been met.

"All clear" - all players can move through a gate.

"Try and switch to another gate"

Progression

The ball can be passed through a gate into space but players are not allowed into space before the ball as it is unsafe. This acts as an early introduction to the offside rule, timing runs, and passing into space.

Hint

Keep a supply of footballs nearby to keep the practice flowing.

