



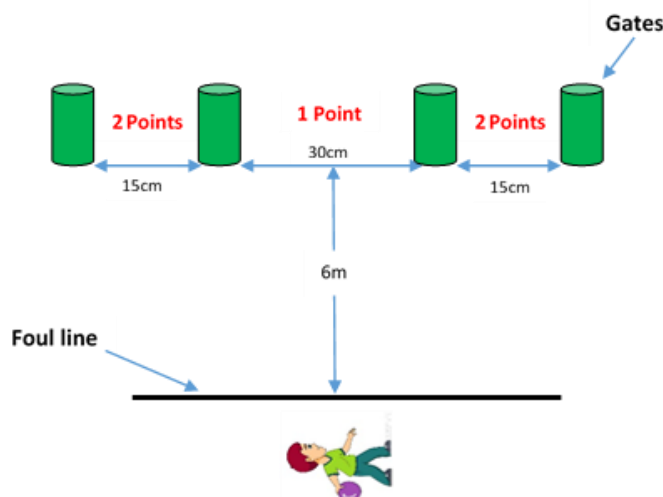
## Through The Gate

**Objective:** To record how many points you can score by rolling the ball through a 'gate'.

**Equipment:**

- Playing area: flat, smooth surface of 6 meters in length (*i.e. hall, driveway*)
- Tennis Ball x1
- 'Gate' (*i.e. water bottles, jumpers, cones*)
- Foul line (*i.e. chalk, rope, tape*)
- Measuring tape

**Process:** Place the foul line in the playing area, measure out 6 meters; place your first 'gate' at the 6 meter mark 30 centimetres apart, then measure 15cm to the right place a second 'gate' and the same on left. Each 'gate' is worth a different number of points.



Athletes should position themselves behind the foul line. The athlete should roll the ball using an underarm technique through the 'gate' of their choice without knocking it down. The athlete repeats this process a total of ten times, resetting the 'gate' if it is knocked down.

Athletes receive points for each attempt dependent on which 'gate' the ball successfully passes through without knocking it down.

**Rules:**

- The athlete must remain behind the foul line whilst throwing
- The athlete has ten attempts.

**Score:** The total number of points for all ten attempts are combined to calculate the athlete's final score, to be submitted (*e.g. 6*)

Attempt										Final Score
1	2	3	4	5	6	7	8	9	10	
0	1	2	2	0	2	1	0	1	1	10