

Basic Skills for Gateball



Each skill is attempted 5 times, and the result recorded on the player's skills test card.

Stroking

1. Pass Gate 1

Stroke the ball from the right side of the Start Area through gate one

2. Pass Gates 2&3

Place a ball 1.5m at an angle of 45 degrees and pass the gate

3. Touch tight to the line.

Place a ball 20cm from a line. Place a second ball one metre from the line. Touch the first ball. Both balls must stay on the court.

4. Cross over stroking

Stroke a ball from the one side of the court to the other finishing with 2m of the line

5. Tapping On

Place a ball 10cm outside of a line. Gently tap it onto the court. Part of the ball stops within 20cm of the line.

6. Stroke tight to the line

Place a ball 60cm 150 cm from a line. Stroke the ball so it finishes within a mallet heads length of the line

7. Stroking to set up and make a gate touch

Place a ball 150 cm in front of a gate. Place a second ball 50 cm from the inside line, in a line with the two gate legs. Stroke the second ball into position for a gate touch. Make the gate touch

Sparking

8. Touch and spark

Place two balls in the middle of a court 1m apart. Stroke one ball to touch the other. Spark the second ball out of the court without committing a foul. In turn spark them out at each of the 4 corners and at the middle of each line.

9. Cross over sparking

Spark a ball from the one side of the court to the other, finishing within 2m of the opposite line

10. Spark tight to the line

From one metre from a line, spark a ball towards the line, ball finishing 30cm from the line.

11. Bombarding

Place one ball on a line. From 1m, knock it out of the court by sparking another ball at it. Both balls must be knocked out.

Sliding

12 Slide touch

Place two balls in the middle of a court half a metre apart. Stroke a ball to slide to the left, then repeat sliding to the right. Ball must slide at least half a metre in the designated direction. Stroke the ball to hit dead centre

13 Slide touch to make a touch gate

Place a ball 50 cm in front of a gate. Place a second ball 10cm in front of one of the gate legs. Slide the first ball off the second ball to make the gate

14 Slide from the side to pass the gate Place 2 balls at the side of a gate. Slide off the the inner ball, spark the first ball to the line, then pass the gate

Basic Skills for Gateball



Record Sheet

Name:

Skill	Date & Score					
1.Pass gate 1						
2.Pass gates 2&3						
3.Touch tight to the line						
4. Cross over stroking						
5.Tapping on						
6. Stroke tight to the line						
7. Stroking to set up a gate and touch						
8.Touch and spark						
9.Cross over sparking						
10.Spark tight to the line						
11. Bombarding						
12.Slide Touch						
13.Sliding to make a touch gate						
14. Slide from the side to pass a gate						

Observer

Comments