



Gateball Skills Practices



Skills Practice	1st try	2nd try	3rd try	4th try	5th try	%
<u>Skill 1 Passing Gate 1.</u> 5 balls in varying positions along starting zone						
<u>Skill 2 Stroking ball.</u> Place ball on sideline. Stroke ball across court to finish 10cm close to the line.						
<u>Skill 3 Touch and spark.</u> Stroke ball A to touch ball B that is 3-4 metres away. Then spark ball B back to starting point of Ball A.						
<u>Skill 4 Cross Court Sparking.</u> With partner on other side of the court spark the ball to and fro within 20cm of the edge of the court.						
<u>Skill 5 Slide touch.</u> Place two balls 10 cm apart. Slide touch ball more than 3 metres						
<u>Skill 6 Touch tight to the line.</u> Balls A and B are within 1 metre of the line. Ball A touch Ball B and spark Ball B between 5-10cm inside the court.						
<u>Skill 7 Bombarding.</u> 3 balls needed. Red Ball A sparks white Ball B that is 2 m away from white Ball C on the sideline. Both Ball B and C go out of the court.						
<u>Skill 8 Tapping on.</u> From “outball” spot, stroke ball into the court 10 cm or less from 1 metre away.						

<p><u>Skill 9 Sparking balls to “agari”</u>. Use two balls 2 metres from pole and spark both to the pole. Vary the positions relative to the pole for each spark.</p>						
<p><u>Skill 10 Set up Gate and Touch</u> Use 2 balls close to line near gates 2 or 3. Ball A touch Ball B, spark Ball B to a position so it can go through the Gate. Stroke Ball A to a position behind the gate so Ball B can secure Gate and Touch. Stroke Ball B to obtain successful Gate and Touch.</p>						
<p><u>Skill 11 Set up Touch and Gate</u>. Use 2 balls close to line near gates 2 or 3. Ball A touch Ball B, spark Ball B to a position so it can go through the Gate. Stroke Ball A to a position in front of the gate so Ball B can secure Touch and Gate. Stroke Ball B to obtain successful Touch and Gate.</p>						
<p><u>Skill 12 Cross Court Slide</u> Use 2 balls close to line near Gate 2. Ball A to touch and slide off Ball B so Ball A stops close Gate 3. Reverse this so 2 balls start close to line near Gate 3. Ball A is to touch and slide off Ball B so when Ball A stops moving, it close to Gate 2.</p>						