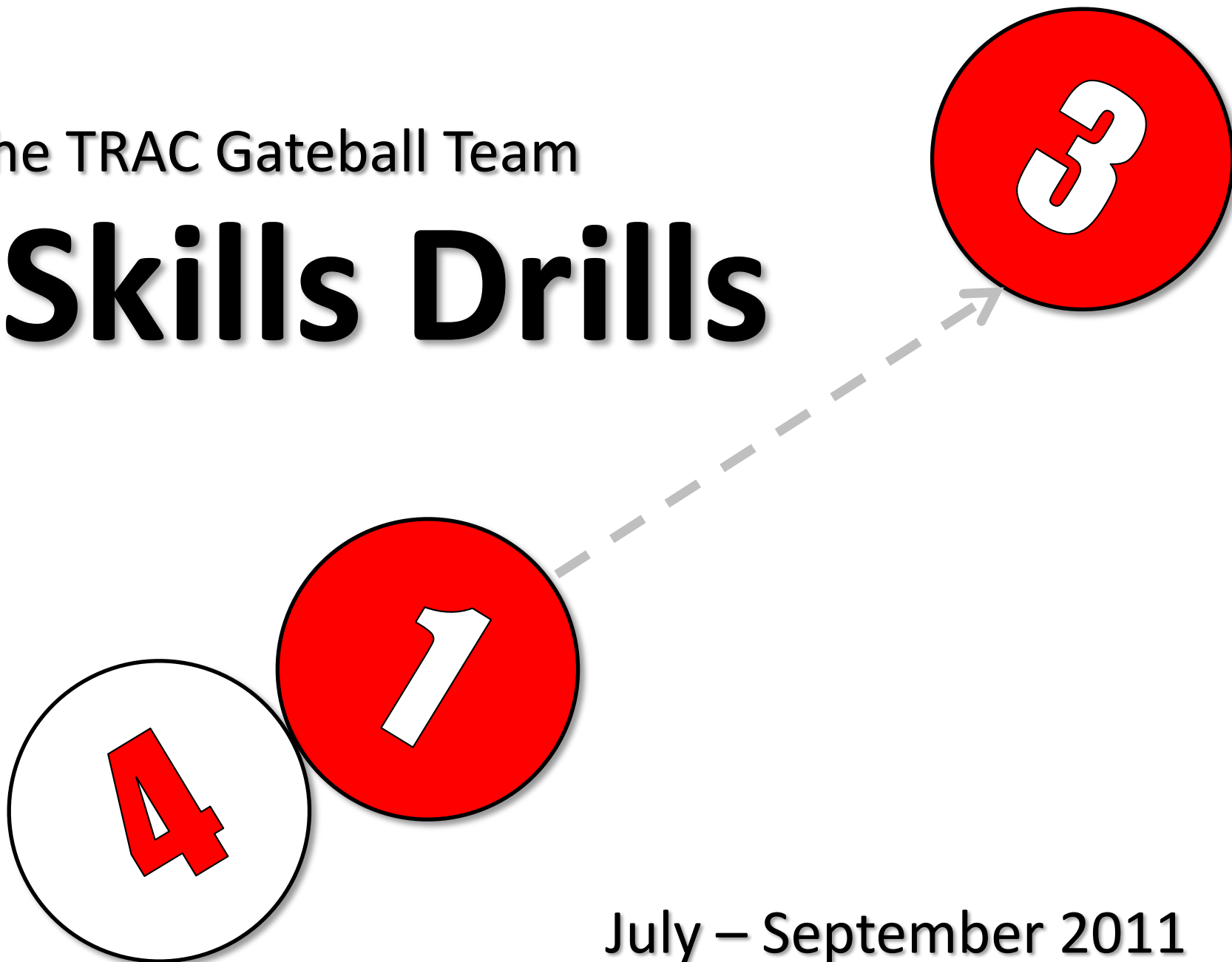
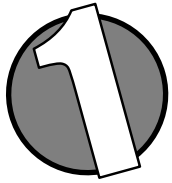


The TRAC Gateball Team

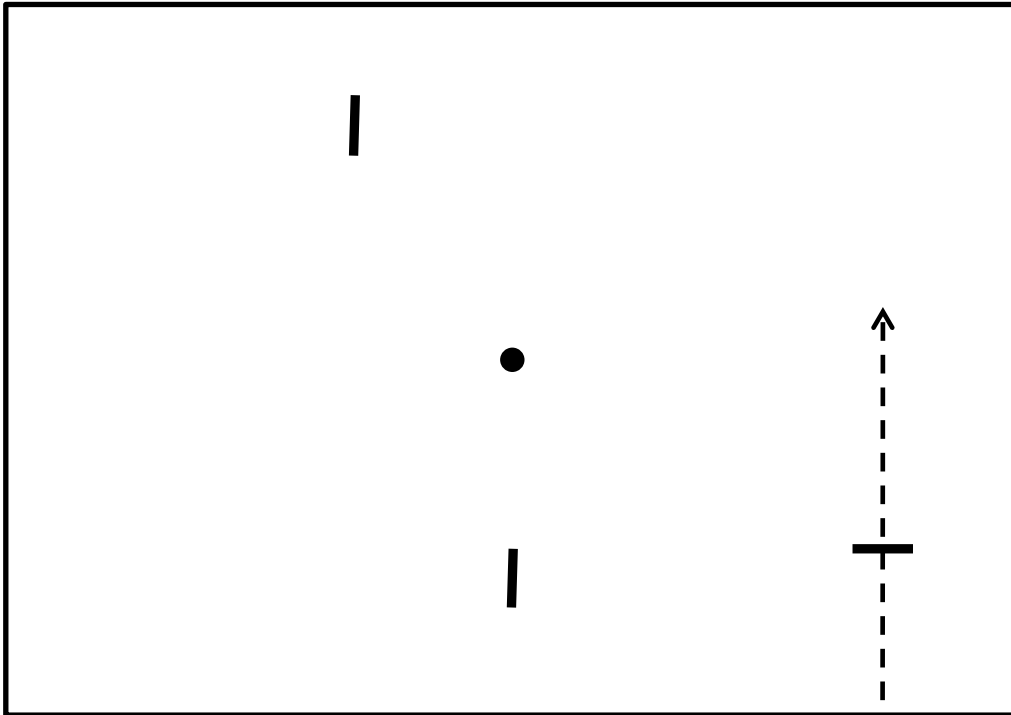
# Skills Drills



July – September 2011



# Passing gate one



7

## Description

Hit the ball from behind the starting line through gate one.  
The ball must finish on the court.

## Skills

Hitting accuracy. Gate one.

## Scoring

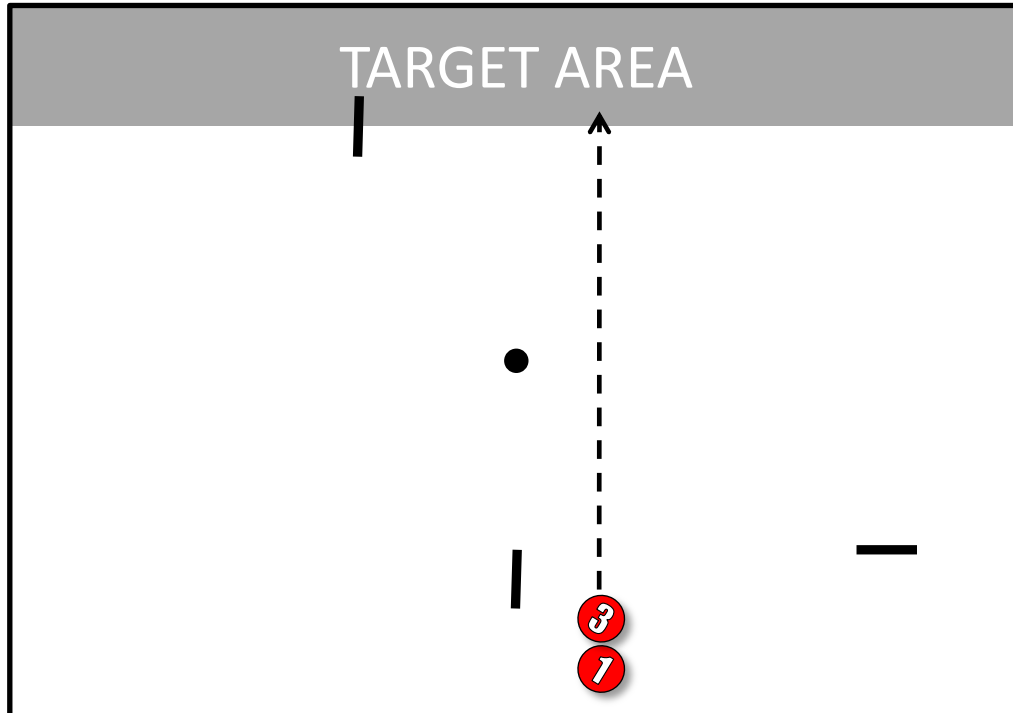
10 shots – 1 point for each successful shot.

## Maximum points

10

# 2

## Crossing over



### Description

Spark a ball from the one side of the court to the other. Then hit your second ball across the court.

### Skills

Hitting and sparking depth (long).

### Scoring

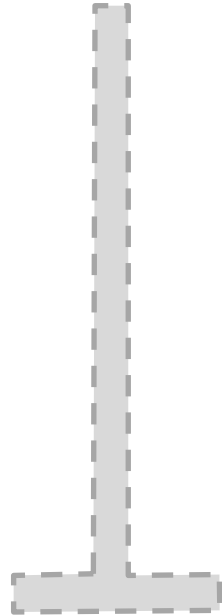
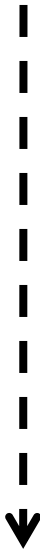
5 sparks and 5 hits – 1 point for each ball that ends up within two meters of the line.

### Maximum points

10



# Touch tight to the line



COURT LINE

## Description

Place a ball one mallet head width away from a line. Place a second ball one mallet length away from the first ball. Touch the first ball. Both balls must stay on the court.

## Skills

Hitting depth (short).

## Scoring

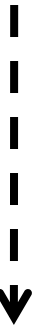
10 shots – 1 point for each successful shot.

## Maximum points

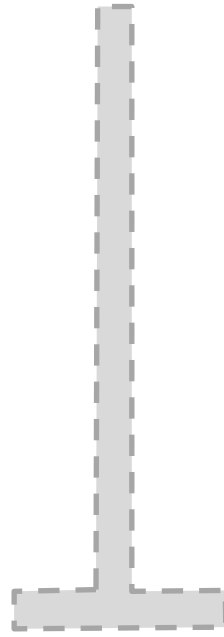
10

# 4

## Spark tight to the line



TARGET AREA



COURT LINE

### Description

From one mallet length away from a line, spark a ball towards the line.

### Skills

Sparking depth (short).

### Scoring

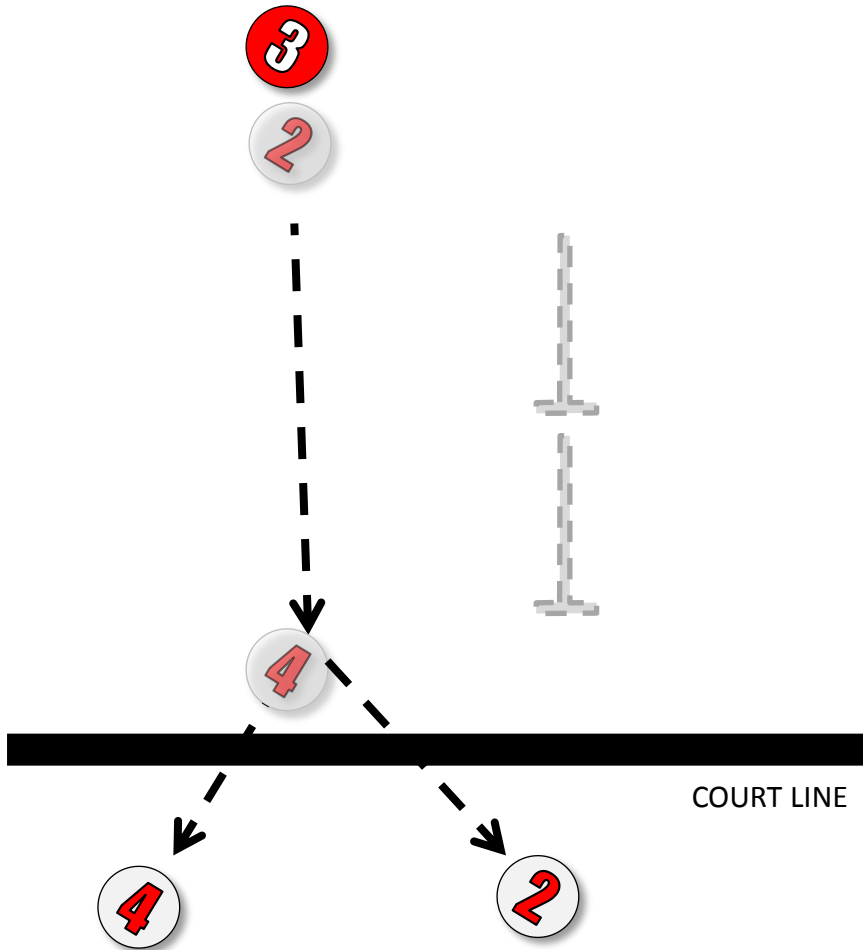
10 shots – 1 point for each spark which ends up within one mallet-head length of the line.

### Maximum points

10



# Bombarding



## Description

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

## Skills

Sparking accuracy.

## Scoring

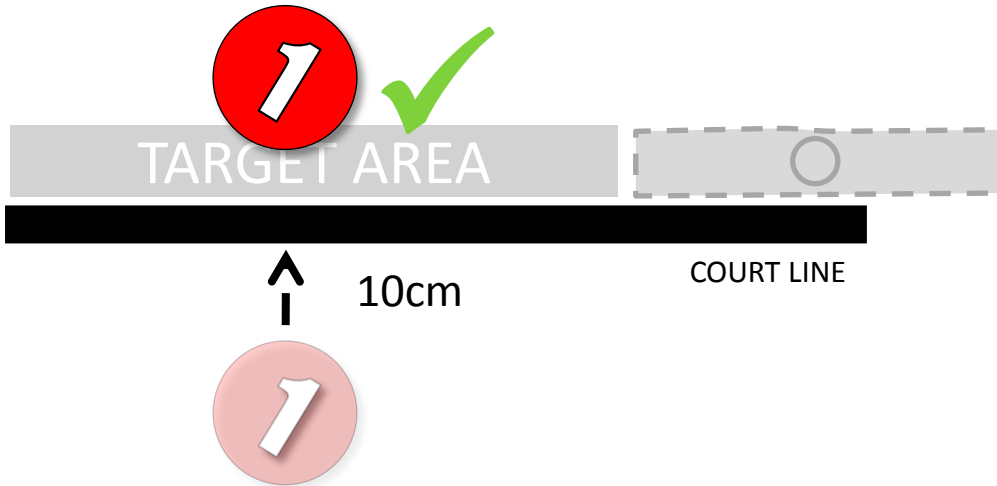
10 shots – 1 point for each time you knock out both balls.

## Maximum points

10



# Tapping on



## Description

Place a ball 10cm outside of a line. Gently tap it onto the court so that some part of the ball stops within one mallet head width of the line.

## Skills

Hitting (very short).

## Scoring

10 shots – 1 point for each successful shot.

## Maximum points

10

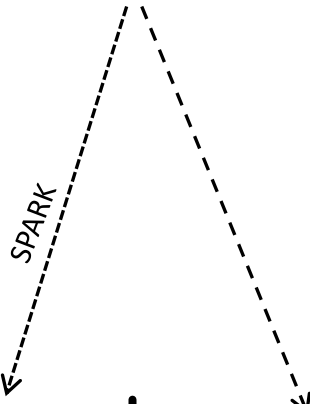
# 1

## Gate touches

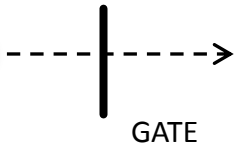
Turn 1



Turn 1 - spark



Turn 2



### Description

Place a ball two mallet lengths from one leg of a gate (ball 1) and another ball a further mallet length away (ball 2). Hit ball 2 with the aim of setting up a gate touch for ball 1 on its next turn. Then, hit ball 1 and make a gate touch.

### Skills

Sliding. Hitting and sparking depth (short). Judgement.

### Scoring

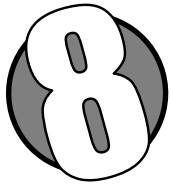
5 attempts – 4 points for each successful gate touch.

### Maximum points

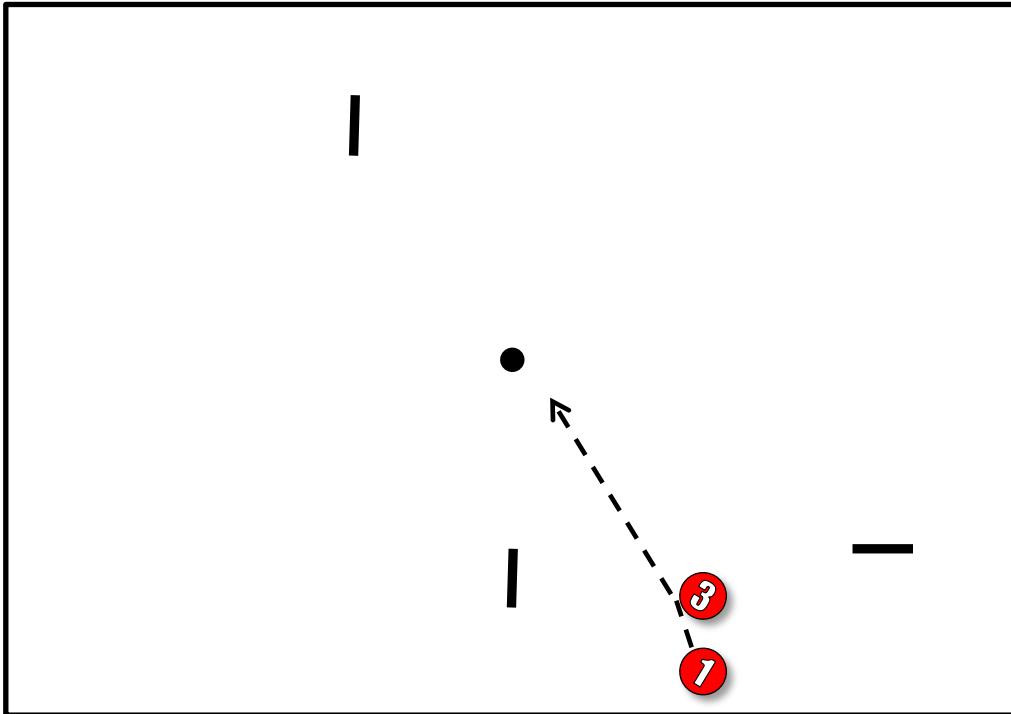
20

COURT LINE





# Sliding to the peg



## Description

Place one ball on the edge of the court and another ball one mallet-head length in front. Hit the first ball to slide off the second to the peg. Spark the second ball onto the peg. Then hit the first onto the peg.

## Skills

Sliding, sparking and hitting.

## Scoring

5 attempts – 2 points for each ball pegged.

## Maximum points

20