Australian Government
Australian Sports Commission

EASY MED HARD

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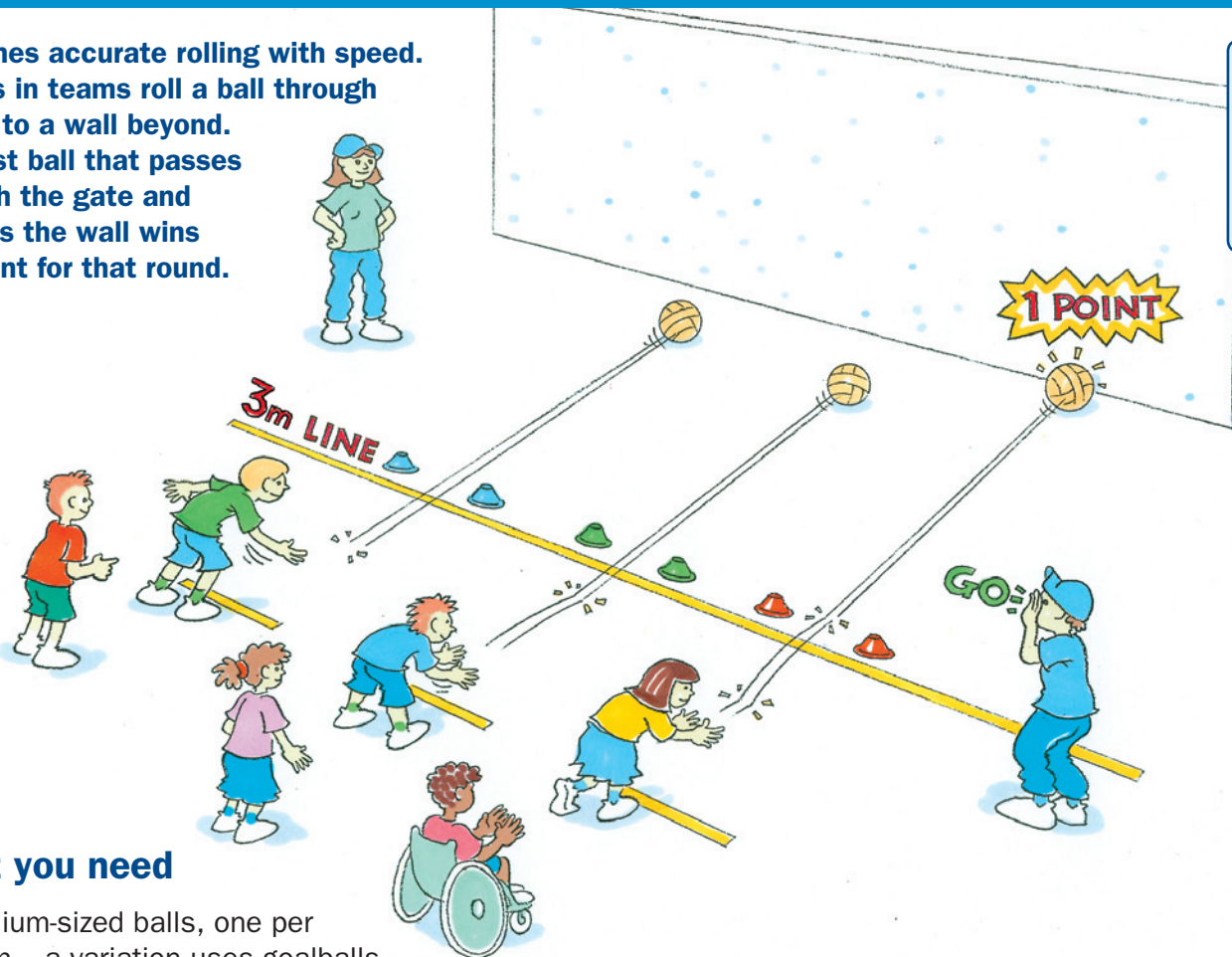
Speed gate

Combines accurate rolling with speed. Players in teams roll a ball through a gate to a wall beyond. The first ball that passes through the gate and reaches the wall wins the point for that round.

3m LINE

1 POINT

GO!

Scoring

> The team with the most points wins.
> Place a judge near the wall/line to decide whose ball has won.

PLAYING

> On the start signal, the players in the front of each team roll their ball along the ground towards the wall – it must pass through the gate to be eligible for scoring.
> The ball must roll along the ground – add a line 3 metres from the throwing line. The ball must be rolling *before* the 3-metre line.
> Each person has an agreed number of throws, e.g. 3.
> The next player in line runs from behind the position marker to retrieve the ball.

What you need

> Medium-sized balls, one per team – a variation uses goalballs (which make a noise when they roll), eyeshades and callers
> Positional markers 10 metres from the wall
> A wall free of obstructions – a line may be used instead

What to do

SETTING UP

> Teams are set up as shown. Keep teams small (2 or 3 players) to ensure lots of activity.

LESSON LINK

Speed gate is an introductory activity for other target games that require rolling a ball.

Speed gate

Skills > Rolling under time pressure · Accuracy in rolling · Effective reactions to a call · Chance to play using different sensory input · Use of zones to regulate play

change it...

Coaching

> Look – swing – release. Keep it smooth!
> **No wall, no worries** – in this variation teams are split on either side of a line and throw the ball to each other. The first ball to cross the line scores. A start signal is provided for *each* throw.
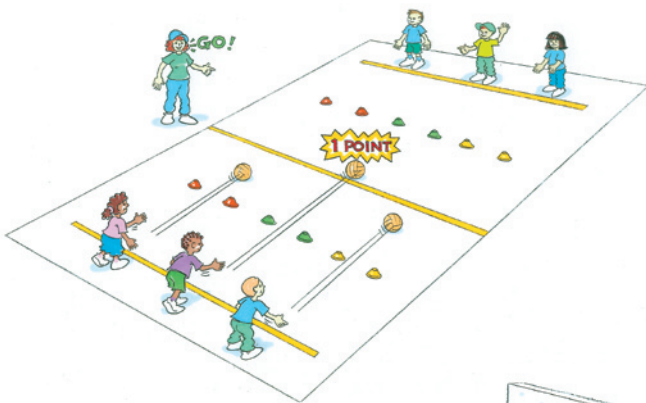
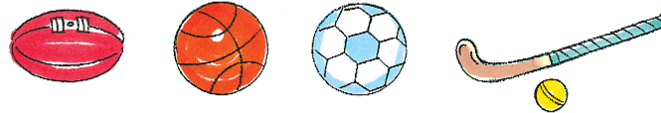> **Goalball speed throw** – use a goalball, eyeshades and callers.

Game rules

> **Rolling variations** – underarm one-handed (like a ten-pin bowling action); underarm both hands with legs astride (face forward or face backward); bowling action, side-on stance, using both hands.

Equipment

> Use different types of balls – vary size and shape.

ALTERNATIVES

> A volleyball wrapped in plastic and secured with tape is an alternative to a regular goalball.

Playing area

> Vary distance to wall/line.
> Vary position and width of gates.
> For the *goalball option*, use orientation lines to mark the throwing line, e.g. use string covered with tape that players can feel with their fingers and feet.

Safety

> No one goes into the throwing area during play.

ASK THE PLAYERS

> 'What can you do to get your ball to the wall first?' (e.g. starting position of arm/body, ensuring the ball rolls and is not thrown).