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.

**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.

**What to do**

**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.

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

**LEARNING INTENTION**
*Speed gate* is an introductory activity for other target games that require rolling a ball accurately and quickly towards an object or goal such as Bombard and Gorri.
Speed gate

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.
> 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).