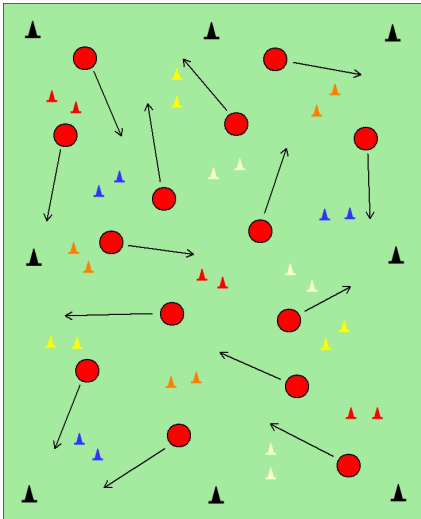




### Magic gates



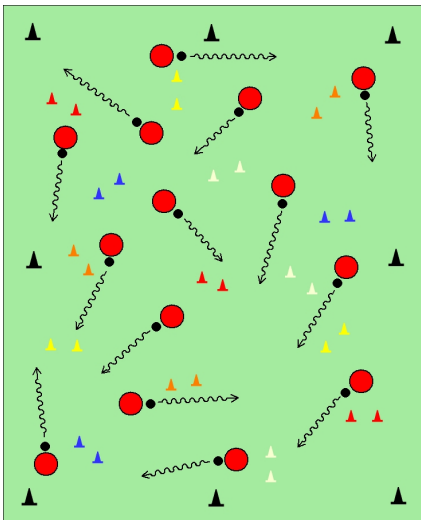
#### How it works

All the players run around the playing area trying to stay in space and going in between lots of different coloured gates. Make sure there are enough gates of each colour for the amount of players in your group so they can all get through them safely.

When the coach calls a colour all the players try and find a matching gate to run through. When a player runs through a 'magic gate' they are overwhelmed by a spell and have to copy the following actions:

- Red** - an energy spell which gives them a boost to run more quickly;
- Orange** - a quick feet spell which makes them run with very quick short steps;
- Yellow** - a sideways spell which means players can only move sideways;
- Blue** - a wobble spell which makes them walk whilst wobbling like a jelly;
- White** - a jumping spell which makes them have to jump in the air every

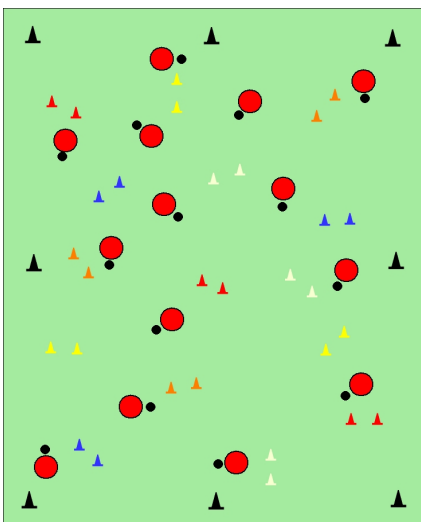
few steps.



This time the players dribble around the playing area avoiding the gates to begin with.

The gates are still magical but when the players go through them they must perform the following actions:

- Red** - an energy spell which gives them a boost to dribble more quickly;
- Orange** - a quick feet spell which makes them move tapping the ball between their feet very quickly;
- Yellow** - a sideways spell which means players can only move sideways pushing the ball forward with the outside of one foot;
- Blue** - a spell which makes them use just one foot to dribble the ball;
- White** - a magic string spell which means they have to dribble the ball very close to their feet as if it was on a piece of magic invisible string.



#### Possible changes

Think up your own magic spells to be cast each time the players go through a gate.