

# Factfile

Category  
Warm Up

Competition Type  
Integrated, opposed,  
non-contact

Area Dimensions  
10m x 10m - 20m x 20m

Number of Players  
6 - 60

Time Per Game  
5 - 10 minutes

Objective  
To run through multiple  
gates unchallenged.

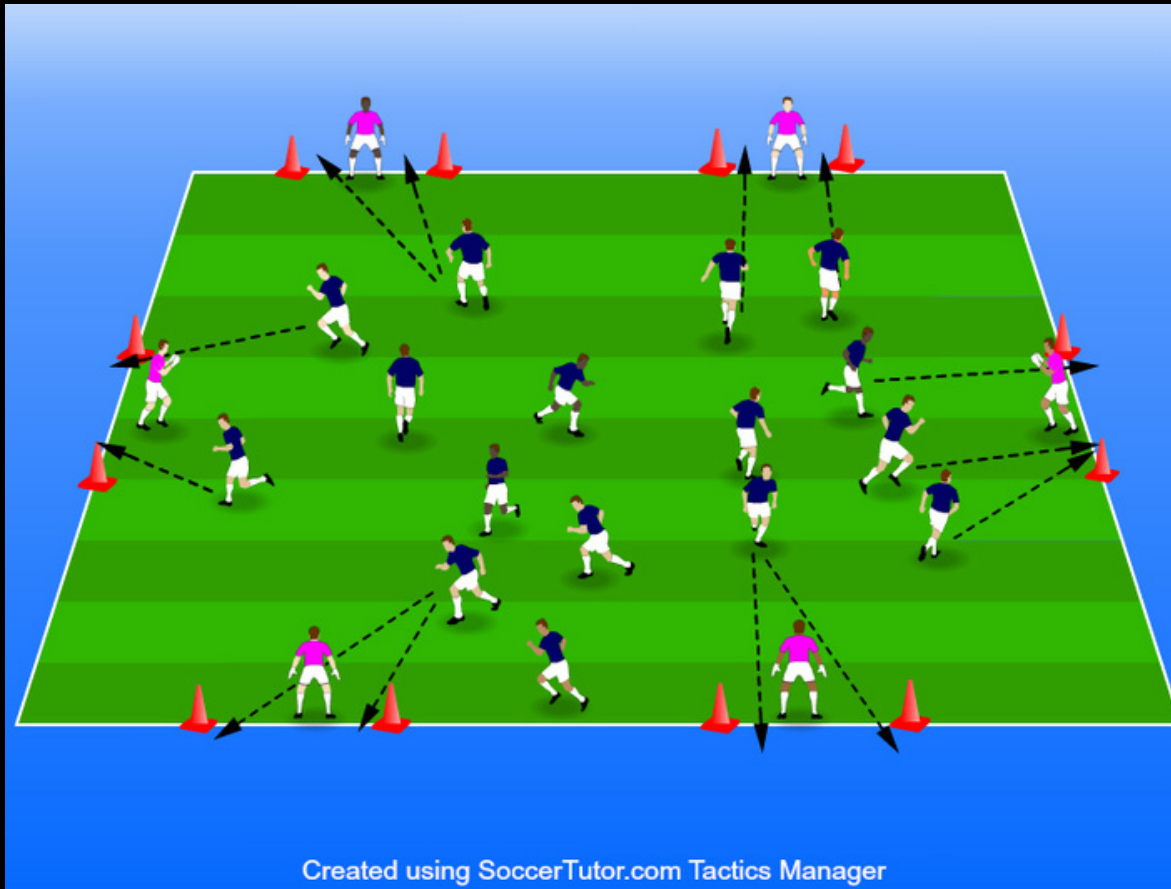
## Equipment

- 12 Poles or Tall Cones
- 6 bibs

## Safety Tips

- Point knee towards direction you're going and lunge when changing direction.
- Use small steps to slow down quickly.

# 1) Escape to Victory



## Tips For Success

- Consider the best moment when the gate is less guarded.
- How can you move the Attendent away from the gate?
- Consider different methods for working together.

## Independent Personalisation

- Decrease/increase the gate size to challenge the Attendent at their level.
- Allow some players to enter gates from behind.
- Work together to challenge more confident Attendents.



## Rules

- A 'Gate Attendent' stands within each gate.
- The remaining players move around the central area.
- Each player aims to run between multiple gates without being blocked by the attendant.
- Players score each time they run in between a gate.
- If the gate is blocked, they should turn around and go elsewhere.