



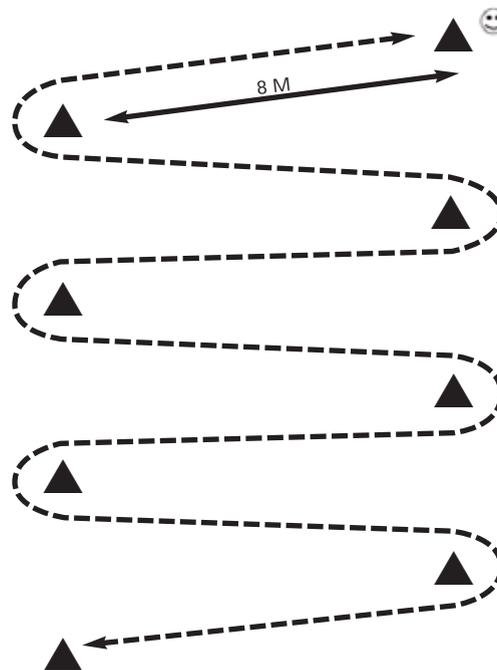
Skill Challenges

These Skill Challenges have been designed for 12 – 14 Year-Olds.

Pick-up Zig-Zag Solo Run

Starting at the endline the player must solo in a zig zag manner around each of the cones using the right and the left foot. The player toe taps using the outside foot as he rounds each cone. One bounce is allowed between cones. Reaching the 45m line he/she must turn around the last cone and continue to solo back through the cones to finish at the endline again.

Award 40 points for completing the challenge within 50 seconds. For each second over the allotted time deduct 2 points.



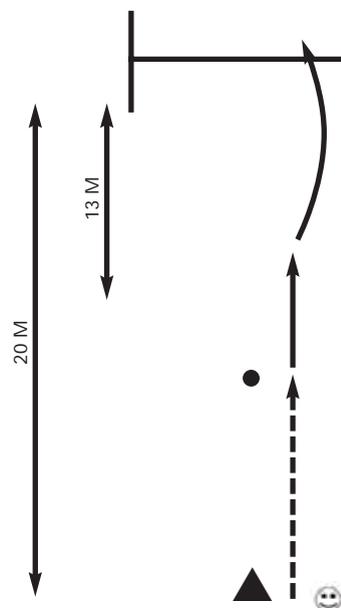
Pick-up and Fist Pass

The player beginning at a cone on the 20m line runs to crouch lift a ball on the 13m line. Continuing at pace towards goal, he/she must fist pass the ball over the bar from outside the small rectangle.

Returning to round the start cone each time, he/she repeats the challenge with the remaining balls. He/she must use his dominant hand and non-dominant hand twice apiece. The fist pass must be used to score.

10 points are awarded for each point scored, giving a possible total of 40 points.

The time allowed to complete the challenge is 36 seconds. Record the time taken by each player. For each second over the allotted time deduct 2 points.



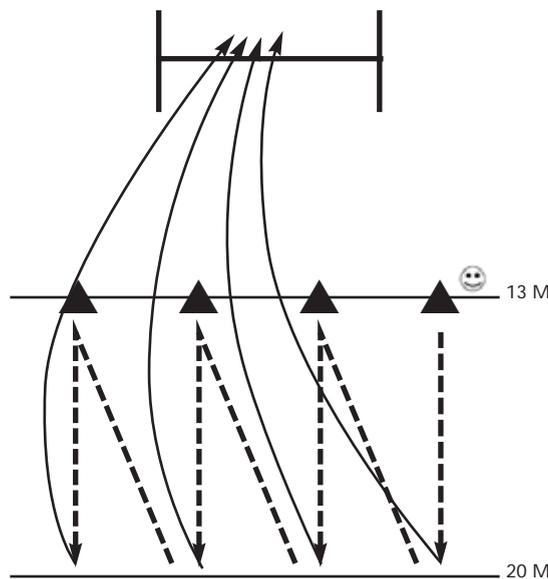


Hook Kick with Strong Leg

Facing outfield the player begins on the 13m line. On the whistle and starting at one of 4 cones the player sprints out, lifts the first ball and keeping within the rules, hook kicks the ball from outside the 20 metre line to pass over the crossbar. Continuing at pace the player returns to round the next cone at the 13m line before attempting the challenge with the next ball. The player may use his dominant foot for all 4 efforts.

10 point are awarded for each point scored, giving a possible total of 40 points.

The time allowed to complete the challenge is 50 seconds. Record the time taken by each player. For each second over the allotted time deduct 2 points.

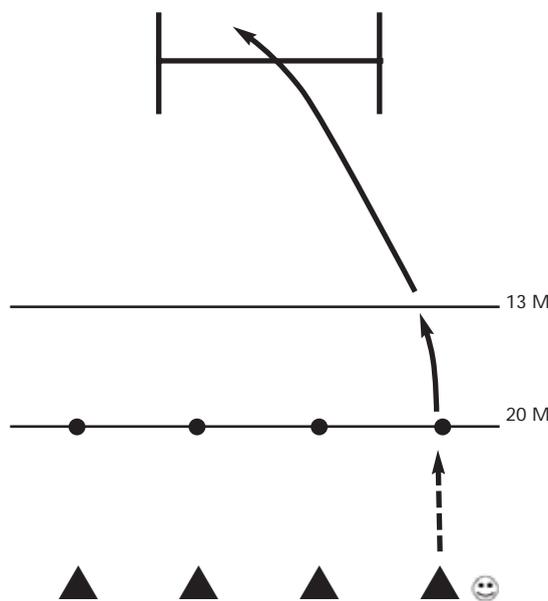


Punt Kick for a Score

The player begins at a marker 25m from goal. On the whistle the player sprints and lifts the first ball and keeping within the rules, punt kicks the ball from outside the 20 metre line to pass over the crossbar. Continuing at pace the player returns to round the next marker at 25m before attempting the challenge with the next ball. The player must use his right foot when approaching the goal for the 2 efforts from the left and his left leg when approaching the goal for the 2 efforts from the right.

10 points are awarded for each point scored, giving a possible total of 40 points.

The time allowed to complete the challenge is 50 seconds. Record the time taken by each player. For each second over the allotted time deduct 2 points.



20 Metre Free Kick from the Ground

Place 4 balls along the 20m line as follows: 2 balls 5m either side of a point in line with the centre of the goal. A further ball 5metres either side of these 2.

10 points are awarded for each point scored giving a possible total of 40 points.

