

2nd Class / Primary 4 / 7-8 years

Challenge 1 – Punt Kick

Standing at the line 8m from the target.
Attempt to punt kick the ball through the
2m wide gate.

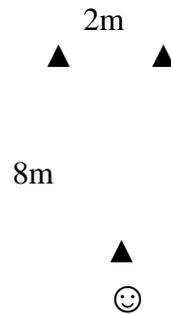
6 Attempts – 3 on right, 3 on left.

Coaching Tips

Used mainly when facing or moving
directly towards the target. Organise class
into semi-circle. Teacher or one of the
better pupils demonstrates

Main points of skill to be mentioned

1. Eyes on the ball
2. Kick with the instep (laced part) of the boot.
3. Follow through in the direction of target



Challenge 2 – Chest Catch

Throw the ball from the hands into the air
to be caught at the chest. Throw above
head height and catch. (1m high)

Coaching Tips

1. Teacher or one of the better pupils
demonstrates. Main points of skill to be
mentioned

2. Upper body leans forward

Arms held with arms and elbows close
together

3. Catch in the arms and pull the ball into
the chest

As you catch it, the upper arm should be
close to the body, forearms almost
horizontal and less than a ball width apart,
with hands extended and fingers apart

4. If it is coming below the waist height,
crouch to receive a ball into
the body.



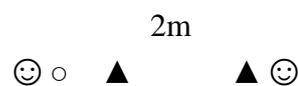
Challenge 3 – Hand Pass Through a Target

Start behind the line 2m away. Fist pass the
ball into the hoop. Perform 3 times with
right hand & 3 times with left hand

Coaching Tips

Fist Pass- Swing the striking hand forward
and strike the ball off the supporting hand,
keeping the wrist rigid and arm straight.

Impact is made by striking the ball with the
broad surface formed by the middle bones



<p>of the fingers, the side of the thumb and the heel of the striking hand.</p> <p>Organise the class into a semi-circle and demonstrate</p> <p>Important points of skill</p> <ol style="list-style-type: none"> 1. Lean forward 2. Platform hand to stay in position 3. Hit middle of the ball with fist and follow through 	
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3rd Class / Primary 5 9 years

Challenge 1 – Hook Kick for a Point

<p>Stand behind the line 13m out in front of the goals. Perform the Hook kick. Attempt to score a point. Shoulder towards the target</p> <p><i>Coaching Tips</i></p> <p>The ball is kicked at right angles to where the player is facing. Organise class into semi-circle. Teacher or one of the better pupils demonstrates</p> <p>Main points of skill to be mentioned</p> <ol style="list-style-type: none"> 1. Eyes on the ball 2. Leg to follow through across body in the direction of the target 3. Toe pointing upwards <p>Swing the kicking foot forward and upwards across the body</p>	
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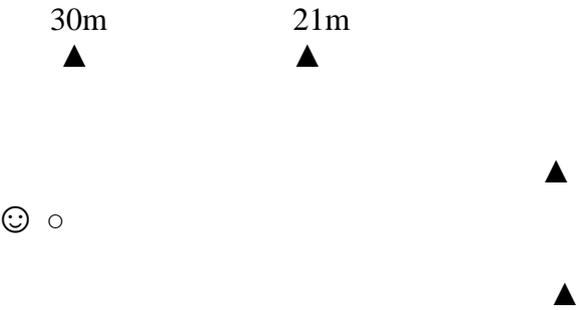
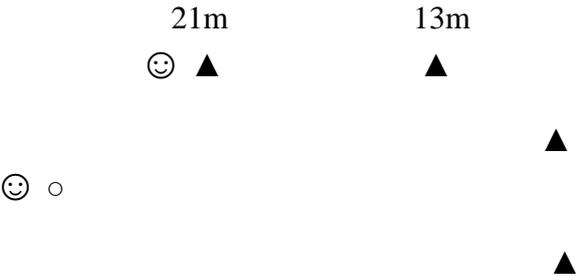
Challenge 2 – High Catch

<p>Stand 3m back from the thrower. Throw the ball under-arm using two hands. From a stationary position catch the ball before the 3m line. Coach or Teacher may throw the ball. The ball must be caught above the head.</p> <p><i>Coaching Tips</i></p> <p>Organise the class into a semi-circle and demonstrate</p> <p>Important points of skill</p> <ol style="list-style-type: none"> 1. Keep eyes on the ball 2. Fingers wide apart with thumbs behind the ball 3. Catch ball slightly in front of head and bring it down quickly 4. Hands and arms relaxed 5. To receive the ball, cup the hands with 	
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the wrists cocked, fingers spread and thumbs behind.	
Challenge 3 – Pick Up	
Set up three cones. Place a ball at first and last cone. Player runs towards the cone. Picks up stationary ball, moves forward and places ball at the next cone. They run to the last cone, pick up ball and place it at the first cone. Player then runs to middle cone, picks up ball and replaces it at last cone	

4th Class / Primary 6 10 years	
Challenge 1 – Fist Pass	
<p>Starting at opposite ends. Player 1 throws the ball to player 2 for a catch. Player 2 fist passes back to player 1. Players move in a zig zag formation using both left and right hands.</p> <p><i>Coaching Tips</i> Fist Pass- Swing the striking hand forward and strike the ball off the supporting hand, keeping the wrist rigid and arm straight. Impact is made by striking the ball with the broad surface formed by the middle bones of the fingers, the side of the thumb and the heel of the striking hand. Organise the class into a semi-circle and demonstrate</p> <p>Important points of skill</p> <ol style="list-style-type: none"> 1. Lean forward 2. Platform hand to stay in position <p>Hit middle of the ball with fist and follow through</p>	
Challenge 2 – Toe- Tap	
<p>Start at the first line. Toe – tap through the cones. Change feet after each cone. Complete the test at the 6th cone. Repeat 3 times on right and left side</p> <p><i>Coaching Tips</i> Count how many times you can kick the ball up and catch it. If the ball is dropped, start counting again. If the ball goes above head height, start counting again</p>	

Set a target for each individual depending on his/her level of ability. Use non-preferred leg..	
Challenge 3 – Block Down	
<p>Step into the block. Attempt to block the ball with outstretched arms. Complete the test within the area. Block 3 from the right side then 3 from the left side.</p> <p>Coach or teacher top take the kick</p> <p><i>Coaching Tips</i></p> <p>Organise the class into a semi-circle and demonstrate</p> <p>Important points of skill</p> <ol style="list-style-type: none"> 1. Keep eyes open 2. Get in close to kicker's supporting leg <p>Hands stiffly held and close together in front of the ball</p>	

5th Class / Primary 7 11 years	
Challenge 1 – Pick Up, Solo, Evade and Punt Kick	
<p>Start at the 30m line, move towards the goals. Carry the ball 10m. Pick up and toe tap & bounce the ball to the next cone (10m away). Side step & bounce at the cone. Punt kick for a point</p> <p>(Kick with dominant foot outside 21m line, kick with non-dominant outside the 13m line)</p> <p><i>Coaching Tips</i></p> <p>Stand feet astride with the ball held out to one side. Ask partner to run at the ball and he does, pull the ball back and side step to the opposite side. Alternate roles and repeat.</p>	
Challenge 2 – High Catch & Hook Kick	
<p>Feeder throws the ball to player at 20m line who high catches it. Player hooks kicks it over the bar using strong foot. Feeder passes a second ball and the player repeats the above. Feeder moves to the 20m line and player to the 13m line. Feeder throws the ball to player who is now at the 13m line who high catches it. Player hooks kicks it over the bar using weaker foot. Feeder passes a second ball and the player</p>	

repeats the above. Keep within the rules at all times.

Coaching Tips

Organise the class into a semi-circle and demonstrate

Important points of skill

1. Keep eyes on the ball
2. Fingers wide apart with thumbs behind the ball
3. Catch ball slightly in front of head and bring it down quickly
4. Hands and arms relaxed

To receive the ball, cup the hands with the wrists cocked, fingers spread and thumbs behind.

The ball is kicked at right angles to where the player is facing-Organise the class in a semi-circle for demonstration. The teacher or one of the better pupils demonstrates.

Important points of skill.

1. Eyes on the ball.
2. Leg to follow through across body in direction of target.
3. Toe pointing upwards.

Swing the kicking foot forward and upwards across the body.

Challenge 3 – Feint Side Step & Fist Pass

Standing at the 20m line roll the ball out in front. Attempt to pick up the moving ball. Evade e.g Feint side step at the cone. Fist pass the ball over the bar from outside the square(2m). Keeping within the rules of the game

Coaching Tips

Throw weight onto right foot, as you approach. Step to one side of opponent and then spring to the other side. Spring smartly to the opposite side by pushing hard off the planted foot. Pull the ball back quickly at the same time.



6th Class / Primary 8 12 years

Challenge 1 – Block Down in a Grid

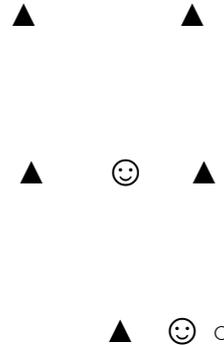
From a stationary position player 1 rolls the ball to the square. Player 2 turns and kicks for a point within the grid. Player 1 attempts to block the kicker. As soon as you pick up the ball you must kick it.

Coaching Tips

Organise the class into a semi-circle and demonstrate

Important points of skill

1. Keep eyes open
 2. Get in close to kicker's supporting leg
- Hands stiffly held and close together in front of the ball



Challenge 2 – Punt Kick for Goal

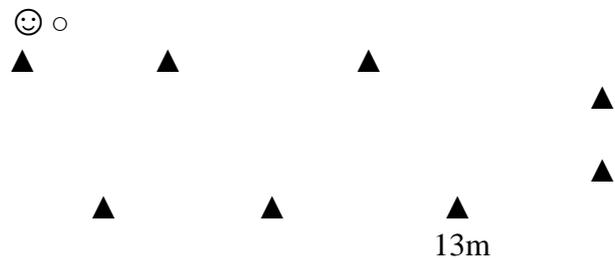
Run at least 15m to the 13m line. Zig- Zag around the cones soloing the ball to the 13m line. Keeping within the rules the player must punt kick the ball from outside the 13m line to pass under the crossbar and over the goal line, without the ball touching the ground. Repeat until both right and left leg have each been used twice.

Coaching Tips

Used mainly when facing or moving directly towards the target. Organise class into semi-circle. Teacher or one of the better pupils demonstrates

Main points of skill to be mentioned

1. Eyes on the ball
2. Kick with the instep (laced part) of the boot.
3. Follow through in the direction of target.



Challenge 3 – Free Kick From Ground

Stationary ball on the ground at 13m line. Keeping within the rules of the game, kick the ball from the ground outside the 13m line so as to pass it over the cross-bar

Ground Kick

Coaching Tips

Approach the ball from a slight angle and place the supporting foot to the side of the ball. Watch the ball carefully and strike below the mid-point with the bottom of the



laces, keeping the toe down. Swing the kicking leg through in the direction of the kick.	
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