

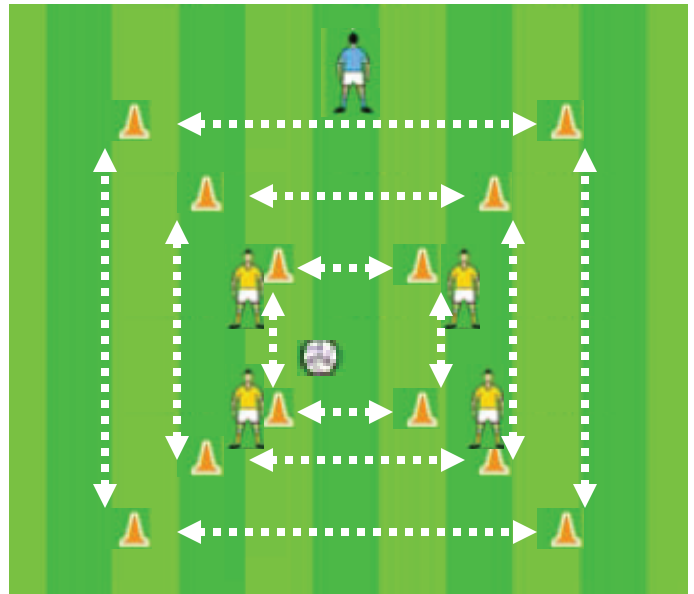
Four Star Team Based Skill Challenge 1
Kick Left & Right Foot & Catch 10m / 20m / 30m
A team skill challenge to test proficiency of the punt kick and catching. (4 players)

ORGANISATION

Using 12 cones in three squares. 1st square 10x10m, 2nd 20 X 20m and 3rd 30 X 30m. One player on each cone starting on smallest. Players must punt kick ball clockwise around the square first using right foot and then left foot. On completion of 10x10m they then go to 20x20m square and complete same sequence and once again outside square 30m X 30M

SCORING

Award 1 point for completed punt pass that is caught by team mate without hitting the ground.
Total points 24



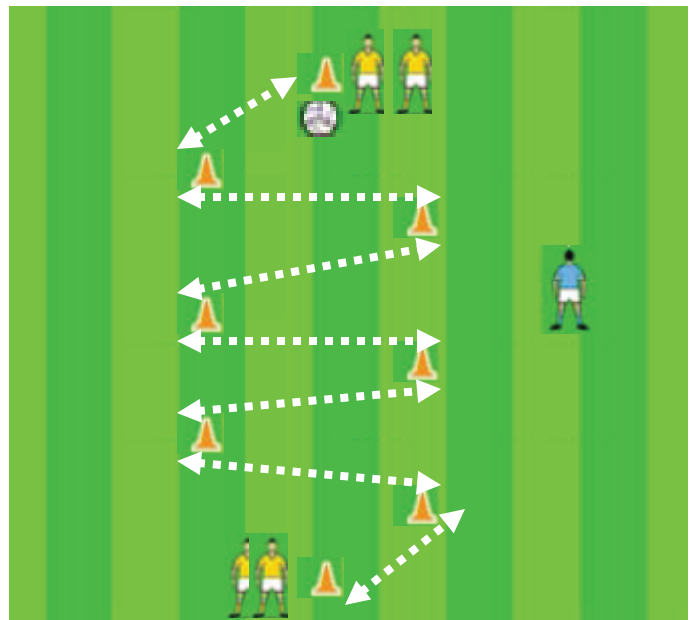
Four Star Team Based Skill Challenge 2
A team skill challenge to test proficiency of the soloing. (4 players)

ORGANISATION

8 cones set out 10m X 10m in zig zag formation with two player at cones on each end. Player 1 must complete six solos three on left and three on right and then hand pass to player 2. This sequence is repeated until all players complete the six solos. Players will be given points for each solo and will also be timed.

SCORING

Award 1 point for each solo, 1 point for each hand pass and 2 points if team comes inside time given by coach
Total points 24



Four Star Team Based Skill Challenge 3
A team skill challenge to test proficiency of the point scoring (4 players)

ORGANISATION

9 cones set out. 3 on 13m line, 3 on 20m line and 3 a further 5m from 20m line. Player 1 starts at right cone 5m line. He runs and picks up ball and kick over bar from 13m line. Then runs around middle cone on 20m line and picks up next ball and kick over with preferred foot, then continues around left cone and picks up last ball and kicks over with left foot. Player 3 and 4 are catching ball behind goal and passing to player 2 who places ball back on cones. Player 1 then Joins player 3 behind goal while player 2 take his turn in scoring and player 4 puts ball on cones. All four players take three kicks and rotate positions.

SCORING

Award 2 points for each point scored
Total points 24

