

Three Star Football Skill Challenge 1

A skill challenge to test proficiency of the Solo Run

ORGANISATION

Using 6 cones at intervals of 8m set up in a square with a cone in the middle. Starting cone A which is another 10m away the player must **Solo in a figure of 8 manner around each of the cones 1 - 6 using the right foot and the left foot. Toe tap using the outside foot rounding each cone.** One Bounce is allowed between cones but not essential. On Turning around the last cone A the player continues in the opposite direction to Solo back through the cones 6 - 1 to finish at the starting cone A again.

SCORING

Award 1 points for each solo

Total points 12



Three Star Football Skill Challenge 2

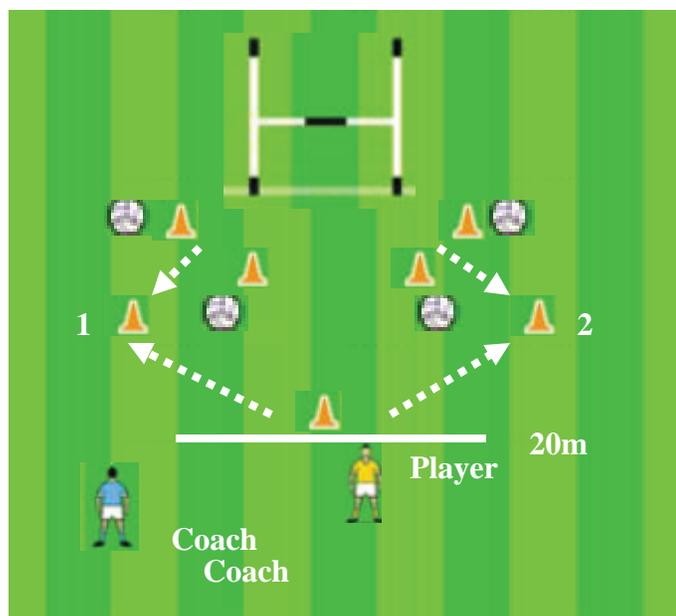
A skill challenge to test proficiency of the Fist Pass for a score

ORGANISATION

Place 2 balls, 2m apart, on opposite sides of the small rectangle 5m at an angle to the goals and a further cone 5m from each side dividing the balls. The player, beginning on the 20m line, runs around cone 1 to Crouch Lift the first ball to **Fist Pass the ball over the bar from outside the small rectangle turns to run around cone 1 again and back to collect the second ball to fist over crossbar.** Player then turns to run back around cone 1 to cone on 20m line to continue to opposite side to do the same before returning to cone on the 20m line. Use the left hand when running to the left and right hand when running to the right. The **Fist Pass** must be used to score point

SCORING

Award 3pts for each ball fist over the crossbar Total 12 points



Three Star Football Skill Challenge 3

A skill challenge to test proficiency Hook Kick & Ground Kick for scoring using dominant foot

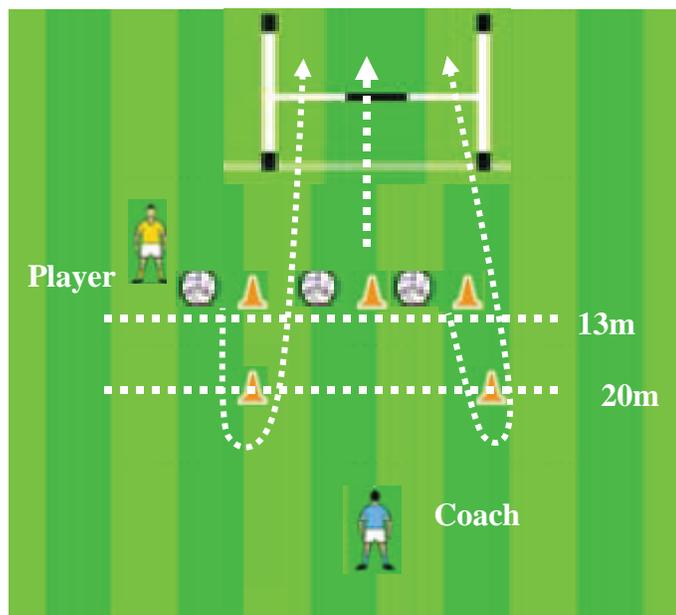
ORGANISATION

Place 3 cones 5m apart on the 13m line in front of goals with a ball at each cone. Player begins by picking up ball at first cone to solo out to opposite cone on the 20m line turns and hook kicks over crossbar. Runs back to 13m line to Kick Ball off the ground with dominant foot to pass over crossbar, continue to next ball to pick up and solo to 20m line to turn and Hook Kick over crossbar. Repeat the challenge from the opposite direction with the non dominant foot for Hook kick, ground kick once again with dominant foot. Players must not cross the 20m line when kicking for score

SCORING

Award 2 points for each point scored. Total 12 points

Two Hook kicks with left and right from each side and two ground kicks with the dominant foot. total 6 kicks



Three Star Football Skill Challenge 4

A multi directional challenge to test proficiency of the Chest Catch, Low Catch & High catch

ORGANISATION

Cones are set up in a square shape 10m X 10m. Player performs six catches while on the move i.e. Straight ahead, and one each at angles to the left & the right. Starting in the middle cone A the player runs towards the coach to high catch hand passes back to coach then returns to starting cone A to continue run to the left to chest catch, return to starting cone A to run right to Low catch complete the drill again using the three catches in a similar format . After each catch the player returns the ball by fist passing to the coach. For **High Catch** players move at speed with feet must be off the ground & arms extended. For **Low Catch** take the ball on the first bounce at speed, for **Chest Catch** player must move forward towards the cone at speed.

SCORING

2 Points awarded for each successful first time catch

Total 12 Points each catch X 2



Three Star Football Skill Challenge 5

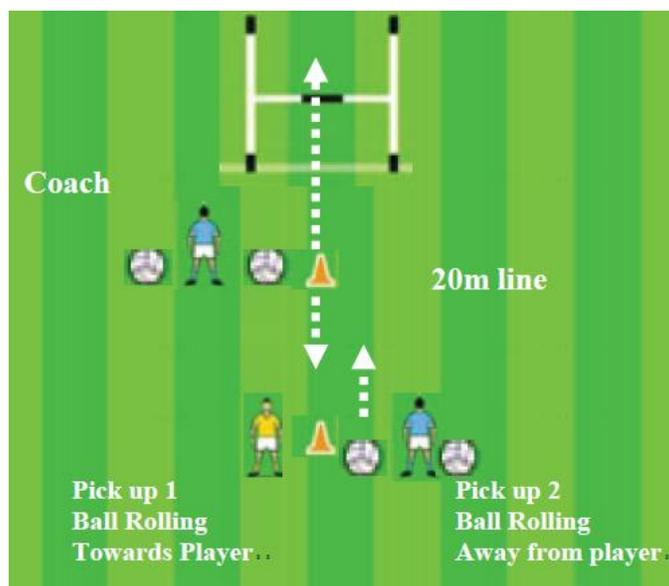
A skill challenge to test proficiency Pick Up on the move & Punt Kick for score

ORGANISATION

Coach standing at cone on 20m line in front of goals rolls the ball along the ground towards the player standing at a cone 5m away who must 1. pick it up while on the move and before the ball stops to punt kick over crossbar from the 20m line. Repeat this with the left foot one point for every time the player picks it up first time without fumbling it and a kicks score. 2. For the next two pick ups players stands beside coach who rolls the ball forward and away from the player who must run after it to pick it up before the ball stops and kicks ball over crossbar. Repeat this with the left foot one point for every time the player picks it up first time without fumbling it and Kick score.

SCORING – one kick with the right foot & one with the left foot on each routine total 4 Kicks

3 point awarded for each first time correct pick up and score total 12 points



Three Star Football Skill Challenge 6

A skill challenge to test proficiency of the Block Down

ORGANISATION

Set up a grid on 13m line in front of the goal area 10m X 10m with two gates 2m X 2m at the top end facing the goals. The defending player stands between the grid and the goals. The kicking player occupies the grid. On the whistle the defending player rolls the ball to the kicking player once in possession the kicking player must move to the right gate & shoot for a point without playing the ball. The defending player rushes forward to Block Down the shot repeat this challenge to the left gate. Repeat the challenge in the same sequence giving each player 4 block downs

SCORING

3 points is awarded for each successful Block Down

Attempt the challenge four times, two to the right two to the left the kicker attempting two shots off the left and two off the right, giving a possible final total of 12 points

