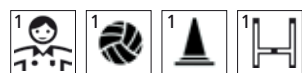
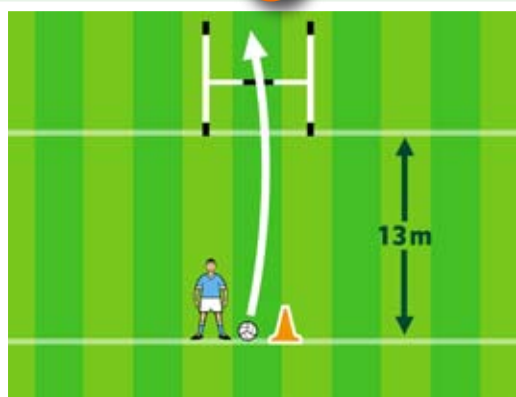


CHALLENGE 1 HOOK KICK



A skills challenge to test proficiency at Hook Kicking for a point

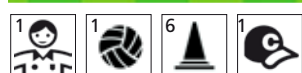
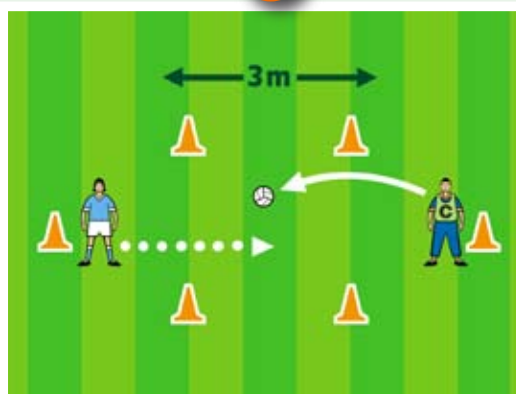
ORGANISATION

- Place a cone 13m in front of the goals
- The player performs the Hook Kick from the cone attempting to score a point

SCORING

- 1 point is awarded for each point scored
- The challenge must be attempted six times, three with the left foot and three with the right foot, giving a possible total of 6 points

CHALLENGE 2 HIGH CATCH



A skills challenge to test proficiency at the High Catch

ORGANISATION

- Set up a grid 3m X 3m, with a further cone 3-5m to each side
- The player lines up at one side and the Coach (or a second player) stands at the other
- The Coach throws the ball underarm as the player moves into the square to catch the ball overhead
- The player then returns to the cone and repeats the challenge

SCORING

- 1 point is awarded for each successful catch
- Attempt the challenge six times giving a possible total of 6 points

CHALLENGE 3 CROUCH LIFT



A skills challenge to test proficiency at the Crouch Lift

ORGANISATION

- Set up three cones in a line at intervals of 5m
- Place a football at the first and the last cone
- Starting from one end the player Crouch Lifts the first ball and places it at the second cone
- Continuing on to the last cone, the player lifts the ball and returns to place it at the first cone
- Finally, the ball at the middle cone is lifted and placed at the last cone
- The challenge is complete when the player returns to the start

SCORING

- 1 point is awarded for each successful lift made at the first attempt
- The challenge must be attempted twice, giving a possible total of 6 points