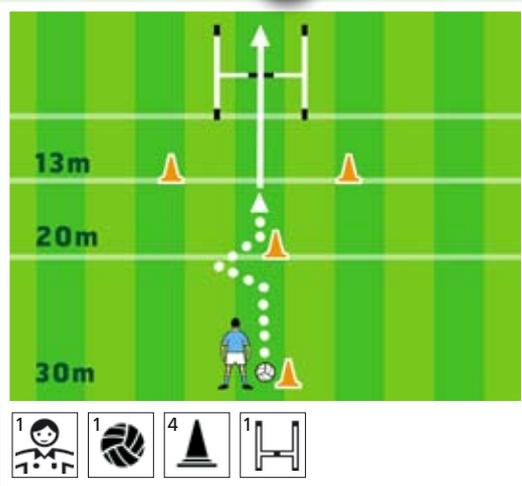


CHALLENGE 1 EVADE AND PUNT KICK



A multi skill challenge to test the Solo, Evasion and the Punt Kick for a score

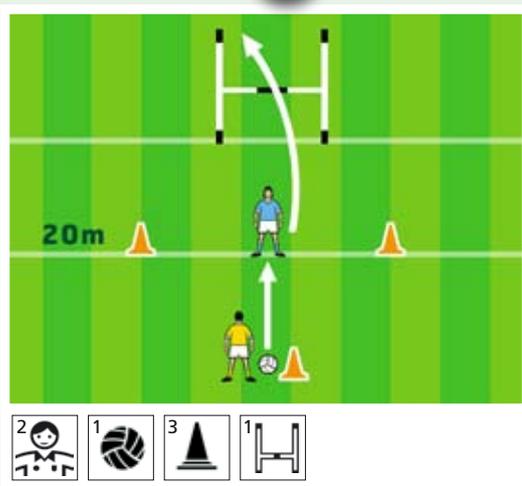
ORGANISATION

- Place one cone 30m in front of goal; place a ball at this cone
- Place a second cone 20m from goal and two further cones marking the 13m line
- From the first cone the player must Solo, Side Step the next cone, and Bounce the ball before Punt Kicking for a point before the 13m line
- The player repeats the challenge using the other foot

SCORING

- 1 point is awarded for each point scored, one using the right foot and one using the left
- Attempt the challenge three times giving a final possible total of 6 points

CHALLENGE 2 CATCH AND KICK



A multi skill challenge to test the High Catch and Hook Kick for a score

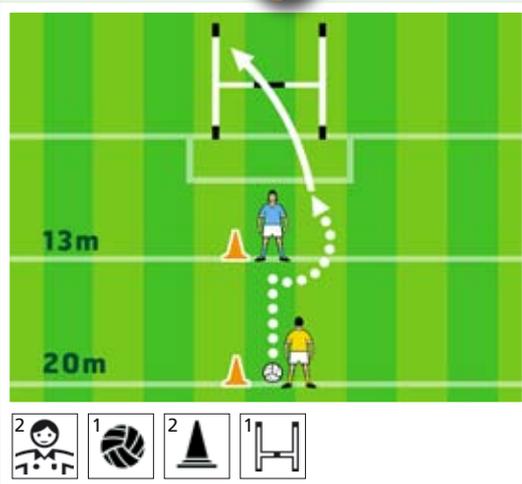
ORGANISATION

- The challenging player stands on the 20m line facing away from the goal
- Another player serves the ball for the player to Catch above their head before turning and Hook Kicking for a point with the dominant foot
- The challenge is repeated with the non-dominant foot

SCORING

- 1 point is awarded for each point scored
- Attempt the challenge three times giving a final possible total of 6 points

CHALLENGE 3 FEINT AND PASS



A multi skill challenge to test the Feint and Fist Pass for a score

ORGANISATION

- Place a cone on the 13m line
- Standing on the 20m line facing the goals the player rolls the ball, following to lift it as it moves away
- Continue using a Feint to evade a stationary defending player at the 13m cone before Fist Passing the ball over the bar from outside the small square
- Repeat the challenge lifting with the other foot, feigning to the opposite side and Fist Passing with the other hand

SCORING

- 1 point for each point scored, 1 using the right and 1 using the left hand
- The challenge must be attempted 3 times giving a possible total of 6 points