

1

Punt Kick

ORGANISATION



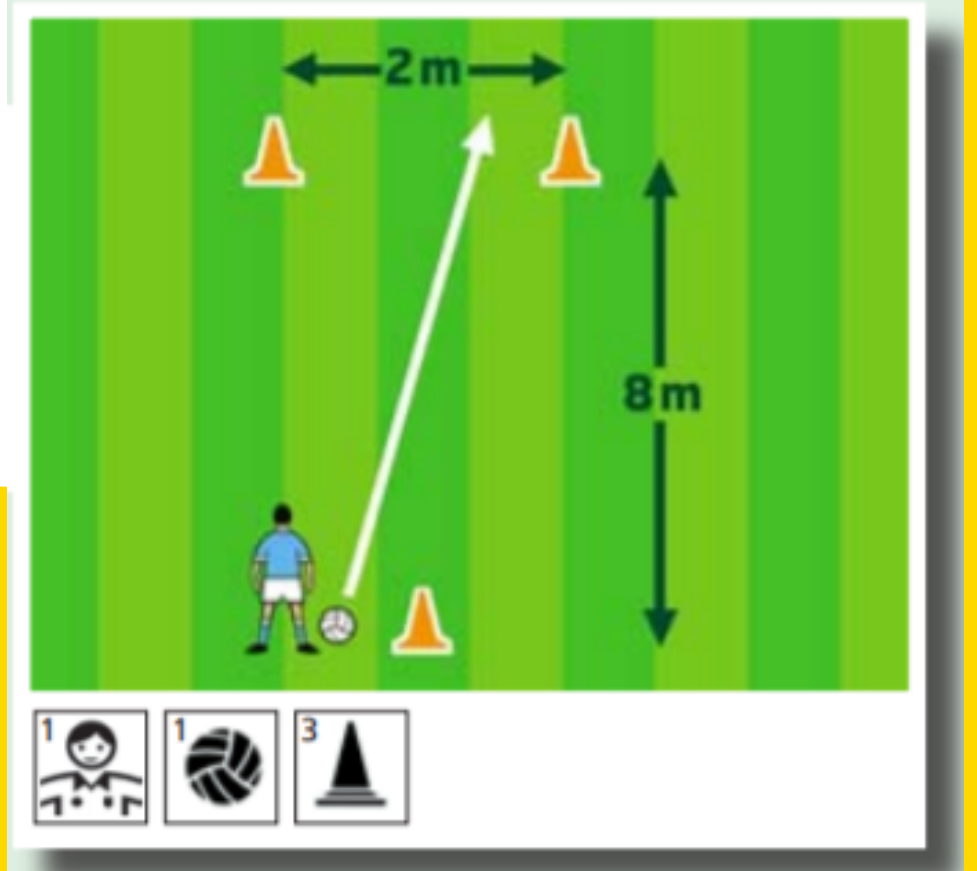
MARK OUT A GOAL 2M WIDE, PREFERABLY AGAINST A WALL



STAND 8M BACK & KICK THE BALL THROUGH THE GOAL
CHANGE FOOT EACH ATTEMPT



EXTRA CHALLENGE: USE INSTEP & OUTSIDE OF FOOT



SCORING:



HOW MANY CAN YOU GET IN 30 SECONDS?



1 POINT FOR EACH GOAL SCORED!

2

Body/High Catch

ORGANISATION



THE PLAYER THROWS THE BALL 1M ABOVE THEIR HEAD AND
CATCHES VIA BODY/HIGH CATCH



ENCOURAGE PLAYER TO JUMP WHILE CATCHING

SCORING:



HOW MANY CAN YOU GET IN 30 SECONDS?



BODY CATCH = 1 POINT
HIGH CATCH = 2 POINTS
TOUCH GROUND & CATCH = 3POINTS



3

Hand Pass

ORGANISATION



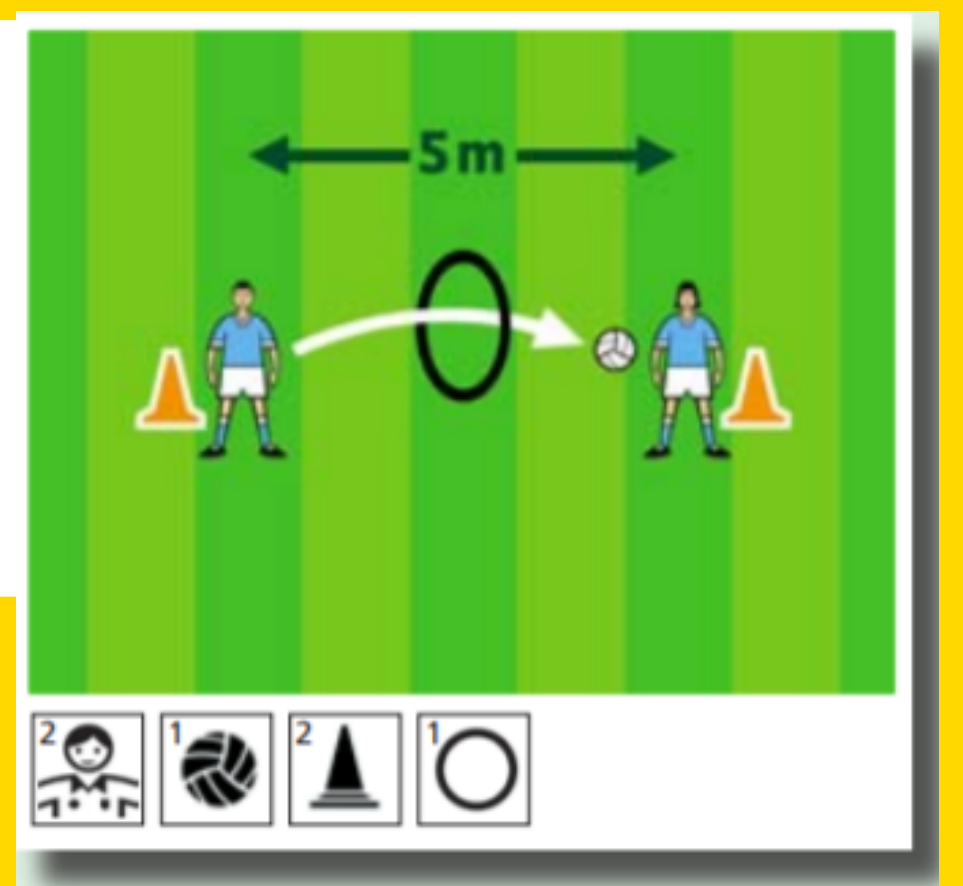
PLAYERS STAND 5M APART OR 3 STEPS FROM A WALL



PLAYER A HAND PASS TO PLAYER B'S CHEST OR TO A
TARGET ON THE WALL



CHANGE HANDS EACH PASS



SCORING:



HOW MANY CAN YOU GET IN 30 SECONDS? 1 POINT IS
AWARDED FOR EACH SUCCESSFUL HANDPASS.



=3



=6



=9



=12



=15+

1

Bounce

ORGANISATION



MARK OUT A GRID WITH 5 CONES/OBJECTS, 2 GIANT STEPS APART AND PLAYER ZIGZAGS IN AND OUT



BOUNCE BEFORE YOU TURN A CONE/OBJECT

SCORING:



HOW MANY CAN YOU GET IN 30 SECONDS?
USE SMALLER OR LARGER AREA TO ALTER DIFFICULTY



2 HANDED BOUNCE= 1 POINT
1 HANDED BOUNCE = 2 POINTS



2

Lift/Crouch Lift

ORGANISATION



SET UP A SQUARE, PLACE A CONE IN THE MIDDLE. PLAYER(S) START IN THE MIDDLE OF THE GRID



PLAYER RUNS TO AN OUTSIDE CONE, RETURN TO THE MIDDLE AND LIFTS A BALL, THEN RUNS TO ANOTHER CONE.

SCORING:



HOW MANY LIFTS CAN YOU GET IN 30 SECONDS?
1 POINT PER LIFT



USE ALTERNATE FOOT EACH ATTEMPT



3

Solo/Hand Toe

ORGANISATION



SET UP A SQUARE, PLACE A CONE IN THE MIDDLE.



PLAYER(S) START IN THE MIDDLE OF THE GRID, RUNS TO AN OUTSIDE CONE AND HAND TOES AND RETURNS TO THE MIDDLE AFTER EACH ATTEMPT



EXTRA CHALLENGE: USE ALTERNATE FOOT EACH ATTEMPT

SCORING:



HOW MANY CAN YOU GET IN 30 SECONDS? 1 POINT IS AWARDED FOR EACH SUCCESSFUL HAND TO TOE.



1

Out of this World!

ORGANISATION



FOR 30 SECS A PLAYER TOSSES BALL IN THE AIR AND TOUCHES A DIFFERENT PART OF THE BODY EACH TIME



PLAYER RECIEVES A POINT FOR EVERY COMPLETED ATTEMPT

SCORING:



REST FOR 1 MIN/30SECS BEWTEEN ATTEMPTS
ATTEMPT ACTIVITY 2/3 TIMES



RECORD YOUR BEST SCORE



2

Crab Hand 2 Toes

ORGANISATION



FOR 30 SECS, BALANCE ON HANDS & FEET WHILE FACING THE SKY



USING 1 HAND AT A TIME, TOUCH THE OPPOSITE TOE, THEN USE OPPOSITE HAND AND FOOT.

SCORING:



REST FOR 1 MIN/30SECS BEWTEEN ATTEMPTS
ATTEMPT ACTIVITY 2/3 TIMES



RECORD YOUR BEST SCORE

Crab Toe Touches



3

Broad Jumps

ORGANISATION



START WITH FEET SHOULDER WIDTH APART, EXPLODE FORWARD AND MAKE A SOFT LANDING. MARK DISTANCE IN WITH A CONE/OBJECT



YOU HAVE 30 SECS TO MAKE THE SAME DISTANCE AS MANY TIMES AS POSSIBLE IN 30 SECS



EXTRA CHALLENGE: TRY ACTIVITY ON 1 LEG



SCORING:



RECORD YOUR BEST SCORE



=3



=6



=9



=12



=15+

1

Skill Test 1 Results:

PLEASE CIRCLE

1

2

3

4

5

2

Skill Test 2 Results:

PLEASE CIRCLE

1

2

3

4

5

3

Skill Test 3 Results :

PLEASE CIRCLE

1

2

3

4

5

Total No. Stars?

0-4= Bronze



5-9= Silver



10-15= Gold

