

# SKILL CHALLENGES

## WHAT WILL THESE CHALLENGES DO?

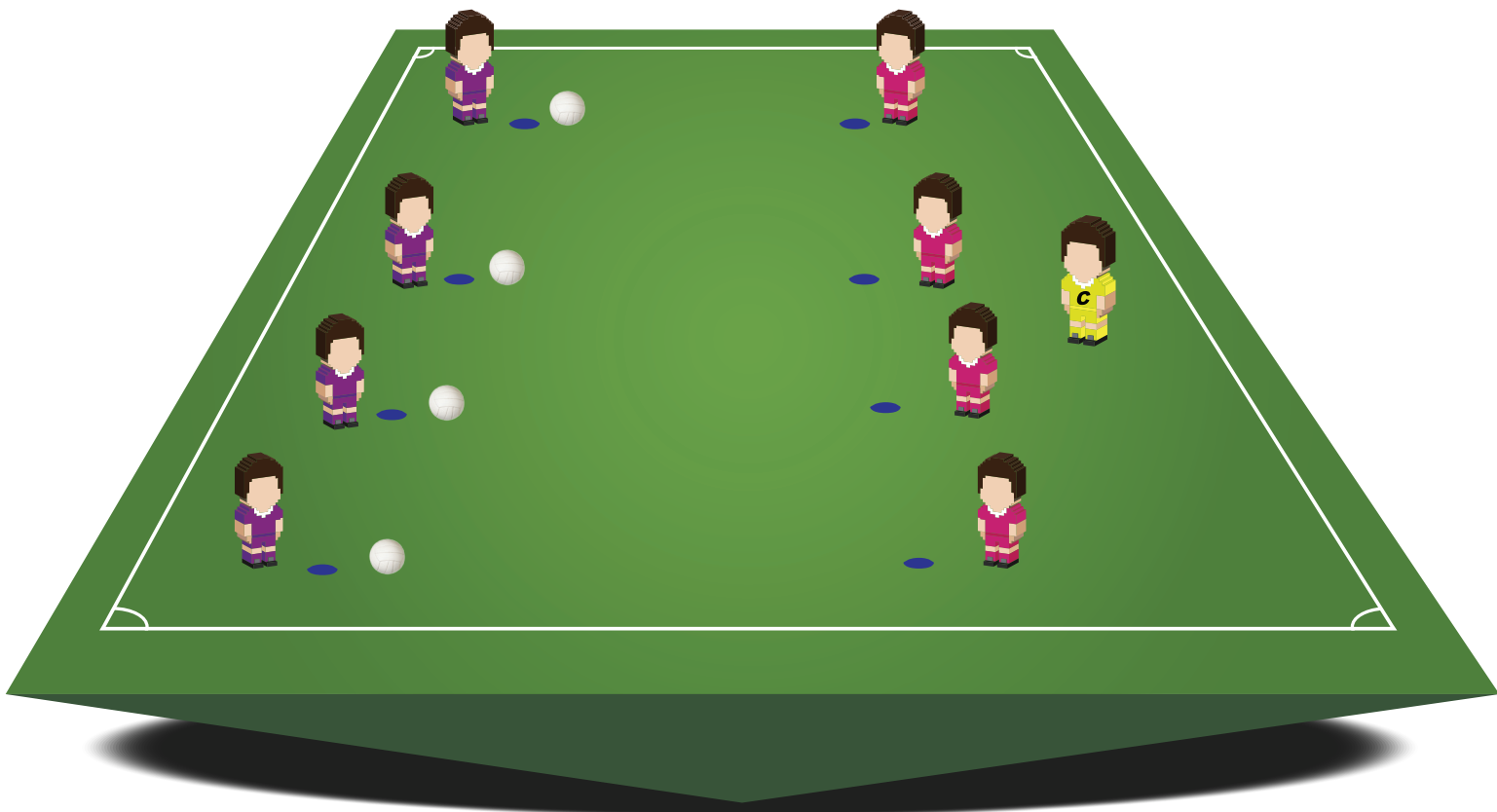
### These challenges will:

- Focus on individual skill development
- Challenge players to improve their skill base under pressure
- All players develop at their own level or pace
- Compete against their peers in a positive environment
- Improve self-confidence and self esteem
- Have Fun!

### What do I need to set up these Challenges?

- Cones to mark out the challenges – Each activity may have slight different set up
- Footballs: see challenges as amount of footballs may vary
- Stop watch

## WHAT WILL PITCH LAYOUT LOOK LIKE?



## HOW DO YOU EXECUTE CHALLENGE ONE?

### Punt Kick: Set up

- Divide groups into pairs as in diagram. Coach has five levels of progression for the Punt Kick. Players are unable to progress onto the next level until she has **mastered** the task provided
- Once a task is mastered then players must consult with coach re the next level. This will assist with improving players self-confidence to approach the coach and interact
- Coach gives players five minutes or time they feel with challenge the players to complete all 5 levels! When time is up the players log their score so that they can compare and contrast at the next session!

- **Level 1** – Players stand 20m apart and must punt kick the ball over and back with their dominant foot 10 times each without the ball hitting the ground. When complete players run to the coach to hear what next task!
- **Level 2** – Players stand 20m apart and must punt kick the ball over and back with their non dominant foot 5 times each without the ball hitting the ground. When complete players run to the coach to hear what next task!
- **Level 3** – Players line up behind each other behind cone, first player runs to the cone 20m out, turns and performs the punt kick back to partner with dominant foot without ball hitting the ground. Both players does this exercise 5 times each. When complete they run to the coach to hear what next task!

- **Level 4** - Players line up behind each other once again, first player runs to the cone 20m out, turns and performs the punt kick to partner with non dominant foot without ball hitting the ground. Both players does this exercise 3 times each. When complete they run to the coach to hear what next task!
- **Level 5** - Players line up behind each other, first player has two footballs and runs to a cone 20m out, turns and performs the punt kick to partner with thier dominant foot without ball hitting the ground. Player comes back to the start collects the ball she kicked, turns and repeats action but this time with left side of the body. Ball can't hit the ground. Partner repeats the exercise  
*Please note – If balls hits the ground during any level then pair must start that level again!*

## HOW DO YOU EXECUTE CHALLENGE TWO?

### Pick Up and Solo

- Divide groups into pairs. Coach has five levels of progression for the Pick-up and solo. Players are unable to progress onto the next level until they **master** the task provided
- Once a task is mastered then players consult with coach re the next level. This will assist with improving players self-confidence to approach the coach and interact
- Coach gives players five minutes or time they feel will challenge the players to complete all 5 levels! When time is up the players

log their score so that they can compare and contrast at the next session!

- **Level 1** – Players stand 20m apart. Player must perform a pick up and solo with right leg. Drop ball and allow partner to execute same. Both players must do this 15 times without fumbling the ball
- **Level 2** – Players stand 20m apart. Player must perform a pick up and solo with left leg. Drop ball and allow partner to execute same. Both players must do this 15 times without fumbling the ball
- **Level 3** – Players move 30m apart. Player A has the ball they roll the ball to Player B who is moving and must perform a pick up and solo with right leg. Both players must do this 15 times without fumbling the ball
- **Level 4** - Players move 10m apart. Player A has the ball they roll the ball to Player B who is moving and must perform a pick up and solo with left leg. Both players must do this 15 times without fumbling the ball
- **Level 5** - Players line up behind each other, first player rolls ball in front of them, pick up ball with right leg, performs a solo with right leg, turns and gives ball back to partner. Partner does same action. Both players perform the same activity on left side of the body. They do this 10 times without fumbling the ball.  
*Please note – If player fumbles the ball during any level then pair must start that level again!*

