

Skill Number 1.

Scoring a point on the run.

Set Up:

Mark out a square 25m out from the centre of the goal. (Square A)

Mark two more squares 10 m to the left and right of Square A. (Squares B and C)

Put a cone down 5 m out from square A. Place 3 footballs at this cone.

***NOTE -\*Ball must go over the bar to count. 5 points for each successful attempt.***

1. Children start at the cone.

2. They must pick up the ball and attempt to kick a point on the run from inside Squares A, B and C in that order. Children must kick off their left foot in Square B and off their right in square C. They can kick from either foot in square A.

2. Children have 45 seconds to score as many points as possible

Skill Number 2.

Crossbar Challenge

Set Up:

Mark out a square 20m out from the centre of the goal.

Try and hit the crossbar with the football.

\*Ball must hit the crossbar. Side posts do not count. 5 points for each successful attempt.

Skill number 2

3 attempts off preferred foot and three off non-preferred foot.

Total : \_/30

Skill number 3.

Kick pass accuracy

Set Up:

Mark a square 5m x 5m on the ground.

Place a cone 5 m outside the square.

30 m away place two poles 3m apart.

\*Ball must be kicked through the poles. Hitting the poles and wide does not count. 5 points for each successful attempt.

Children start at the cone and run into the square and kick the ball 30 m. To register a score the ball must travel between the two poles.

3 attempts off the preferred foot and 3 attempts off the non-preferred foot. Total : \_ / 30.

Skill number 4

The pick up and hand-pass accuracy drill.

Set up

Place two cones 8m apart. (Cone A and cone B)

Mark a 1m wide goal 10m behind cone B.

Place a ball in between the two cones.

\*Girls can pick up directly off the ground. Boys must have toe under the ball. Judges decision is final on the pick-up.

This is a timed test. The object of this test is to pick up the ball on the run and to handpass it accurately between the target.

 Children have 45 seconds to complete as many pick-ups and accurate handpasses as possible.

Children must run from cone A to the ball, pick it up and run to cone B and handpass it through the target.

They then run back to cone A and repeat the task for 45 seconds.

Each successful pick up is worth 3 points and each successful handpass is worth 2 points. (Up to a total max of 30 points)

Skill number 5.

Multi-discipline Station.

Set Up

Mark a square out 20 m x 20 m. Place a pole in the very centre of the square. Mark each corner 1,2,3 and 4 respectively.

Children must run through the course in the following order ensuring they either bounce or solo the ball after every fourth step:

12-Centre ( 5 successful solos)-3-4-Centre (5 successful pickups)-1. The clock stops when the child has reached cone 1 again.

* Adjudicator will blow a whistle if a player is deemed to have taken too many steps or bounced the ball twice in a row. Each infringement incurs a 3 second penalty.

44

1

2

C

3

4

***Scoring System -***

***Complete the course in under 40 seconds – 20 pts***

***Complete the course in under 45 seconds – 15 pts***

***Complete the course in under 55 seconds – 10 pts***

***Complete the course in under 70 seconds – 5 pts***