

CHALLENGE 1 FIST PASS

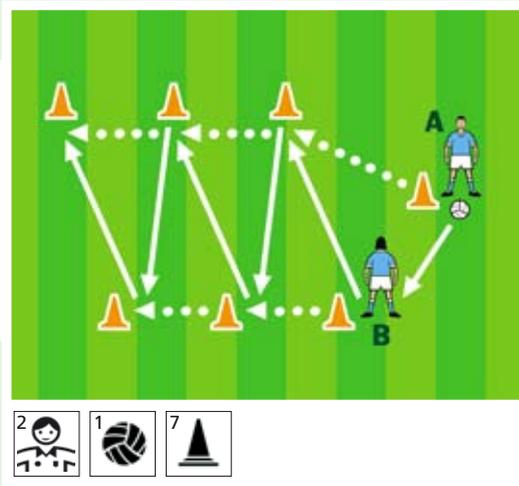
A skills challenge to test proficiency at the Fist Pass

ORGANISATION

- Using seven cones at intervals of 5m set up a formation as shown
- One player, 'the server', stands at the first cone; a second player, 'the challenger', stands at the second cone
- Player A throws the ball to Player B to catch; Player B then Fist Passes the ball back to Player A
- They continue this, moving in a zig-zag formation, Player B using alternate hands each time

SCORING

- 1 point is awarded for each Fist Pass made, three with the right hand and three with the left hand, giving a possible total of 6 points
- Failing to catch the ball should not be penalised



CHALLENGE 2 TOE TAP

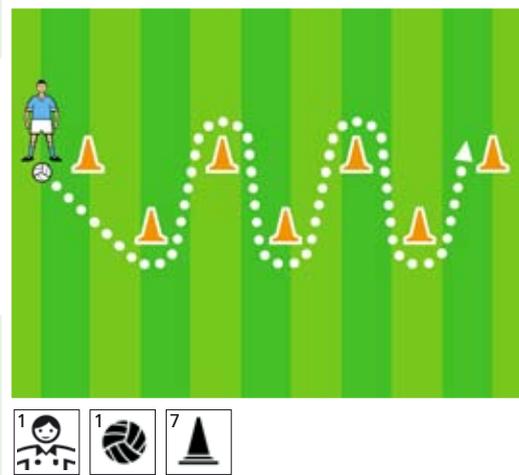
A skills challenge to test proficiency at the Toe Tap

ORGANISATION

- Using seven cones at intervals of 5m set up a formation as shown
- Beginning at one end the player Toe Taps as they round each of cones 2 to 6 in a zig-zag formation to finish with a final toe tap as they pass cone 7
- The player must use their right foot to Toe Tap as they pass a cone to the right and their left foot as they pass a cone to the left

SCORING

- 1 point is awarded for each successful Toe Tap, three with the right foot and three with the left foot, giving a possible total of 6 points



CHALLENGE 3 BLOCK DOWN

A skills challenge to test proficiency at the Block Down

ORGANISATION

- Place three cones to form a triangle, each cone 3m from the others
- The kicker alternates between Cone 1 and 2
- The blocker moves to Block the kicker at Cone 1 and 2 in turn

SCORING

- 1 point is awarded for each successful Block, one from the right and one from the left
- The challenge must be attempted three times giving a possible total of 6 points

