

ONE ★ STAR CHALLENGES



CHALLENGE 1 PUNT KICK

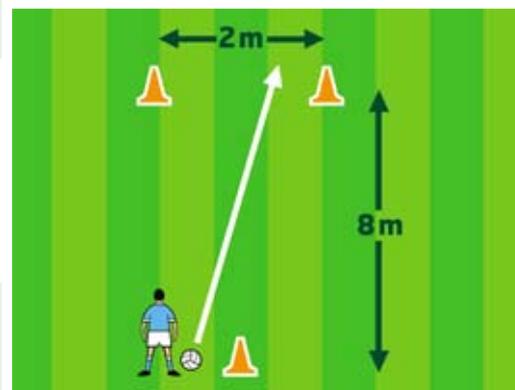
A skills challenge to test proficiency at the Punt Kick

ORGANISATION

- Mark out a goal 2m wide with two cones
- Place another cone 8m from the goal where the players will kick from
- The player stands at the cone and attempts to kick the ball through the goal, once with their right leg and once with their left
- The ball must pass through the goal without bouncing or rolling

SCORING

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



CHALLENGE 2 BODY CATCH

A skills challenge to test proficiency at the Body Catch

ORGANISATION

- The player throws the ball 1m above their head and catches it as it drops

SCORING

- 1 point is awarded for each successful catch
- Attempt the challenge six times giving a possible total of 6 points



CHALLENGE 3 HAND PASS

A skills challenge to test proficiency at the Hand Pass

ORGANISATION

- Place two cones 5m apart
- The performing player stands at one of the cones and attempts to Hand Pass the ball through a target held by another player at the second cone

SCORING

- 1 point is awarded for each Hand Pass through the target
- The challenge must be attempted six times, three with the left hand and three with the right hand giving a possible total of 6 points

