

FIVE★STAR CHALLENGES



CHALLENGE 1 BLOCK DOWN

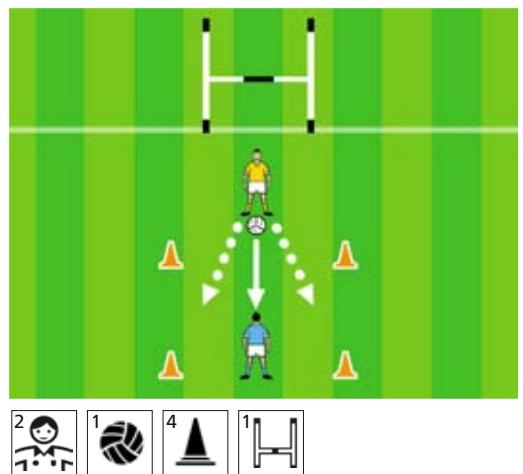
A skill challenge to test the Block Down on an opponent attempting to score

ORGANISATION

- Set up a grid in front of the goal area 7m X 7m
- The defending player stands between the grid and the goals
- The kicking player occupies the grid
- On the whistle the defending player rolls the ball to the kicking player
- Once in possession the kicking player must shoot for a point without otherwise playing the ball
- The defending player rushes forward to Block Down the shot

SCORING

- 1 point is awarded for each successful Block Down
- Attempt the challenge six times, the kicker attempting three shots off the left and three off the right, giving a possible final total of 6 points



CHALLENGE 2 PUNT KICK FOR GOAL

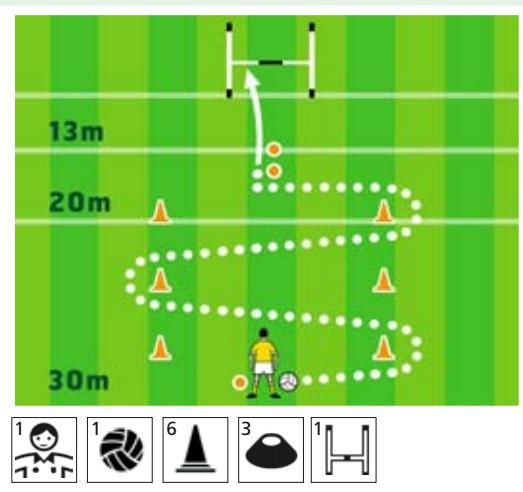
A multi skill challenge to test the Solo and Punt Kick for a goal

ORGANISATION

- Set up a formation as shown between the 30m marker and the 20m line
- Place 2 further markers directly in front of the scoring space as shown
- Beginning at the 30m marker, the player Solos the ball around three of the cones in a zig-zag formation
- Use the outside foot to Solo the ball at all times
- The player Punt Kicks the ball before the 13m line

SCORING

- 1 point is awarded for each goal scored; the ball must pass under the crossbar without touching the ground
- The challenge must be attempted six times, three shots off the left and three off the right, giving a possible total of 6 points



CHALLENGE 3 FREE KICK FROM GROUND

A skill challenge to test proficiency at the Free Kick from the Ground

ORGANISATION

- Place a football on the 13m line
- Keeping within the rules the player kicks the ball from the ground so as to pass over the crossbar

SCORING

- 1 point is awarded for each point scored
- The challenge must be attempted six times, the kicker attempting three shots off the left and three off the right, giving a possible total of 6 points

