

SKILL STAR

CHALLENGES

CHALLENGE 1 SOLO RUN

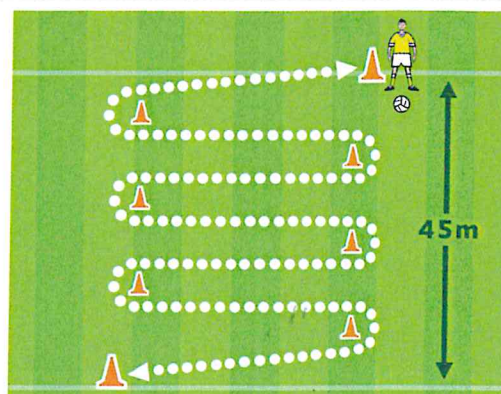
A skill challenge to test proficiency at the Solo Run

ORGANISATION

- Using eight cones at intervals of 7m set up a formation as shown between the 45m line and the endline
- Starting at the endline, the player must Solo in a zig-zag manner around each of the cones using the right foot and the left foot
- Toe tap using the outside foot rounding each cone
- One Bounce is allowed between cones
- Turn around the last cone and continue to Solo back through the cones to finish at the endline again

SCORING

- Award 40 points for completing the challenge.



CHALLENGE 2 FIST PASS

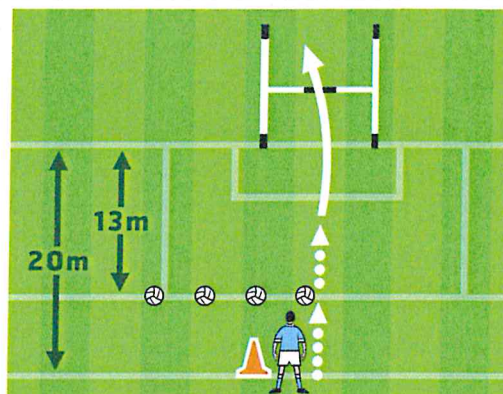
A skill challenge to test proficiency at the Fist Pass for a score

ORGANISATION

- Place 4 balls, 2m apart, on the 13m line in front of the scoring space
- The player, beginning on the 20m line, runs to Crouch Lift the first ball
- Continue towards goal to Fist Pass the ball over the bar from outside the small rectangle
- Return to round the start cone each time, repeating the challenge with the remaining balls
- Use the dominant hand and the non-dominant hand twice each
- The Fist Pass must be used to score

SCORING

- Award 10 points for each point scored, within a time limit of 36 seconds
- For each second over the allotted time, deduct 2 points



CHALLENGE 4 PUNT KICK

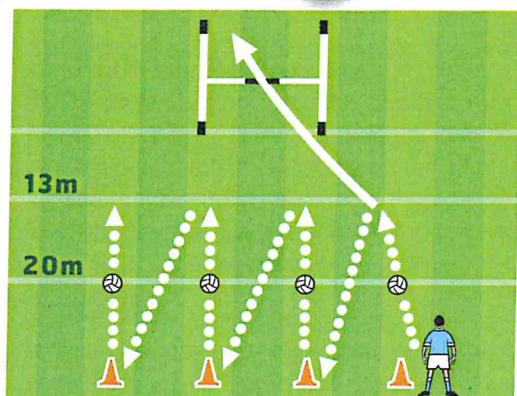
A skill challenge to test proficiency at the Punt Kick for a score

ORGANISATION

- Place four balls 10m apart on the 20m line
- The player, beginning 25m from goal, runs to Crouch Lift the first ball; continue towards goal to Punt Kick the ball over the bar from outside the 13m line
- Round each cone at 25m, repeating the challenge with remaining balls
- The player must use the right foot, when approaching the goal, for the two efforts from the left and vice versa
- Finish by sprinting back to a 25m cone

SCORING

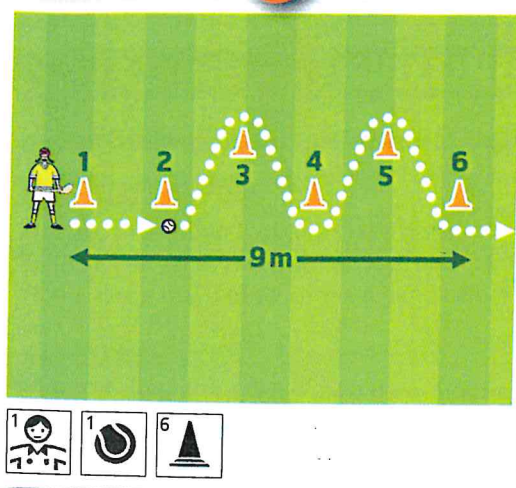
- Award 10 points for each point scored, within a time limit of 50 seconds
- For each second over the allotted time, deduct 2 points



FIVE★STAR CHALLENGES



CHALLENGE 3 SOLO RUN



A skills challenge to test proficiency at the Solo Run

ORGANISATION

- Using six cones set up a formation as shown. The distance from cone 1 to cone 6 should be 9m
- Beginning at cone 1, the player jogs to cone 2 to Jab Lift the ball
- Without catching, Solo around the cones to the end of the formation
- The player is not permitted to handle the sliotar

SCORING

- 1 point is awarded for a successful Jab Lift and 1 point for a successful Solo, 2 points in total
- Attempt the challenge three times giving a possible total of 6 points

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CHALLENGE 2 FREE PUCK

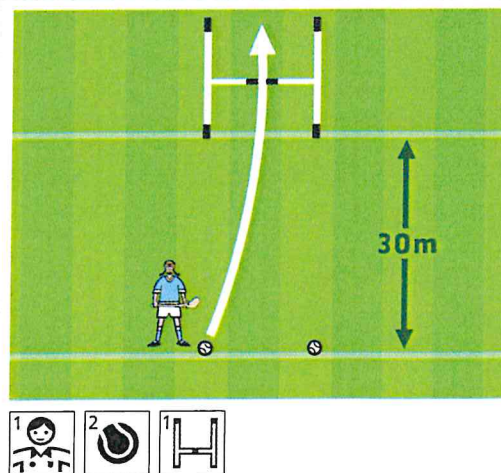
A skills challenge to test proficiency at the Free Puck

ORGANISATION

- From a stationary position 30m from goal, the player lifts the sliotar and strikes it over the bar, without taking it into the hand
- Makes one attempt in line with the left goalpost and one attempt in line with the right goalpost

SCORING

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



CHALLENGE 3 LIFT AND STRIKE

A skills challenge to test proficiency of Lift and Strike on the run

ORGANISATION

- Place two cones 15m apart with two sliotars in between
- At a distance of 20m and 30m mark out two clear lines
- Beginning at one cone, run and Jab Lift one of the balls
- Without catching, strike the ball from the hurley to pass over either line
- Continue around the second cone; repeat using the opposite side

SCORING

- One sliotar must pass the 30m line to score a point; the other must pass the 20m line for a second point
- The ball must be lifted on the first attempt and must travel over the line without touching the ground
- Attempt the challenge three times, giving a possible total of 6 points

