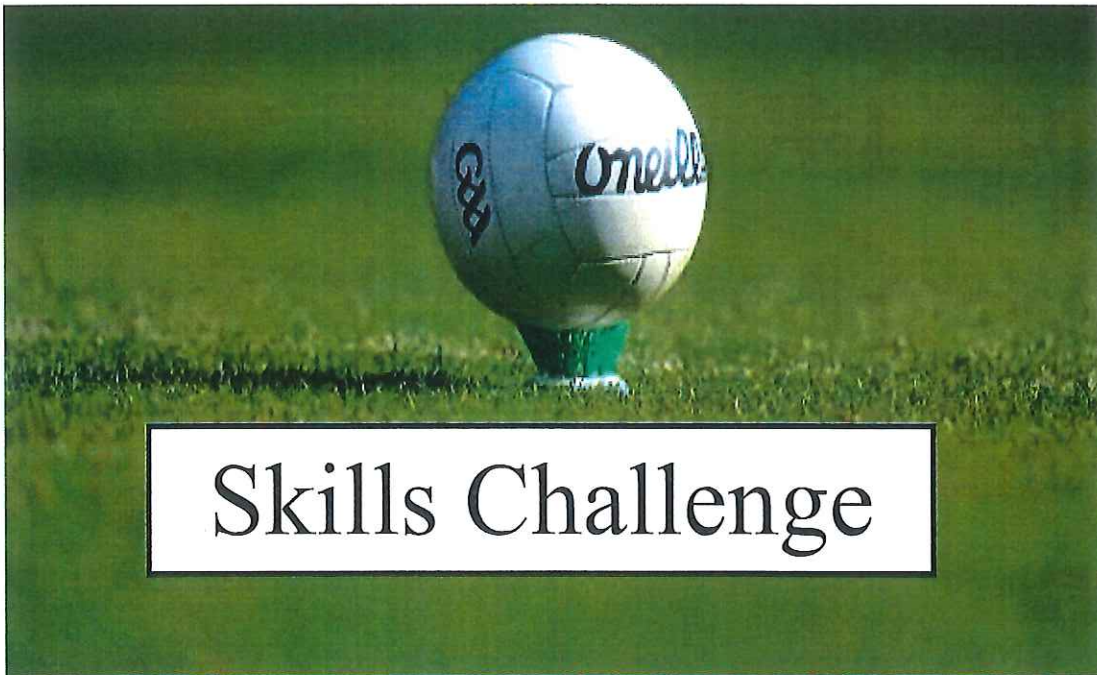




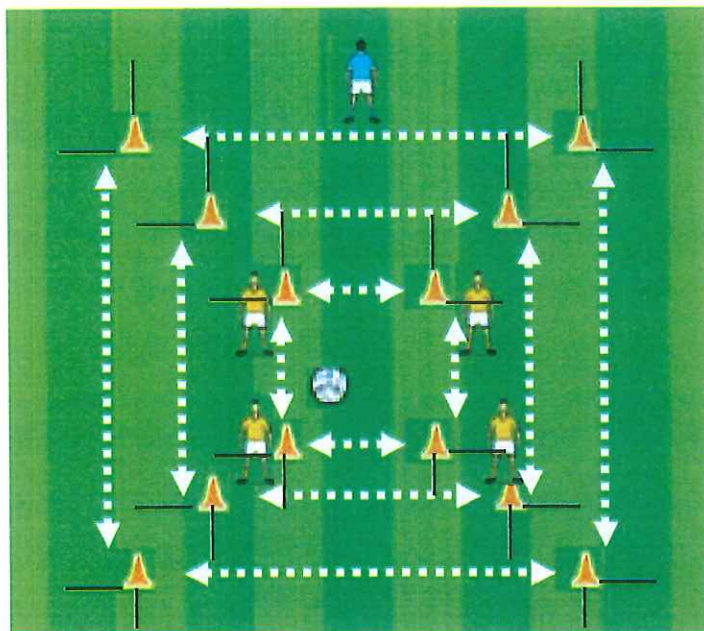
**GAA**  
**CONNACHT**



Skills Challenge



## Skill Challenge 1: Kick Passing with Left and Right Foot



**Aim:** An individual skill challenge to test kicking ability of left and right foot.

**Structure:**

Players: 4

Cones: 12

Football: 1

Distances:

U12: Square A 10x10m    Square B 20x20m    Square C 25x25m

U10: Square A 8x8m    Square B 10x10m    Square C 15x15m

U8: Square A 6x6m    Square B 8x8m    Square C 10x10m

**Protocol:**

Beginning at Square A, each player stands at a cone. Player 1 kick passes using their right foot to player 2, player 2 then kicks to player 3, etc. When the ball returns to player 1, they repeat the drill using their left foot. Once completed, the sequence is repeated at square B and C. The ball must be kicked from the cone and caught behind the cone.

**Scoring:**

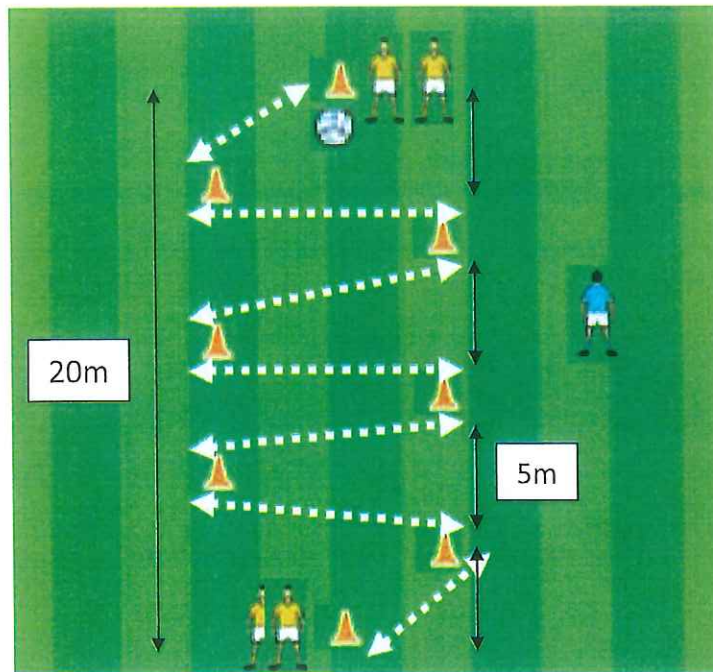
Each player is individually scored on their right and left foot. All kicks must be kicked from their respective cone. Coaches can time the drill to introduce a new constraint.

Scoring Scheme	Square A	Square B	Square C
Ball is kicked into catchers hand behind the line	1	2	3
Ball lands in front of the line or to the left of the cone and line	0	0	0

**Total points per player: 12**



## Skill Challenge 2: Soloing with Left and Right Foot



**Aim:** An individual skill challenge to test soloing ability of player using left and right foot.

**Structure:**

Players: 4                      Cones: 8                      Footballs: 1  
 Diagonal Distance: U8/10 - 4m                      U12/14 - 5m  
 Cones are to be laid out 5m from each other.

**Protocol:**

Player 1 must complete six solos three on left foot and three on right foot followed by a hand pass to player 2. This sequence is repeated till all players complete the six solos.

**Scoring:**

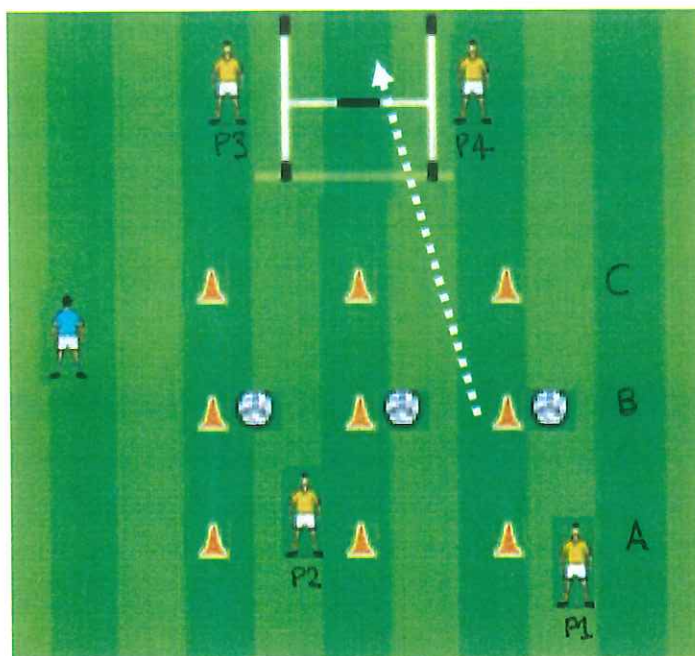
Each player is individually scored on their right and left foot. Coaches can time each player performing the drill.

Scoring Scheme	Points
Successful Solo	2
Unsuccessful Solo	0

**Total points per player: 12**



### Skill Challenge 3: Scoring with Left and Right Foot



**Aim:** An individual skill challenge to test the ability of player's point scoring using left and right foot.

**Structure:**

Players: 4                      Cones: 9                      Footballs: 3  
 Distance:                      U8/10 – 10m, 13m, 20m                      U12/14 – 13m, 20m, 25m

**Protocol:**

Player 1 starts at the right cone of line A. He runs and picks up the ball at Line B and kicks over the bar from Line C with his right foot. Then the player runs around the middle cone on Line A and picks up the next ball on Line B and kicks over with preferred foot. From there he continues back around the left cone on Line A, picks up the last ball on Line B and kicks over with left foot from Line C. Player 3 and 4 are behind the goal catching ball and passing to player 2 who places balls back on cones. All players complete this twice.

**Scoring:**

Each player is individually scored on their right and left foot. Coaches can time each player performing the drill.

Scoring Scheme	Points
Point Scored	1
No Score	0

**Total points per player: 6**

