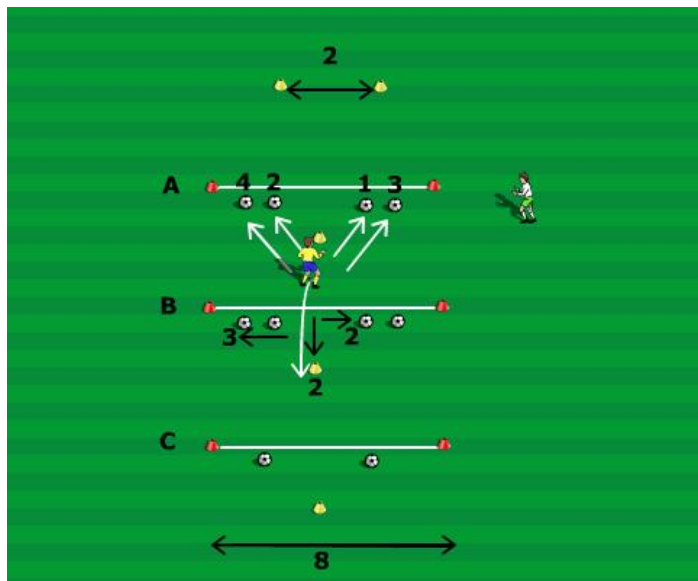




## The Passing Challenge



### Organization:

1. One scoring gate 2 yards apart (set up as shown)
2. Passing distance varies with age:

Age	Line A	Line B	Line C
7 to 9	8	12	16
10 to 12	12	16	20
13+	16	20	24

### Equipment:

1. Tape measure
2. 10 balls
3. 6 disc cones – color 1
4. 5 disc cones – color 2
5. Stopwatch
6. Clipboard
7. Score sheet

### Instructions:

- Set up three lines that are four yards apart the distance between the first line and target gate is determined by the players age (please refer to table above)
- Four balls are placed on the first two lines and two on the last
- The player starts by striking the outside ball with their preferred foot e.g. the right foot on the right side
- The player rounds the central marker after each pass before moving onto the other side to pass with the opposite foot
- The player must complete four passes before moving back to the next line
- For a pass to be counted the ball must pass through the target gate without the ball touching either cone
- Successful passes score 1 point from the first line, 2 from the second and 3 from the third
- The player has 30 seconds to complete as many passes as possible
- The player overall score is recorded