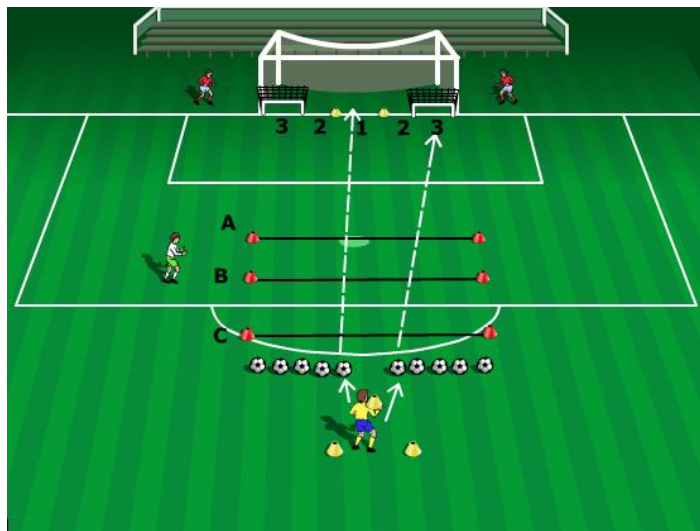




## The Shooting Challenge



### Organization:

1. The scoring area is 8 yards wide and is set up into three scoring zones (set up as shown)
  - Zone 3 = Pugg goals
  - Zone 2 = 1 yards
  - Zone 1 = 4 yards
2. The central marker is 2 yards from the shooting line
3. Passing distance varies with age:

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

### Equipment:

1. Tape measure
2. 10 balls
3. 8 disc cones
4. Stopwatch

### Instructions:

- Set up 10 balls on the shooting line make sure these are equally placed
- The distance between the shooting line and target area is determined by the players age (please refer to table above)
- A goal is preferred but not required to run the test
- The player starts by shooting the outside ball with their preferred foot – e.g. the right foot on the right side
- The player returns through the central marker after each shot before moving to the other side to shoot with the opposite foot
- The target area is divided into three scoring zones each bottom corner marked out by the pugg goals is worth 3 points, 2 points for between the pugg and cone and central zone 1 point
- The coach must use their best judgment for shots in each scoring zone
- The player has 30 seconds to complete as many shots as possible
- The player's total score is recorded