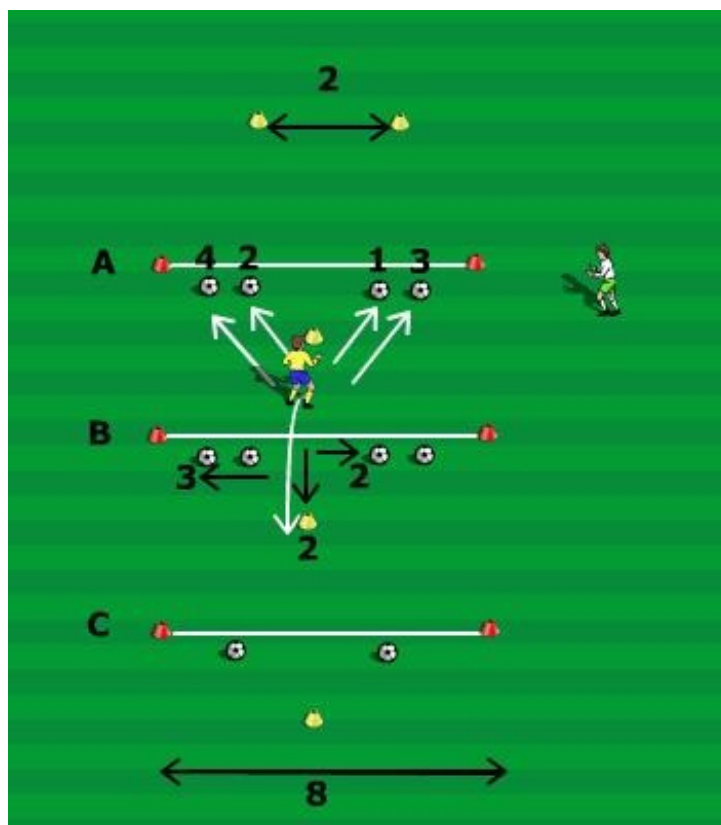




# THE PASSING CHALLENGE



## Organization:

- One scoring gate 4 feet wide
- Passing distances vary with age

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

## Equipment:

- Tape measure
- 10 balls
- 6 Disc cones- color 1
- 5 Disc cones- color 2
- Stopwatch
- Clipboard
- Score sheet

## Instructions:

1. Set up three lines that are 4 yards apart. The distance between the first line and the target gate is determined by the player's age (please refer to the table above)
2. Four balls are placed on the first two lines and two balls on the last line
3. The player starts by striking the outside ball with their preferred foot e.g. the right foot on the right side
4. The player rounds the central marker after each pass before moving onto the other side to pass with the opposite foot
5. The player must complete four passes before moving back to the next line
6. For a pass to be counted the ball must pass through the target gate without the ball touching either cone
7. Successful passes score 1 point from the first line, 2 from the second, and 3 from the third
8. The player has 30 seconds to complete as many passes as possible
9. The player's overall score is recorded