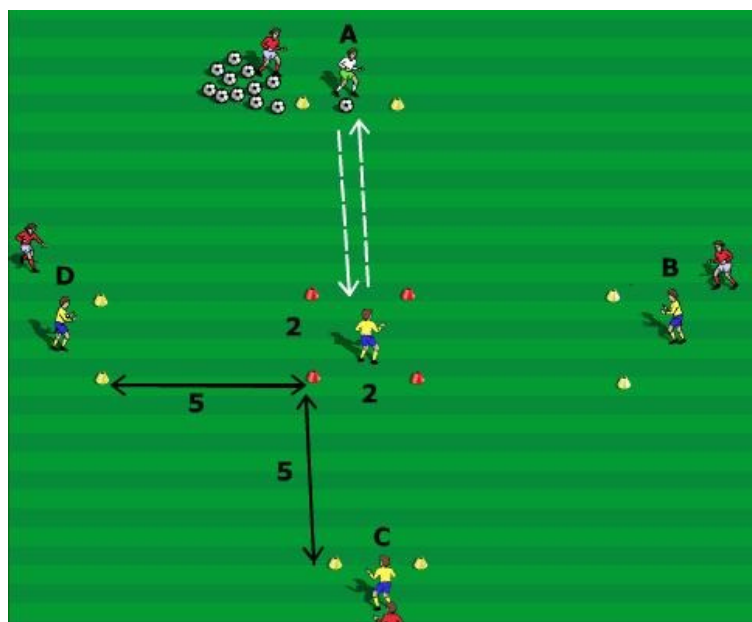




THE RECEIVING CHALLENGE



Organization:

- 2 x 2 yard receiving area
- 4 target gates which are 2 yards apart set up 5 yards from the receiving area (set up as shown)
- 1 player completing the challenge
- 3 players acting as targets
- All other players help to circulate balls back to the coach

Equipment:

- Tape measure
- 10+ ball
- 4 Disc cones (receiving area)
- 8 Disc cones (target areas)
- Stopwatch
- Clipboard
- Score sheet

Instructions:

1. Set up a 2x2 yard central square and four two-yard target gates positioned five yards from each side of the square
2. The challenge starts with a pass from the coach
3. The player must control before passing or dribbling through the target gate to score a point
4. After a successful action is made the player moves on to the next target
5. The player should work around the area clockwise (A to D)
6. The player has 30 seconds to score as many points as possible
7. Additional players are used to help circulate the balls back to coach or prepare the ball for the coach to pass
8. The total number of points is recorded