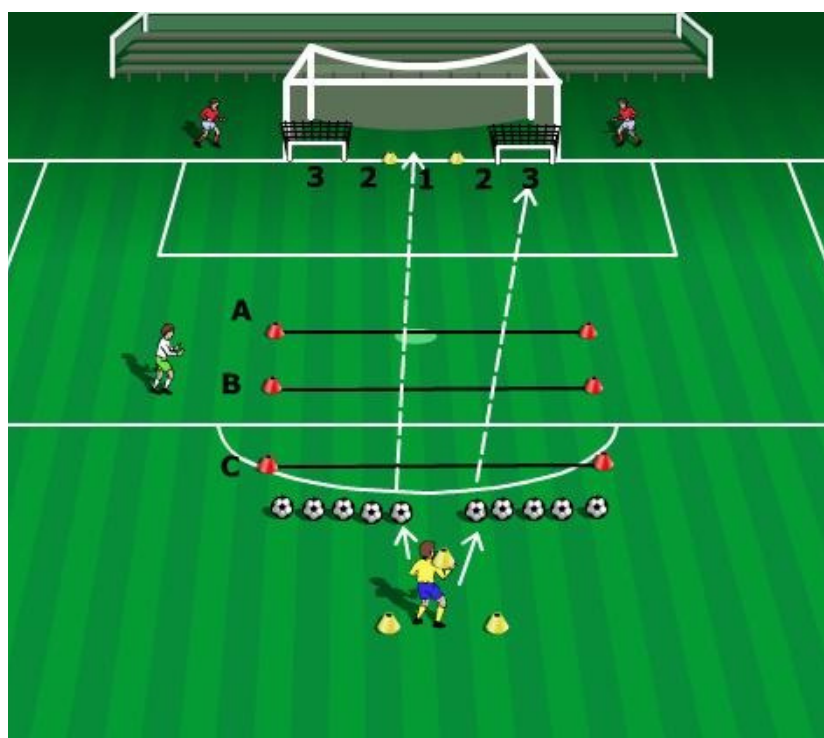




THE SHOOTING CHALLENGE



Organization:

- 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
- The central marker is 2 yards from the shooting line
- Passing distance varies with age:

| <u>Age</u> | <u>Line</u> | <u>Distance (yd)</u> |
|------------|-------------|----------------------|
| 7 to 9 | A | 12 |
| 10 to 12 | B | 16 |
| 13+ | C | 20 |

Equipment:

- Tape measure
- 10 balls
- 8 Disc cones
- Stopwatch

Instructions:

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