



## Skillstar Competition for Gaelic Football

### 1. Start

Place two grid poles 2m apart on the 21m line, 15m in from the side-line as the starting gates. To begin players must pass through the starting gates towards Area 2.

The timing judge starts the stop watch when players pass through the gates.

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### 2. Punt Kick Accuracy

Place two grid poles 1.5m apart, on the 45m line, 20m from the side-line as goals. Measure 10m towards the nearest goal and place two markers 1.5m apart (players must kick from behind these cones).

Each player will have 2 kicks – one kick off their left and right feet – to pass through the grid pole goals without hitting the ground.

Players move on to Area 3.

**Score:** Each successful kick is worth 10 points

**Maximum score:** 20 points.

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### 3. Pick Up and Solo

Mark out a square – 10m X 10m using cones/markers. Number the cones 1 through 4. Place a football at cone 1 and 3. In the centre of the square place a grid pole.

Players start at the centre grid pole. Players sprint to cone 1, picking up the ball with his right foot (girls may pick directly from the ground). Players toe tap the ball (right foot) and solo around the centre pole. Players return the ball to cone 2, toe tapping the ball (right foot) on the way. Players return to the centre pole, sprinting around the pole towards cone 3.

At cone 3, players picking up the ball with his right foot (girls may pick directly from the ground). Players toe tap the ball (left foot) and solo around the centre pole. Players return the ball to cone 4, toe tapping the ball (left foot) on the way. Players move on to Area 4.

**Score:** Successful completion is worth 30 points  
5 points will be deducted for every dropped ball or cone missed.  
When placing the ball down at cones 2 and 4, the ball must remain within the 10m square

**Maximum score:** 30 points.

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### 4. Hand/Fist Pass Accuracy

Place two grid poles 1.5m apart, on the 45m line, 20m from the side-line as goals. Measure 5m towards the nearest goal and place two markers 1.5m apart (players must hand/fist pass from behind these cones).

Each player will have 2 hand/fist passes – one with their left and right hand/fist – to pass through the grid pole goals without hitting the ground.

Players move on to Area 5.

**Score:** Each successful hand/fist is worth 10 points

**Maximum score:** 20 points.

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### 5. Gates

Place two grid poles 1.5m apart, at the top of the D.

Players must pass through the gates when moving from Area 4 to Area 6.

**Score:** 5 points deducted if a Player does not pass through the gate.

**Maximum score:** 0 points.

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### 6. Kick for a Score (Point)

Mark out a square – 5m X 5m using cones/markers immediately to the left of the corner of the D and the 21m line.

At area 6, players must use their right foot.

**Score:** 10 points.  
No score is awarded if the kick is taken from outside of the square or with the incorrect foot

**Maximum score:** 10 points.

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### 7. Kick for a Score (Point)

Mark out a square – 5m X 5m using cones/markers immediately to the right of the corner of the D and the 21m line.

At area 7, players must use their Left foot.

**Score:** **10 points.**  
**No score is awarded if the kick is taken from outside of the square or with the incorrect foot**

**Maximum score:** **10 points.**

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### 8. Hand/Fist Pass for a Score (Point)

Mark out a square – 5m X 5m using cones/markers immediately to the right of the corner of the D and the 21m line.

At area 8, players may use either their left or right hand/fist.

**Score:** **10 points.**  
**No score is awarded if the hand/fist pass is taken from outside of the square**

**Maximum score:** **10 points.**

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### 9. Timing

The timing judge stops the clock when the hand/fist pass is completed

**Score:** **13/9/5 extra points are awarded to the 3 fastest players**

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**Maximum Overall Score:** 113 points.

Player with highest score at end of competition will be winner.

**Clubs are encouraged to promote the competition at local level.**

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