

1

Roll & Score

ORGANISATION



SET UP A TARGET, BOTTLE OR SKITTLE



THE PLAYER STANDS 3M AWAY AND ROLLS TO HIT THE TARGET.

SCORING:



6 ATTEMPTS WITH 1 POINT ON OFFER FOR EACH SCORE.



2

Bounce

ORGANISATION



THE PLAYER HAS A BALL.



THE PLAYER BOUNCES THE BALL TO THE GROUND FOR 1 POINT & CATCHES IT AGAIN FOR ANOTHER POINT.

SCORING:



HOW MANY CAN YOU GET IN 30 SECONDS?
1 POINT FOR A BOUNCE & 2 POINTS FOR BOUNCE & CATCH!



3

Bounce Pass

ORGANISATION



PLAYERS STAND 5M APART



PLAYER **A** BOUNCE PASSES THE BALL TO PLAYER **B**

SCORING:



AN EXTRA 2 POINTS AT THE END FOR PARENTS INVOLVEMENT!



1

Ground/ Punt Kick

ORGANISATION



MARK OUT A GOAL 2M WIDE



PLAYERS STAND 8M BACK AND ATTEMPT TO KICK THE BALL **ALONG THE GROUND** THROUGH THE GOAL FOR A POINT.



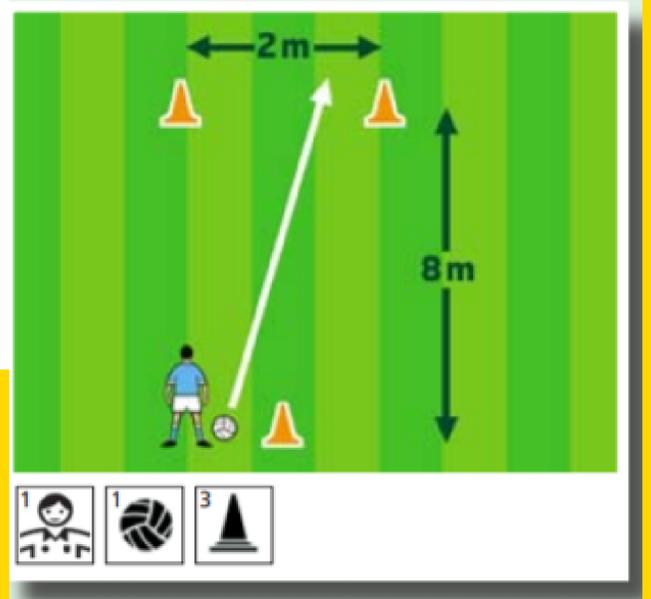
2 POINTS WILL BE AWARDED FOR EACH KICK FROM THE HANDS

SCORING:



6 ATTEMPTS.

1 POINT FOR EACH GOAL SCORED FROM THE GROUND AND 2 FOR EACH PUNT KICK!



2

Body Catch

ORGANISATION



THE PLAYER THROWS THE BALL UP AND CATCHES IT AS IT DROPS

SCORING:



HOW MANY CAN YOU GET IN 30 SECONDS? 1 POINT FOR EACH SUCCESSFUL CATCH



2 POINTS FOR CLAPPING YOUR HANDS BEFORE CATCHING



3

Chest Throw/Hand Pass

ORGANISATION



PLAYERS STAND 5M APART



PLAYER **A** ATTEMPTS TO THROW TO PLAYER **B**'S CHEST.

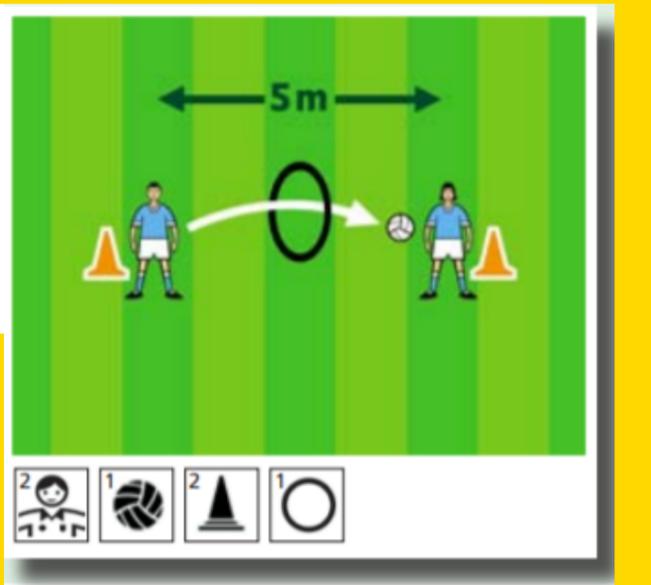
SCORING:



HOW MANY CAN YOU GET IN 30 SECONDS? 1 POINT IS AWARDED FOR EACH SUCCESSFUL HANDPASS.



AN EXTRA POINT IS AWARDED AT THE END IF YOU INVOLVED AN ADULT!



1

Feed the Bear!

ORGANISATION



PLAYER WALKS AROUND AN AREA LIKE A BEAR!



ADULTS TIME THE PLAYER

SCORING:



- 0-10 SECS = 1 POINT
- 10-20 SECS = 2 POINTS
- 20-30 SECS = 3 POINTS
- 30-40 SECS = 4 POINTS
- 40+ SECS = 5 POINTS



2

Flamingo Stand

ORGANISATION



THE PLAYER BALANCES ON ONE FOOT, ADULTS TIME THE PLAYER



THE PLAYER THEN BALANCES ON THE OTHER FOOT.

SCORING: ADD BOTH TIMES TOGETHER FROM EACH FOOT:



- 0-10 SECS = 1 POINT
- 10-20 SECS = 2 POINTS
- 20-30 SECS = 3 POINTS
- 30-40 SECS = 4 POINTS
- 40+ SECS = 5 POINTS



3

Frog Jumps

ORGANISATION



PLAYERS SQUAT LIKE A FROG AND JUMP AS HIGH AS POSSIBLE, BEFORE LANDING LIKE A FROG AGAIN.

SCORING:



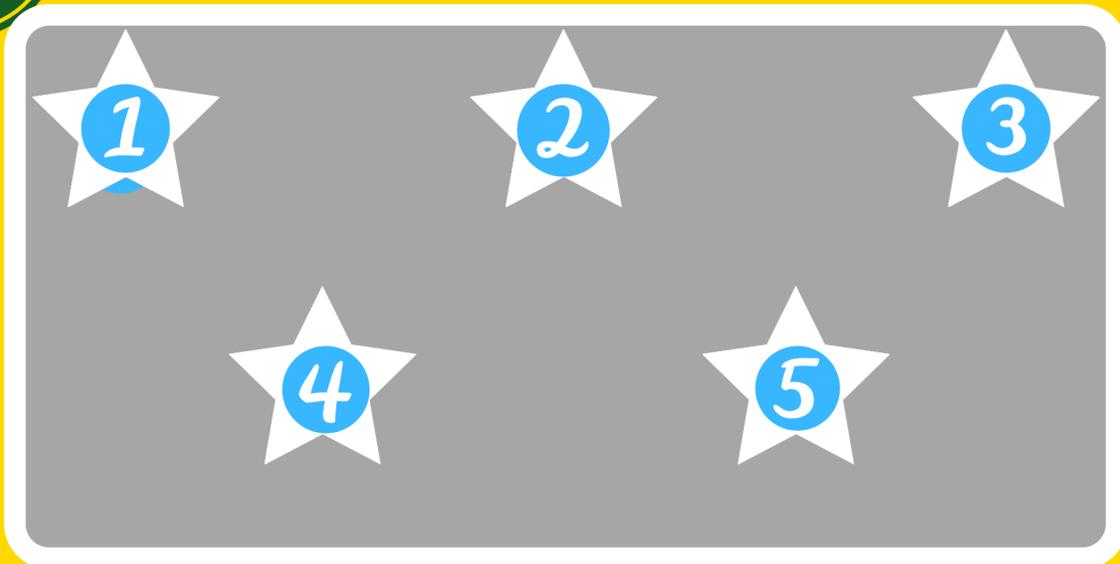
HOW MANY CAN YOU GET IN 30 SECONDS? 1 POINT IS AWARDED FOR EACH SUCCESSFUL JUMP



1

Skill Test 1 Results:

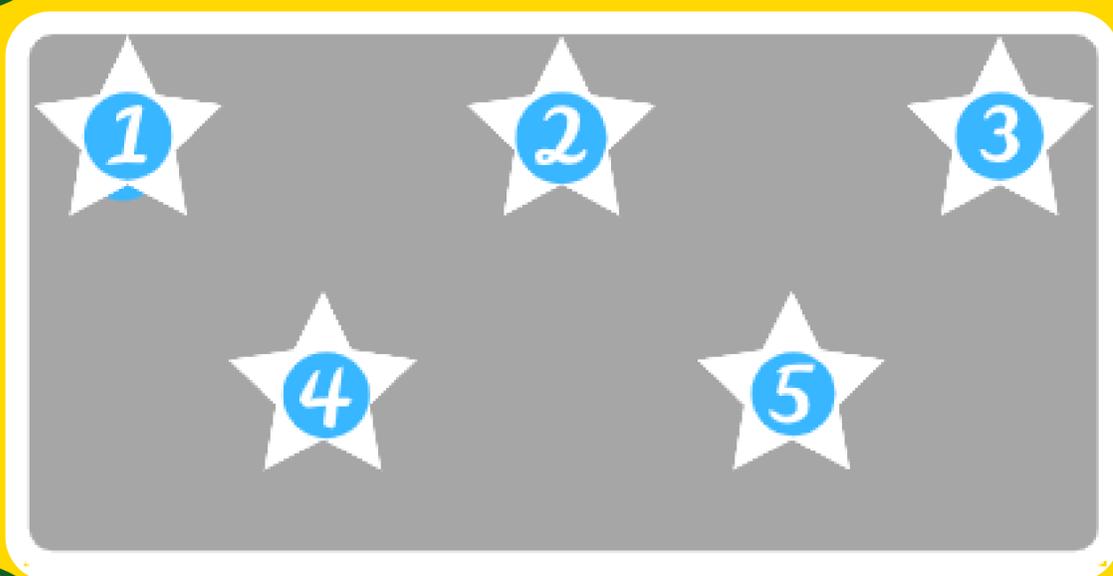
PLEASE CIRCLE



2

Skill Test 2 Results:

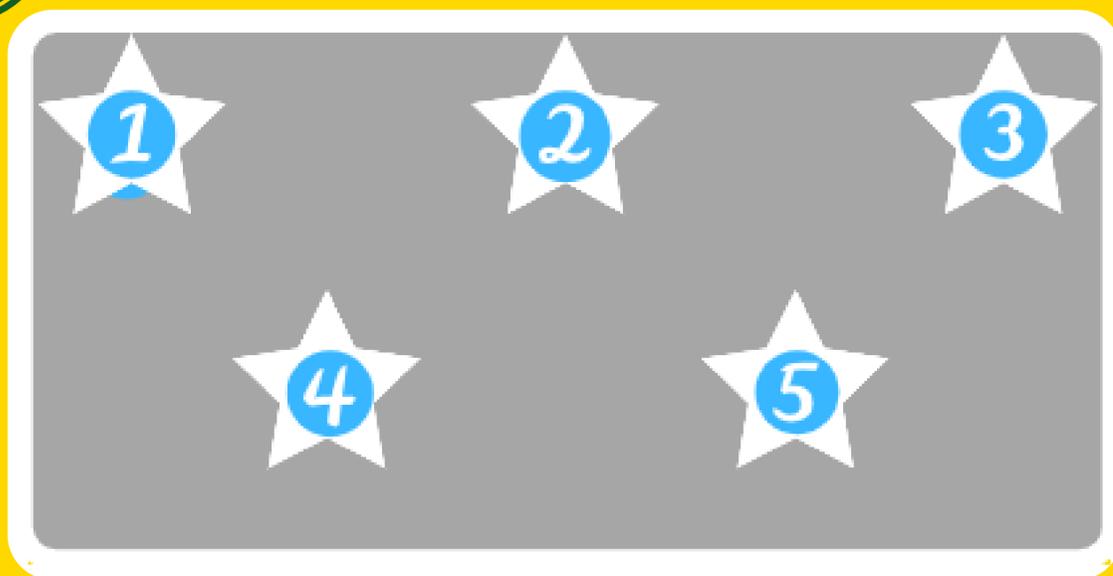
PLEASE CIRCLE



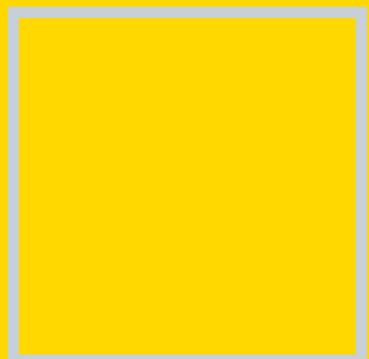
3

Skill Test 3 Results :

PLEASE CIRCLE



Total No. Stars?



0-4= Bronze



5-9= Silver



10-15= Gold



1 Punt Kick

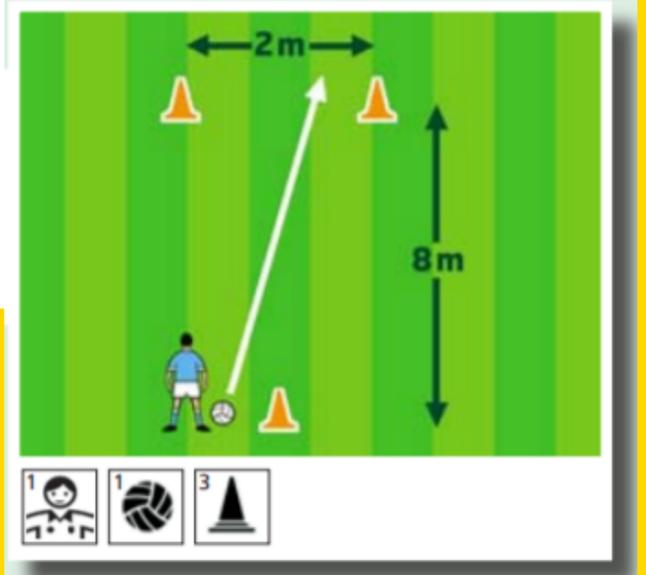
ORGANISATION



MARK OUT A GOAL 2M WIDE, PREFERABLY AGAINST A WALL



PLAYERS STAND 8M BACK AND ATTEMPT TO KICK THE BALL THROUGH THE GOAL FOR A POINT



SCORING:



6 ATTEMPTS
1 POINT FOR EACH GOAL SCORED!

2 Body Catch

ORGANISATION



THE PLAYER THROWS THE BALL 1M ABOVE THEIR HEAD AND CATCHES IT AS IT DROPS



SCORING:



HOW MANY CAN YOU GET IN 30 SECONDS? 1 POINT FOR EACH SUCCESSFUL CATCH



2 POINTS FOR ONE HAND TOUCHING THE GROUND BEFORE CATCHING

3 Hand Pass

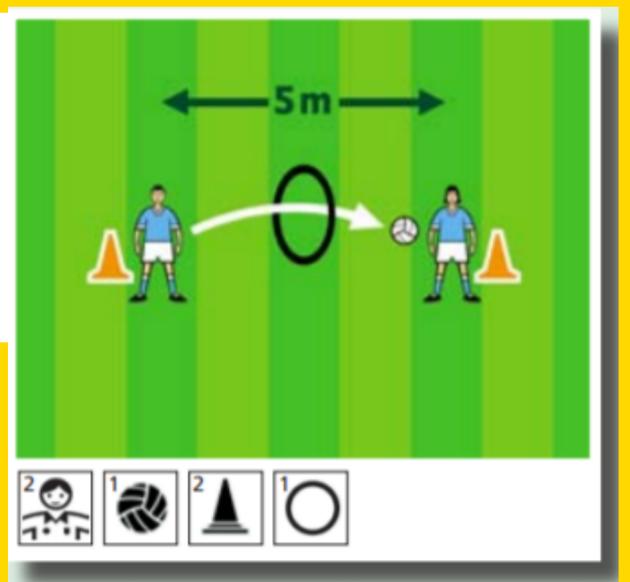
ORGANISATION



PLAYERS STAND 5M APART



PLAYER **A** ATTEMPTS TO HANDPASS THROUGH A TARGET (HELD BY PLAYER **B**) OR TO PLAYER **B**'S CHEST



SCORING:



HOW MANY CAN YOU GET IN 30 SECONDS? 1 POINT IS AWARDED FOR EACH SUCCESSFUL HANDPASS.

1

Solo/Toe-Tap

ORGANISATION



THE PLAYER HAS A BALL



THE PLAYER ATTEMPTS TO SOLO OFF KNEE (1 POINT) OR FOOT (2 POINTS)

SCORING:



HOW MANY CAN YOU DO IN 30 SECONDS?



1 POINT FOR SOLO OFF KNEE & 2 POINTS FOR TOE-TAP



2

High Catch

ORGANISATION



THE PLAYER THROWS THE BALL HIGH AND CATCHES ABOVE THEIR HEAD

SCORING:



HOW MANY CAN YOU GET IN 30 SECONDS? 1 POINT FOR EACH SUCCESSFUL CATCH



2 POINTS FOR CALLING YOUR NAME BEFORE CATCHING



3

Crouch Lift

ORGANISATION



THE PLAYER HAS A BALL



THE PLAYER LEANS FORWARD AND KICKS THE BALL INTO THEIR HANDS

SCORING:



HOW MANY CAN YOU GET IN 30 SECONDS? 1 POINT IS AWARDED FOR EACH SUCCESSFUL LIFT.



1

Feed the Bear!

ORGANISATION



PLAYER WALKS AROUND AN AREA LIKE A BEAR!



ADULTS TIME THE PLAYER

SCORING:



- 0-15 SECS = 1 POINT
- 15-30 SECS = 2 POINTS
- 30-45 SECS = 3 POINTS
- 45-60 SECS = 4 POINTS
- 60+ SECS = 5 POINTS



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Flamingo Stand

ORGANISATION



THE PLAYER BALANCES ON ONE FOOT, ADULTS TIME THE PLAYER



THE PLAYER THEN BALANCES ON THE OTHER FOOT.

SCORING: ADD BOTH TIMES TOGETHER FROM EACH FOOT:



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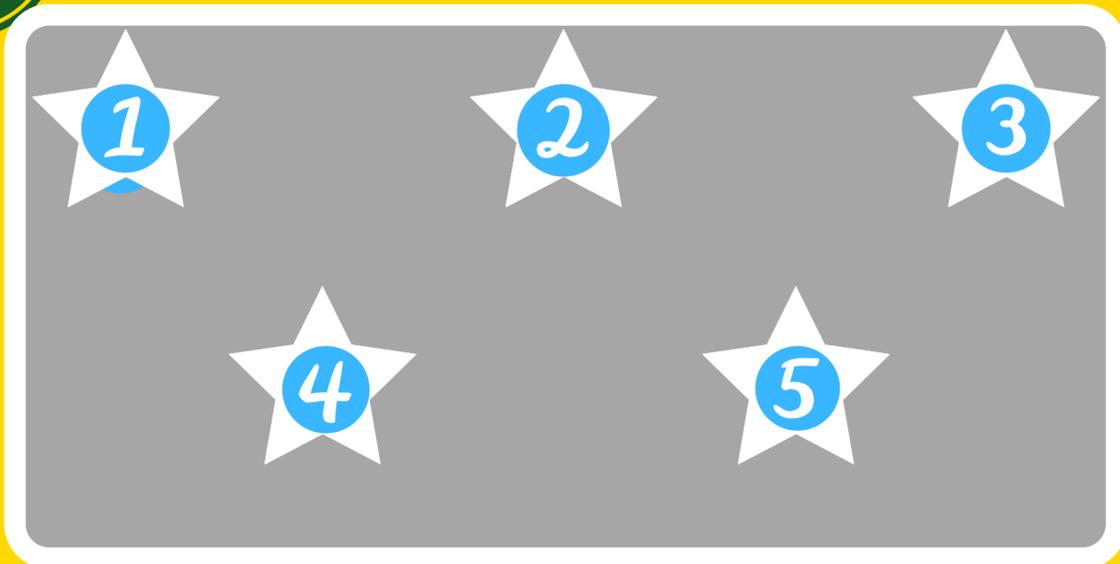
HOW MANY CAN YOU GET IN 30 SECONDS? 1 POINT IS AWARDED FOR EACH SUCCESSFUL JUMP



1

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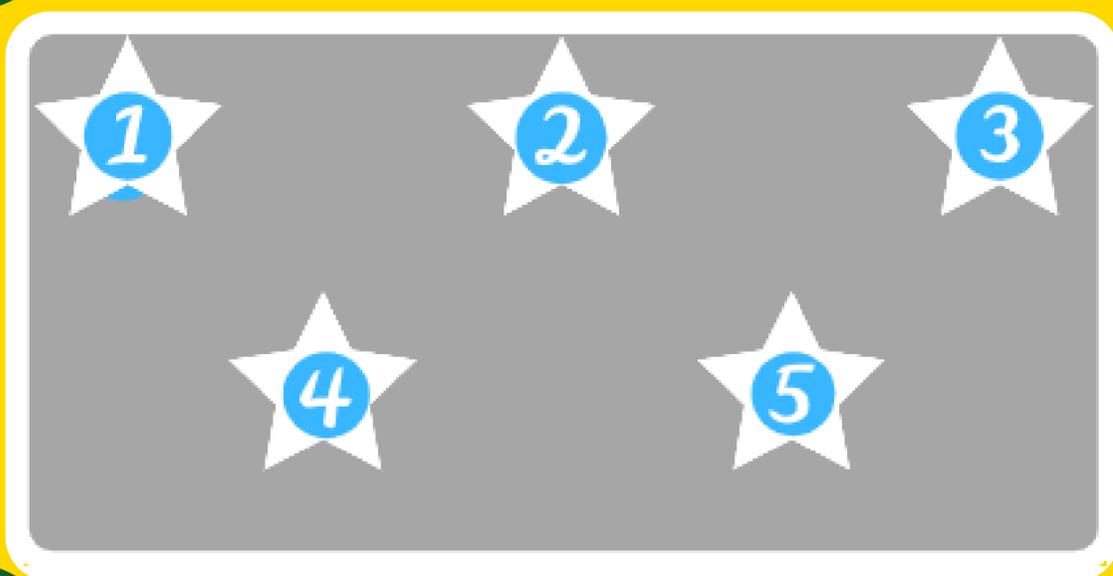
PLEASE CIRCLE



2

Skill Test 2 Results:

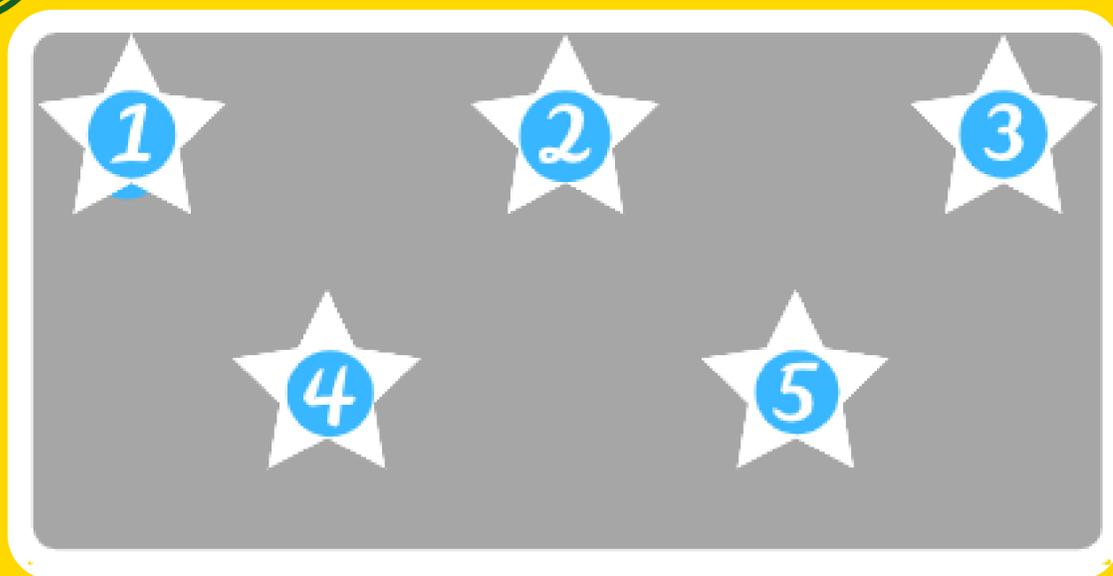
PLEASE CIRCLE



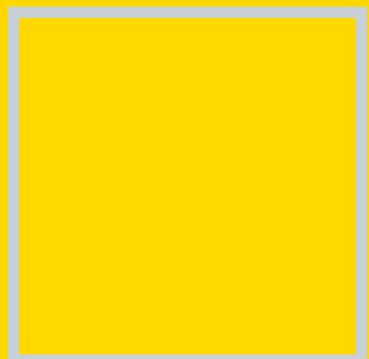
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