

# FÉILE PEIL NA NÓG SKILLS TEST



## Steps to Completing the Under 14 Football Skill Test

**STEP 1:** Players start at area 1 on 21m line in between grid poles. On the whistle, stopwatch will start and player sprints to area 2.

**STEP 2:** Area 2, 3 and 4 are all small grids, 10m x 10m. Punt Kick Accuracy. At Area 2, each player will have 2 kicks. 1 with his/her right foot and 1 with his/her left foot. The aim of the punt kick accuracy is to kick the ball from behind the cones and through the 2 grid poles 1.5m wide. It is a 10m punt kick (See Area Diagram) Each successful kick is worth 10 points. Player sprints to area 3

**STEP 3:** Pick up and the solo. The ball starts on the ground at cone No.1. The player picks up the ball with his right foot (Girls pick it up straight from ground), solo before the centre grid pole (Right foot), go around the centre grid pole, solo after the centre grid pole (Right foot), place ball down at cone No. 2, sprints to cone no. 3. At cone no. 3, the player picks the ball up with his left foot (Girls pick it up straight from ground), solo before the centre grid pole (left foot), go around the centre grid pole, solo after the centre grid pole (left foot), place ball down at cone no. 4. Successful completion is worth 30 points. Each ball dropped, or cone missed is a 5 point deduction. When placing the ball down at the end, the ball must remain inside the 10m Square or 5 points will be deducted.

**STEP 4:** Hand/Fist Pass Accuracy. At Area 4, each player will have 2 Hand/Fist passes. 1 with his/her right hand and 1 with his/her left hand. The aim of the Hand/Fist pass accuracy is to strike the ball using hand or fist and get it between the 2 grid poles 1m wide. Its a 5m hand/fist pass (See Area Diagram). Each successful kick is worth 10 points.

**STEP 5:** Player then sprints out of Area 4 and passes through the gates marked at Area 5. 5 points will be deducted if the player does not pass through the middle gate. Player continues forward to Area 6.

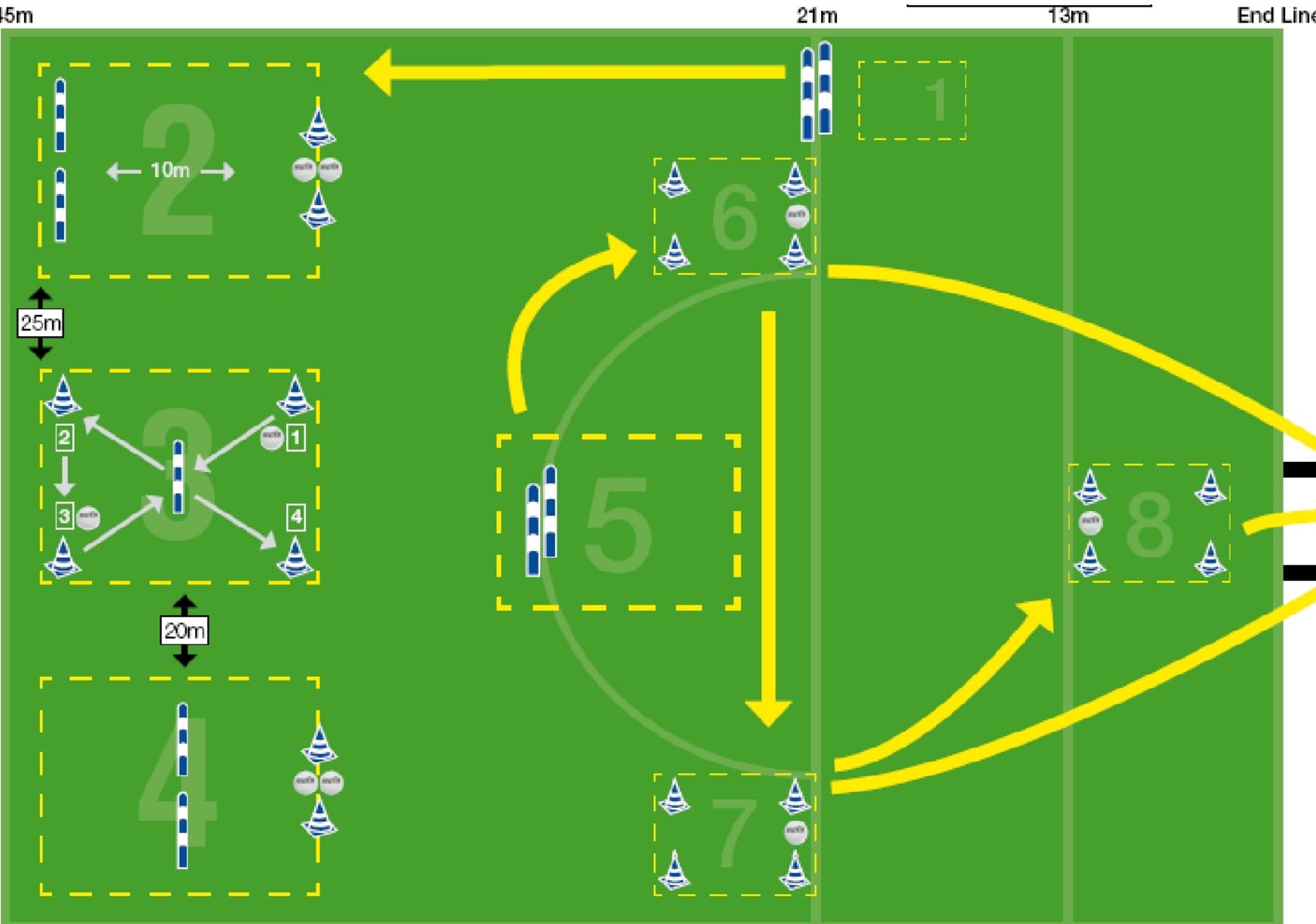
**STEP 6:** Area 6, 7 and 8. At Area 6, players must score using his/her right foot. At Area 7, player must score using his/her left foot. At Area 8, players must score using his/her preferred hand/fist. **Please Note:** The ball will be placed on the 13m line but the player can strike the ball anywhere inside the 5m x 5m square). When the player strike the ball with his/her fist, the clock will stop. Each successful score is worth 10 points.

The Skills test is timed from start gate and finishes when players stikes the last ball with his/her fist. Fastest 3 players are awarded 13-9-5 extra points respectively.

Combined Points at end wins event. (Max 113 pts)

### Requirements for Skills test

- 20 x Collapsible Domes/Cones.
- (2 as markers at Area 2, 4 as makers at Area 3, 2 as markers at Area 3, 4 each as grid markers at Area 6, 7 & 8).
- 9 x Grid Poles for areas 1 (Start Gate), 2 (Target Gate), 3 (Centre Pole), 4 (Target Gate) and 5 (Middle Gate).
- 9 x Size 4 O'Neills Footballs.
- 5 Officials, including 1 timer/starter, 1 person in each grid 2, 3, and 4 and an umpire behind the goals.
- Stopwatch.



SKILLS TEST DIMENSIONS
<b>Area 1 Start Gate</b> 2m apart and 15m from the sideline, on the 21m line.
<b>Area 2 Punt Kick Accuracy</b> 2 Grid Poles 1.5m apart, first grid pole 20m from the sideline on the 45m line. Measure 10m towards nearest goal in a straight line and place 2 domes/cones. (Players have to kick behind the cones).
<b>Area 3 Pick Up and Solo</b> From your last grid pole in area 2, measure 25m to the next square along the 45m line. Place a cone down. From this cone position make a square 10mx10m using cones. In the centre of the square place a grid pole.

<b>Area 4 Hand/Fist Pass Accuracy</b> From centre pole at area 3, measure 30m to the first of 2 grid poles 1m apart. Measure 5m towards nearest goal in a straight line and place 2 cones. (Players have to hand/fist pass behind the cones)
<b>Area 5 Middle Gates</b> 2 grid poles at the top of the 'D' 15m from 45m line, 2m apart.
<b>Area 6, 7 &amp; 8 Scoring</b> Small grids, 5mx5m (See diagram for placement of cones)
* See Diagram for all information