MONAGHAN FIRST YEAR SKILL CHALLENGE

 Monaghan First Year skills challenge

**Skills Test 1**

1. Player 1 picks ball 1`up and kicks to Player 2. Player 1 stays in his own square, size of square 8m x 8m.
2. Player 2 kicks ball 1 to Player 3. Player 2 stays in his own square.
3. Player 3 kicks ball 1 to Player 4. Player 3 stays in his own square.
4. Player 4 receives ball 1 and takes a shot for a point within his square.
5. This is repeated 3 more times, which means player 4 gets 4 shots for points. 10 points for each point scored. Must be 2 shots with right foot and 2 shots with left foot.
6. All players then rotate to next square and repeat the same with the next 4 footballs.
7. A player receiving the ball cannot go outside the square to retrieve the ball until the ball is stopped moving. 5 second penalty if this happens.
8. The skills test is timed from the start and finishes when the last player strikes the last ball. Highest points at end wins event (max points 160). If there is a tie, then fastest time wins.



13m



30m

Player 1



20m

Player 4

8m

Player 2

8m

30m

30m

Player 3

 Equipment needed;

* 1 set of goals, 16 size 4 footballs and 16 cones to mark out the squares and where to shoot from.

**Skills Test 2**

1. Players start at blue square.
2. They must kick pass to each other, ball must not hit the ground.
3. Player kicking the ball must kick from behind the cone. A 5 second penalty for a player stepping in front of the cone.
4. The player receiving the ball is only allowed to step 1 metre away from their cone. When they receive it , they must always go back to their cone to kick it.
5. When they complete the blue square, they then move onto the red square.
6. If they drop a ball, the player that kicked it must kick it again.
7. When they complete red square, they then move to purple square.
8. The team that completes all 3 squares in the fastest time gets 50 points, second fastest gets 30 points, third fastest gets 10 points

30m

10m

20m

10m

30m

Equipment needed;

20m

 4 Blue cones, 4 Red cones, 4 Purple cones.

1 football

**Record the results on this score card. The team with the highest score overall wins. If there is a tie, the team with the fastest time from Skills Test 1 wins.**

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| Names | School | Ball | Ball | Ball | Ball | Ball | Ball | Ball | Ball | Skills Test 1 Time | Skills Test 2 Time | Bonus points Skill tests 2 | Total |
|   |   | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |   |   |  |  |
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Monaghan Coaching Committee and Staff are organising a **First Year** Skills Competition. This competition is aimed at improving a player’s skill level.

**Any player taking part in the competition must be first year students.**

**How the skills test will be implemented**

* The skills competition will comprise of a team of 4 players working together. Each school is requested to carry out the test with their first year boys. The school can enter as many teams as they want in the competition in Cloghan. Each school is requested to forward the number of teams they would like to enter to Colin Malone @ developmentofficer2.monaghan@gaa.ie or 087 7882859. **Could you please forward the number of teams your school is entering before Wednesday 27th September .**
* The competition takes place in Cloghan on Tuesday 3rd October at 11am, finished at 1pm.
* The winners will receive prizes for themselves and their school.
* The winners will be the team with the most points after the 2 tests. If teams finish level on points the team with the fastest time from skills Test 1 wins the competition.