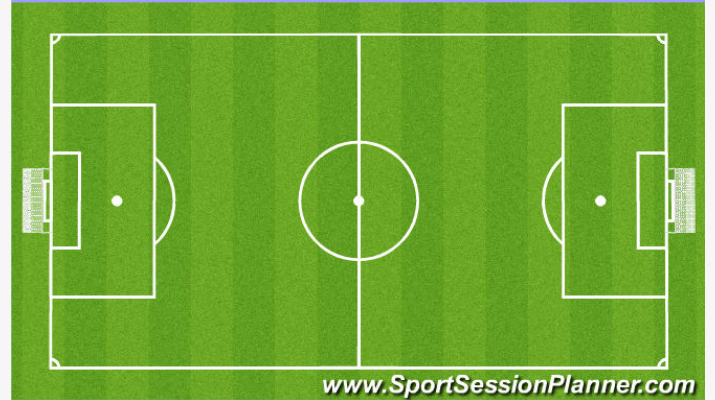


Description

Fitness and Skill Testing

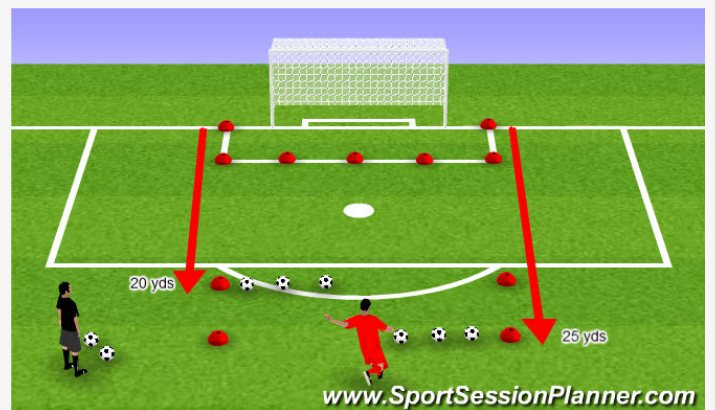
12 Minute Run

Players have to complete as many laps of the track as possible in the allocated 12 minute time frame



Station 1 - Driven Ball

Players drive 6 balls into the goal 3 with the left 3 with the right
Players are awarded points for each ball that lands directly in the goal or bounces once in the coned area in front of the goal.



Station 2 - Passing

Player 1 receives a pass from player 2
Player 1 then gets a point for passing the ball back through player 2's cones which are approx 1 metre apart
Then player 1 receives a pass from player 3 then 4 then 5 repeating the same exercise
Players play 4 passes with the right foot then 4 passes with the left
Players can score a total of 8 points off of 8 passes

