Appendix D:

**U CAN Awards**

for

**Football**
**CHALLENGE 1: PUNT KICK**

A skills challenge to test proficiency at the Punt Kick

**ORGANISATION**
- Mark out a goal 2m wide with two cones
- Place another cone 8m from the goal where the players will kick from
- The player stands at the cone and attempts to kick the ball through the goal, once with their right leg and once with their left
- The ball must pass through the goal without bouncing or rolling

**SCORING**
- The player is awarded 1 point for each goal scored
- Attempt the challenge three times giving a possible total of 6 points

**CHALLENGE 2: BODY CATCH**

A skills challenge to test proficiency at the Body Catch

**ORGANISATION**
- The player throws the ball 1m above their head and catches it as it drops

**SCORING**
- 1 point is awarded for each successful catch
- Attempt the challenge six times giving a possible total of 6 points

**CHALLENGE 3: HAND PASS**

A skills challenge to test proficiency at the Hand Pass

**ORGANISATION**
- Place two cones 5m apart
- The performing player stands at one of the cones and attempts to Hand Pass the ball through a target held by another player at the second cone

**SCORING**
- 1 point is awarded for each Hand Pass through the target
- The challenge must be attempted six times, three with the left hand and three with the right giving a possible total of 6 points
**Challenge 1: Hook Kick**

A skills challenge to test proficiency at Hook Kicking for a point.

**Organisation**
- Place a cone 13m in front of the goals.
- The player performs the Hook Kick from the cone attempting to score a point.

**Scoring**
- 1 point is awarded for each point scored.
- The challenge must be attempted six times, three with the left foot and three with the right foot, giving a possible total of 6 points.

**Challenge 2: High Catch**

A skills challenge to test proficiency at the High Catch.

**Organisation**
- Set up a grid 3m x 3m, with a further cone 3-5m to each side.
- The player lines up at one side and the Coach (or a second player) stands at the other.
- The Coach throws the ball underarm as the player moves into the square to catch the ball overhead.
- The player then returns to the cone and repeats the challenge.

**Scoring**
- 1 point is awarded for each successful catch.
- Attempt the challenge six times giving a possible total of 6 points.

**Challenge 3: Crouch Lift**

A skills challenge to test proficiency at the Crouch Lift.

**Organisation**
- Set up three cones in a line at intervals of 5m.
- Place a football at the first and the last cone.
- Starting from the end player Crouches Lifts the first ball and places it at the second cone.
- Continuing on to the last cone, the player lifts the ball and returns to place it at the first cone.
- Finally, the ball at the middle cone is lifted and placed at the last cone.
- The challenge is complete when the player returns to the start.

**Scoring**
- 1 point is awarded for each successful lift made at the first attempt.
- The challenge must be attempted twice, giving a possible total of 6 points.
**THREE★STAR CHALLENGES**

**CHALLENGE 1 FIST PASS**

A skills challenge to test proficiency at the Fist Pass

**ORGANISATION**
- Using seven cones at intervals of 5m set up a formation as shown
- One player, ‘the server’, stands at the first cone; a second player, ‘the challenger’, stands at the second cone
- Player A throws the ball to Player B to catch; Player B then Fist Passes the ball back to Player A
- They continue this, moving in a zig-zag formation, Player B using alternate hands each time

**SCORING**
- 1 point is awarded for each Fist Pass made, three with the right hand and three with the left hand, giving a possible total of 6 points
- Failing to catch the ball should not be penalised

**CHALLENGE 2 TOE TAP**

A skills challenge to test proficiency at the Toe Tap

**ORGANISATION**
- Using seven cones at intervals of 5m set up a formation as shown
- Beginning at one end the player Toe Taps as they round each of cones 2 to 6 in a zig-zag formation to finish with a final toe tap as they pass cone 7
- The player must use their right foot to Toe Tap as they pass a cone to the right and their left foot as they pass a cone to the left

**SCORING**
- 1 point is awarded for each successful Toe Tap, three with the right foot and three with the left foot, giving a possible total of 6 points

**CHALLENGE 3 BLOCK DOWN**

A skills challenge to test proficiency at the Block Down

**ORGANISATION**
- Place three cones to form a triangle, each cone 3m from the others
- The kicker alternates between Cone 1 and 2
- The blocker moves to Block the kicker at Cone 1 and 2 in turn

**SCORING**
- 1 point is awarded for each successful Block, one from the right and one from the left
- The challenge must be attempted three times giving a possible total of 6 points

UCAN AWARDS / 3 STAR / CHALLENGES 1, 2 & 3

173
**FOUR★ STAR CHALLENGES**

**CHALLENGE 1  EVADE AND PUNT KICK**

A multi skill challenge to test the Solo, Evasion and the Punt Kick for a score.

**ORGANISATION**
- Place one cone 30m in front of goal; place a ball at this cone.
- Place a second cone 20m from goal and two further cones marking the 13m line.
- From the first cone the player must Solo, Side Step the next cone, and Bounce the ball before Punt Kicking for a point before the 13m line.
- The player repeats the challenge using the other foot.

**SCORING**
- 1 point is awarded for each point scored, one using the right foot and one using the left.
- Attempt the challenge three times giving a final possible total of 6 points.

**CHALLENGE 2  CATCH AND KICK**

A multi skill challenge to test the High Catch and Hook Kick for a score.

**ORGANISATION**
- The challenging player stands on the 20m line facing away from the goal.
- Another player serves the ball for the player to Catch above their head before turning and Hook Kicking for a point with the dominant foot.
- The challenge is repeated with the non-dominant foot.

**SCORING**
- 1 point is awarded for each point scored.
- Attempt the challenge three times giving a final possible total of 6 points.

**CHALLENGE 3  FEINT AND PASS**

A multi skill challenge to test the Feint and Fist Pass for a score.

**ORGANISATION**
- Place a cone on the 13m line.
- Standing on the 20m line facing the goals the player rolls the ball, following to lift it as it moves away.
- Continue using a Feint to evade a stationary defending player at the 13m cone before Fist Passing the ball over the bar from outside the small square.
- Repeat the challenge lifting with the other foot, feigning to the opposite side and Fist Passing with the other hand.

**SCORING**
- 1 point for each point scored, 1 using the right and 1 using the left hand.
- The challenge must be attempted 3 times giving a possible total of 6 points.
**CHALLENGE 1**  BLOCK DOWN

A skill challenge to test the Block Down on an opponent attempting to score

**ORGANISATION**
- Set up a grid in front of the goal area 7m X 7m
- The defending player stands between the grid and the goals
- The kicking player occupies the grid
- On the whistle the defending player rolls the ball to the kicking player
- Once in possession the kicking player must shoot for a point without otherwise playing the ball
- The defending player rushes forward to Block Down the shot

**SCORING**
- 1 point is awarded for each successful Block Down
- Attempt the challenge six times, the kicker attempting three shots off the left and three off the right, giving a possible final total of 6 points

**CHALLENGE 2**  PUNT KICK FOR GOAL

A multi skill challenge to test the Solo and Punt Kick for a goal

**ORGANISATION**
- Set up a formation as shown between the 30m marker and the 20m line
- Place 2 further markers directly in front of the scoring space as shown
- Beginning at the 30m marker, the player Solos the ball around three of the cones in a zig-zag formation
- Use the outside foot to Solo the ball at all times
- The player Punt Kicks the ball before the 13m line

**SCORING**
- 1 point is awarded for each goal scored; the ball must pass under the crossbar without touching the ground
- The challenge must be attempted six times, three shots off the left and three off the right, giving a possible total of 6 points

**CHALLENGE 3**  FREE KICK FROM GROUND

A skill challenge to test proficiency at the Free Kick from the Ground

**ORGANISATION**
- Place a football on the 13m line
- Keeping within the rules the player kicks the ball from the ground so as to pass over the crossbar

**SCORING**
- 1 point is awarded for each point scored
- The challenge must be attempted six times, the kicker attempting three shots off the left and three off the right, giving a possible total of 6 points