



FRIDAY JUNE 5TH 2020

GAA Skills Challenge: Punt Pass Challenge

WHAT YOU NEED:

- A ball
- A wall or a fence
- A family member/tester
- A stopwatch



HOW TO SET UP AND RECORD YOUR RESULT:

1. With the ball in hand position yourself around 2- 3 metres from the wall/fence or at whatever distance you are comfortable with.
2. When the Tester Shouts "Ready, Steady. . ." hold the in front of you with both hands.
3. On "Go", drop the ball onto your kicking foot making sure you head is down and your eyes are on the ball.
4. As it drops kick the ball with you laces part of your foot against the ball and catch it as it returns to you.
5. Continue punt kicking the ball against the wall until the tester says 'stop'.
6. On 'Go' the tester will begin the watch and will tell you to 'stop' when the clocks reaches 30seconds. During this time the tester will count out each punt pass and record your score at the end.
7. If you drop the ball during the minute challenge just pick it up and continue punt passing from where you left off.

