

**UNLOCK THE
POTENTIAL**



Sample Winter Skills Challenge to 'Unlock the Potential'

Punt Kick

- Conduct with a friend or a wall.
- Challenge has five levels of progression for the Punt Kick.
- Players are unable to progress onto the next level unless they master task provided.

LEVEL 1

Players must punt kick the ball over and back to the partner or off the wall with their right leg 10 times in a row without the ball hitting the ground. If ball hits the ground then you must start again.

When complete move to onto level 2.

LEVEL 2

Players must punt kick the ball over and back with their left leg 10 times in a row without the ball hitting the ground. If the ball hits the ground then you must start again.

When complete move onto level 3.





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LEVEL 3

Line up behind your partner or start at the wall, first player or player runs to a cone 20m out, turns and performs the punt kick on the move to partner or wall respectively with right leg without ball hitting the ground. Player conducts this exercise 5 times. If ball hits the ground player must start again.

When complete progress to level 4.



LEVEL 4

Line up behind your partner or start at the wall, first player or player runs to a cone 20m out, turns and performs the punt kick on the move to partner or wall respectively with left leg without ball hitting the ground. Both players does this exercise 3 times each. If ball hits the ground player must start again.

When complete, progress onto the final level.



LEVEL 5

Line up behind your partner or start at the wall, player has two footballs in possession at all times. The player runs to a cone 20m out, turns and performs the punt kick to partner or the wall with right leg without ball hitting the ground. Player comes back to the start collects the ball she kicked, turns and repeats action but this time with left leg. Ball can't hit the ground. Partner repeats the exercise 5 times on each leg.

