

DAISI'S PRIMARY SCHOOLS SKILLS CHALLENGE, 2016.

COACHES COACHING IN PRIMARY SCHOOLS.

CLUB COACHING OFFICERS OF CLUBS IN DONEGAL.

REGULATIONS.

Donegal Creameries Primary Schools Skills Competition, 2016.

Each Primary Schools taking part in the above Skills Competition will receive coaching in the five (5) skills attached at their Primary School or at local GAA Club venue if facilities are inadequate.

The Primary Schools Coach who is coaching in the Primary School in liaison with the local Club Coaching Officer will take responsibility for ensuring that this practice is carried out.

Two (2) participants from each Primary School in local Club area will take part in the Skills Competition at their local Club not later than Friday, 3rd June, 2016.

Arising out of above internal Skills Competition at local Club, one (1) participant from Each Club area will take part in County Final

Skills at McCumhaill Park, Ballybofey on Friday, 10th June, 2016 at 6.30pm.

Prizes for 1st, 2nd, 3rd, 4th, 5th at County Final at McCumhaill Park, Ballybofey on Friday, 10th June, 2016.

Summary. Internal Club/Primary Schools Skills completed by Friday, 3rd June, 2016.

County Primary Schools Skills Competition on Friday, 10th June, 2016.

1

Pick Up

13m _____

E/line _____o_____o_____o_____o_____

4 footballs on the end line.

Player has to use left and right foot alternatively and place ball on 13m line after placing last football on 13m line player must return to end line.

Where players lifts ball with left foot he must solo out to the 13m line using his **left foot**.

Where players lifts ball with right foot he must solo out to the 13m line using his **right foot**.

Each player is timed from start to finish and a 2 second penalty is added to final time if a football is dropped or not lifted cleanly.

Players must solo between end line and 13m line.

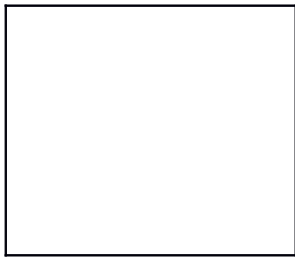
Scoring System

5pts for each ball lifted correctly

Maximum 20 pts & Time

2

Accuracy Square



.20m

.25m

A square 5m x 5m is set up using cones.

2 kicks must be from the 20m marker and 2 kicks from the 30m marker

Any 2 kicks with left foot and any 2 kicks with right foot

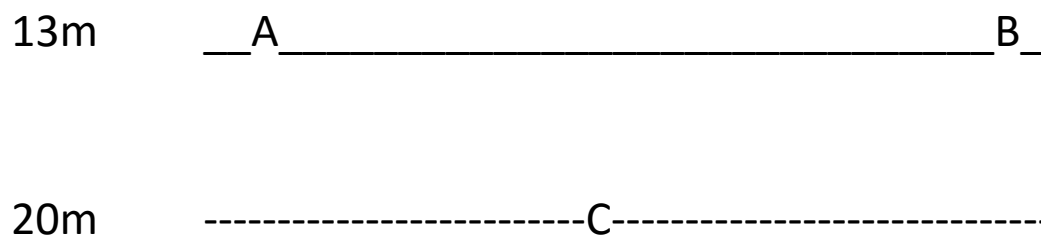
Player kicks the ball out of hand and first bounce must land in square.

Successful kick gains **10 pts**

Maximum score **40pts**

3

Free taking



Player has 2 attempts to kick the ball over the bar from positions A, B and C. Marker A is 13m to the left of post and B 13m to the right of post. Marker C is placed centre on the 20m line.

Ball can be kicked from hand or ground

Successful kick gains **5 pts**.

Maximum score **30 pts**

4

Penalty Kick

13m line _____ x _____

Ball placed on penalty spot.

Each player has 1 chance to score a penalty.

Scoring

10 points for successful penalty.

5

Punt Kick

40m _____ x _____

20m _____

Each player starts on 20m and has 3 attempts to kick the ball (from hand) through the poles to his partner standing between the poles.

The poles are 3 m apart

The ball is not allowed to bounce or touch the ground prior to partner catching it.

A successful score gains **10 pts**

Maximum score **30 pts**