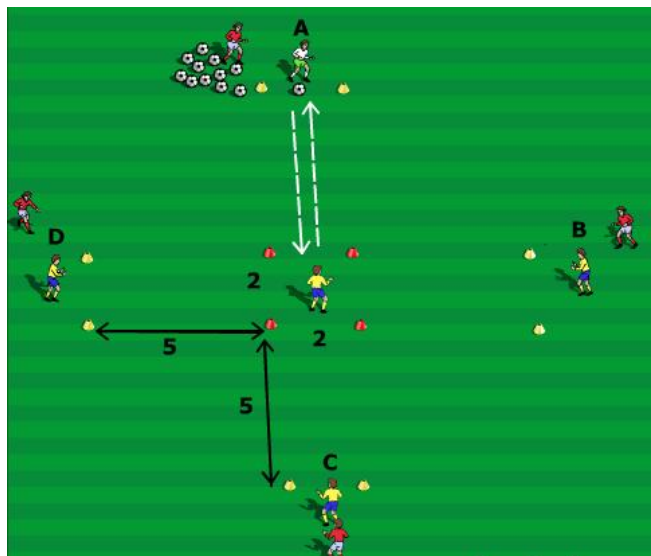




## The Receiving Challenge



### Organization:

1. 2 x 2 yard receiving area
2. 4x target gates which are 2 yards apart set up 5 yards from the receiving area (set up as shown)
3. 1 player completing the challenge
4. 3 players acting as targets
5. All other players help to circulate balls back to the coach

### Equipment:

1. Tape measure
2. 10+ balls
3. 4 disc cones (receiving area)
4. 8 disc cones (target areas)
5. Stopwatch
6. Clipboard
7. Score sheet

### Instructions:

- Set up a 2x2 yard central square and four two yard target gates positioned five yards from each side of the square
- The challenge starts with a pass from the coach
- The player must control before passing or dribbling through the target gate to score a point
- After a successful action is made the player moves onto the next target
- The player should work around the area clockwise (A to D)
- The player has 30 seconds to score as many points as possible
- Additional players are used to help circulate the balls back to coach or prepare the ball for the coach to pass
- The total number of points are recorded