

Description

Coaches are to practice the various skill techniques prior to the **GFA D Course, February 1-3, 2020**

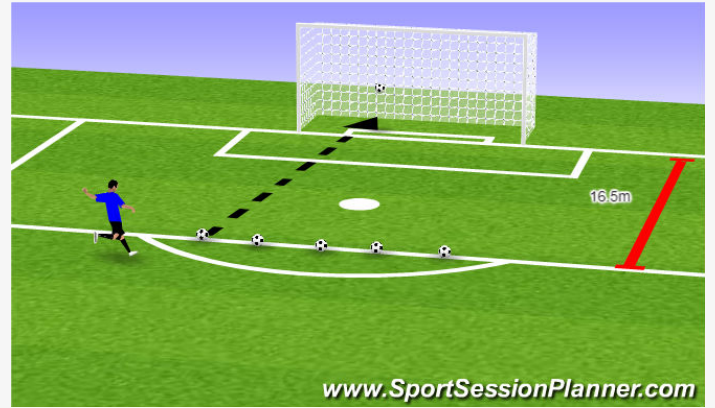
Note: All Coaches will be tested on all the skill techniques listed.

Shooting

Objective: Coach has 15 seconds to complete a minimum of 3 successful shots into the goal in order to pass.

Description

- The balls are placed 16.5 meters from the goal line.
- Coaches are given 5 balls, and must successfully shoot the ball without touching the ground or post before entering the goal. The shot must hit the back of the net directly from the initial contact with the ball in order to be considered a successful shot.

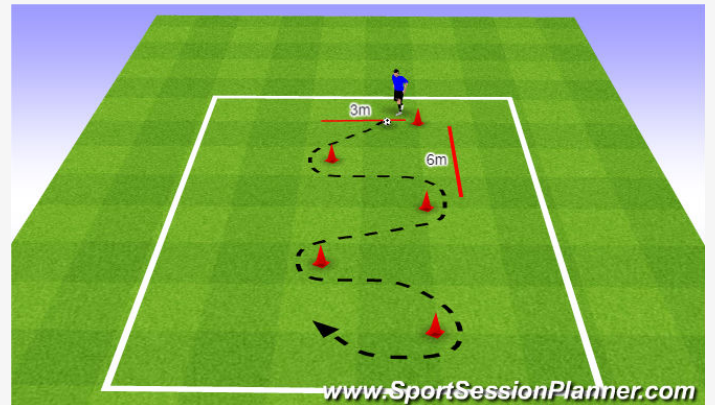


Dribbling

Objective: Coach must dribble successfully through the cones as illustrated within 25 seconds.

Description: The coach has 25 seconds to successfully dribble through the cones. After reaching the end of the set of cones, the coach will turn and go back and dribble through the cones and end at the starting point.

- If the coach touches the cone when dribbling, it will be +1 second additional to their time.



Passing

Objective: Coach must successfully pass the ball in between the cones (gates). They must have 3 successful passes in between in order to pass the skills technique.

Description: Coach has 10 seconds to successfully pass the 5 balls in between the cones. The ball cannot hit the cones.

- The Coach must pass the ball to each of the 4 gates. They will be given 5 balls in total, the 5th ball can be played in either of the 4 gates.



Juggling

Objective: 20 in-step juggling (inside, outside of the foot is ok too), must be consecutive without dropping the ball.

Description: Coaches must juggle the ball 20 times consecutively, using the in-step technique (or inside, outside of the foot). They may use other parts of the body to control the ball back to in-step (or inside, outside of the foot) juggling but it will not count.

- Coaches are given 3 tries only

