



## ***Bridini Óga Camogie Club – Con Magee’s GAA Club challenge***



<b>Camogie / Hurling Challenge</b>	<b>For 11-16 year olds</b>
<b>60s Catch Challenge:</b> Stand 3-5 metres back from the ball and strike for 60 seconds off each side. Catch the ball on every rebound.	<b>Distance Challenge:</b> Stand 5 metres back from wall. Strike off both sides and catch. Keep moving back until you drop it. Go back to start.
<b>3 Strike Challenge:</b> Stand 20 metres back from the wall. Strike the ball and run to catch, strike again on run and catch, and finally do a third strike and catch before running out of space.	<b>Athletic Development:</b> Try lots of different bodyweight movements e.g. squats, lunges, planks, glute bridges, press-ups, sit-ups etc
<b>Direction Challenge:</b> Place an obstacle in your path, change direction as you meet it and strike off either side on the run.	<b>Dead ball Challenge:</b> Practice different dead ball situations e.g. frees and sideline cuts.
<b>60s Control Challenge:</b> Stand 3-5 metres back from the wall and strike for 60 seconds off both sides. Control each rebound with one-touch.	<b>60s Catch Challenge:</b> Stand 3-5 metres from wall and strike for 60 seconds off both sides. Catch the ball on every rebound.
<b>Active Target Practice:</b> Get a bucket, tyre or similar and practice trying to hit this target with the ball using both sides, on the run.	<b>Technical Precision:</b> Try different types of strikes at a target - dropshots, top spin, off the hip, over the shoulder etc.
<b>Solo Running:</b> Make a simple obstacle course to solo through as quickly as possible (both one- and two-handed solo runs allowed).	<b>60s Control Challenge:</b> Stand 3-5 metres back from the wall and strike for 60 seconds off both sides. Control the ball with one-touch.
<b>Jab/Roll Lifting:</b> How many jab lifts can you do in 60 seconds? How many roll lifts can you do in 60 seconds? Try to beat your records.	<b>Free Hurling:</b> Show off what you can do! Whether it be striking, soloing, catching, controlling or try some unusual tricks. HAVE FUN!