



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



Camogie / Hurling Challenge	For 5-10 year olds
Ground Striking: Strike tennis ball on left and right off the wall, moving feet constantly.	Strike/Claw Catching: Strike the ball off the wall and try to catch it in a claw grip. Catches after a bounce count too!
Claw Catching: Throw up the ball off the wall repeatedly and catch with knuckles up in a claw-like grip.	Fundamental Movements: Try lots of different movements such as hopping, skipping and jumping on one or two legs.
Jab/Roll Lifting: 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.	Freestyle Skills: Practice different unusual skills for fun - what can you do that your family and friends can't?
Dribbling: Make a simple obstacle course to dribble through as quickly as possible.	Jab + Strike + Control: Run to the ball, jab lift it into the hand and strike off the wall. Catch or first touch it into the hand and go again.
Target Practice: Get a bucket, tyre or similar and practice trying to hit this target with the ball using both sides.	Solo + Target Practice: Make a simple obstacle course to dribble or solo through. Once through, strike at a target (bucket/tyre/goal etc.).
Solo Running: Make a simple obstacle course to solo through as quickly as possible (both one- and two-handed solo runs allowed).	Jab or Roll + Strike: Practice free taking skills by jabbing or rolling the ball up and striking without taking it into your hand.
First Touch: Strike the ball off the wall and try to control it back into your hand with one touch off the hurling stick.	Freestyle Hurling: Show off what you can do! Whether it be striking, soloing, catching, controlling or try some unusual tricks. HAVE FUN