



Round Towers GAA
Coaching & Games
Committee

“100 Touch”
Skills Challenge
for Players





Intro

- Practise these skills as often as you can.
- Practise these skills with your family or friends
- If you want to practise on your own, find a wall or use the ball wall in Monastery Rd.
- **Click on the photos** to access Skill Cards which will help you to perfect the skill

Remember “Practise makes Permanent”



Football

“100 Touch”
Skills Challenge for Players

LGFA
PEIL na mBAN





**Ten on the
Right Foot**

**Ten on the
Left Foot**



**Ten on the
Right hand**

**Ten on the
Left hand**



**Ten "Body
Catches"**



Ten "High Catches"



Ten "Pick Ups" Right

Ten "Pick ups" Left



Ten "Bounces"

Ten "Solos"

Bounce & Solo with alternative hand and feet



Bunaíodh 1884.



Hurling/ Camogie

“100 Touch”
Skills Challenge for Players





**Ten on the
Right Side**

**Ten on the
Left Side**



**Ten on the
Right Side**

**Ten on the
Left Side**



20 JAB Lifts



Ten "High Catches"



Ten runs using dominant hand



Ten with the Right hand

Ten with the Left hand



Bonus Round- Scoring (Hurling & Football)



**Ten on the
Right
foot/side**

**Ten with the
Left foot/
side**