

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









The Hook Kick

Ten on the Right Foot

Ten on the Left Foot





The Handpass

Ten on the Right hand

Ten on the Left hand



Body Catch

Ten "Body Catches"







Ten "High Catches"





The Pickup

Ten "Pick Ups" Right

Ten "Pick ups" Left







Bounce & Solo

Ten "Bounces"

Ten "Solos"



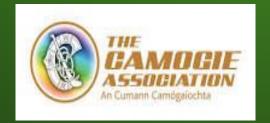
Bounce & Solo with alternative hand and feet





Hurling/ Camogie

"100 Touch" Skills Challenge for Players











Ten on the Right Side

Ten on the Left Side







Ground Strike

Ten on the Right Side

Ten on the Left Side





Jab Lift

20 JAB Lifts







High Catch

Ten "High Catches"







Ten runs using dominant hand





Handpass

Ten with the Right hand

Ten with the Left hand

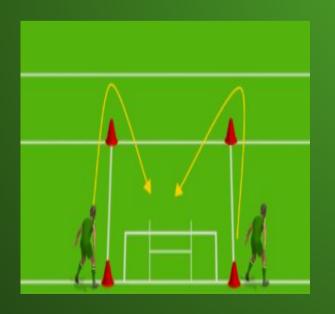


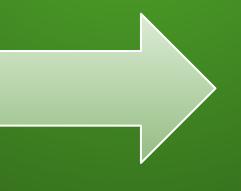


Bonus Round- Scoring (Hurling & Football)









Ten on the Right foot/side
Ten with the Left foot/side