



Kilmacud Crokes GAA Club

40 Day Hurling & Camogie Skills Challenges



Aim to try each daily challenge for 20 minutes (except for the matches of course!)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Warm Up	1 200 hand strikes off the wall – 100 each side – varied distance – hit a target – try the 1 minute challenge	2 Have a jumping contest with mum or dad Two feet, one foot... Who has the longest / highest jump?	3 50 roll lifts 50 jab lifts Try the 1 minute challenge	4 Animal Walk Races (Bear, Crab, Duck) Challenge your mum or dad, brother or sister	5 100 hand passes 50 on right hand 50 on left hand Off the wall How many can you do in 60 secs?	6 Complete the Kilmacud Crokes Pencil Case Challenge – vary your distance (See KC Social Media)
	7 Watch 2013 Leinster Hurling Semi Final (Dublin v Kilkenny) https://www.ian.ie/news/backback-2013-leinster-shc-semi-final-dublin-v-kilkenny/	8 Identify a skill or move from the match you watched and give it a try	9 Throwing Competition Throw ball at target Who can throw the longest? Try different throws – underarm, overhead, skim the stones	10 Obstacle Course Solo Run using household items. Do a time trial, beat your time	11 Skipping Challenge Use a skipping rope How many skips can you do in a minute?	12 Create your own Family Circuit Class Push Ups x 10 Squats x 10 High Knees x 10 Chair Dips x 10 Jumping jacks x 10
14 Watch the 2013 All Ireland SHC Final Cork v Clare https://youtu.be/waSS6dbNS2g	15 Identify a skill or move from the match you watched and give it a try	16 Running Challenge How many laps of the garden / kitchen can you do in 2 mins / 20 mins?! Can you run backwards?	17 Complete 2 rounds of the KC Board Game	18 Try juggling Start with 2 balls, then progress to three Use household items instead	19 Try the “Crokes Can Awards” Skills Challenges	20 Catching Challenge How many catches in 60 secs with your mum/dad? Can you catch the ball before it bounces? Catch with 2 hands / 1 hand
21 Watch the 2014 All Ireland Hurling Final (Kilkenny v Tipperary) https://youtu.be/0u119VnMS34	22 Identify a skill or move from the match you watched and give it a try	23 Work on your Speed How far can you run in 5 sec? How far in 20 sec? Challenge your mum or dad to a 100 sprint around the garden	24 Free style hurling Come up with your own flicks & tricks	25 Hopping Play a game of hopscotch with your mum or dad, brother or sister	26 Play “Through the Goal” Game Play with your mum/dad/brother/sister Vary your distance Use ground or hand strike	27 Play a game of Under Over with your brother or sister How Many Under Overs can you do in 60 seconds?
28 Watch the 2017 All Ireland SHC Final Galway v Waterford https://youtu.be/0u119VnMS34	29 Identify a skill or move from the match you watched and give it a try	30 Create your own obstacle course which includes dodging, jumping and backwards running – then make it a race!	31 200 overhead catches off the wall Can you catch the ball while jumping over the Hoover?!	32 The plank Challenge How long can you hold the plank position? Challenge one of your family members Try and beat your previous time	33 Keepie Uppie Challenge Do it with a partner, against the wall or ball bouncing on bas Can you keep it off the ground for 60 seconds?	34 Leap Frog Competition Leap frog over your family members Have a leap frog race
35 Watch the 2019 All Ireland Hurling Semi Final Tipperary v Wexford https://youtu.be/Sp8ouu0HE	36 Identify a skill or move from the match you watched and give it a try	37 Write a letter / email to your favourite GAA player to let them know why they're your favourite	38 100 sideline cuts or ground strikes into a target (goals, bin, bucket) Vary the distance	39 Try the balloon challenge One for all the family! https://youtu.be/V2vohM7DA	40 Watch the Hurling Goals of the Decade and then try and replicate your favourite goal https://youtu.be/09Guqv6zPqk	Cool Down!