



100 Strike Camogie Challenge

Equipment: Hurl, Ball & Wall (Gable end of house)

1. One touch into the hand – waist high return

10 Strikes off left side and 10 strikes off the right side

2. Catch –head height

10 Strikes off left side and 10 strikes off right side

(10 metres from the Wall)

3. No Catch – waist height return

10 Strikes off left side and 10 strikes off right side

(10 metres from the Wall)

4. One touch into hand – bouncing ball

10 Strikes off the left side and 10 strikes off the right side

(10 metres from the Wall)

5. High Catch

10 Strikes off left side and 10 strikes off right side

(10 metres from the Wall)