GAA Challenge

200 Touches Challenge

Suitable for Football or Hurling

1. Find a suitable ball and wall, outside!
2. Stand 3 steps back and time how long it takes you to complete the challenge.
3. Video your attempt and see if your friends can beat your time.
4. Increase difficulty by taking more steps back to start with.



<https://www.youtube.com/watch?v=edLyOIVABiE&t=27s>