WEDNESDAY JUNE 3RD 2020

GAA Skills Challenge: Hand Pass Challenge

WHAT YOU NEED:

- A ball
- A wall or a fence
- A family member/tester
- A stopwatch

HOW TO SET UP AND RECORD YOUR RESULT:

1. With the ball in hand position yourself between 1 – 2 metres from the wall/fence.
2. When the Tester Shouts "Ready, Steady. . ." hold the ball in the palm of one hand in front of the body and with opposite arm swing back and extend the hand behind you.
3. On "Go", hand pass the ball against the wall and catch it trying not to let the ball drop to the ground.
4. Continue hand-passing the ball against the wall until the tester says 'stop".
5. On 'Go' the tester will begin the watch and will tell you to 'stop' when the clocks reaches 30seconds. During this time the tester will count out each hand pass and record your score at the end.
6. If you drop the ball during the minute challenge just pick it up and continue hand passing from where you left off.