



**THE  
CAMOGIE  
ASSOCIATION**  
An Cumann Camógaíochta

## 12 Day Skills Challenge

**Warm-up: 3 minute run (non-stop) around the garden**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<b>18</b> Roll & Jab Lift	<b>19</b> Target Practice	<b>20</b> Freestyle Pucks	<b>21</b> Dribbling	<b>22</b> Ball to Hand
<b>23</b> Wall Throw & Catch & Protect Hand	<b>24</b> Solo Running	<b>25</b> Batting the High Ball	<b>26</b> Ground Strikes	<b>27</b> Fundamental Movements	<b>28</b> Wall Throw & Catch & Protect Hand	<b>29</b> Target Practice