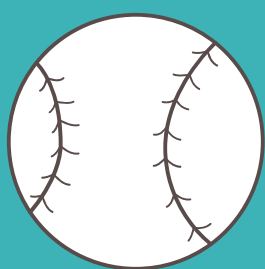


GAA Future Leaders

#GAASOLO2 COMPETITION - WEEK 2 CHALLENGES

1



Hurling Challenge

Strike the ball off left and right, up high off a wall. Readjust your feet and take one touch off the hurl before catching the ball.

2



Football Challenge

High Catch Challenge: Time your run, drive your knee up, make a 'w' shape with your hands, secure the ball into your chest.

3



Healthy Meal Challenge

Prepare one of the main courses from the Recipes for Success book.

4



Wellbeing Challenge

Send videos of anything you're doing to keep active and positive during lockdown. Make sure it is within the HSE guidelines.

5



GAA Timeline Challenge

What were the key moments of history in your GAA club or GAA in your school? Pick the top 10 moments and use your artistic skills to design a timeline.

HOW TO ENTER

Send your videos to Ms. Gunning on Google Classroom or via email. They will be entered into the competition and posted on the St Farnan's Sports News Facebook page.



THERE ARE A NUMBER OF PRIZES TO BE WON!