

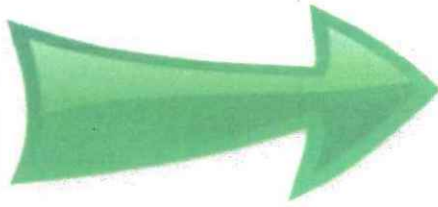


# #100TOUCHES

(Tick boxes when complete)



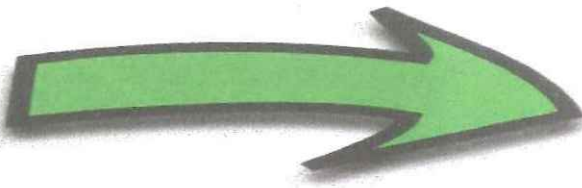
## Punt Pass



Ten on the right foot

Ten on the left foot

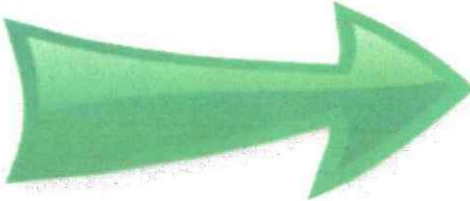
## Fist Pass



Ten on the Right Hand

Ten on the Left Hand

## Body Catches



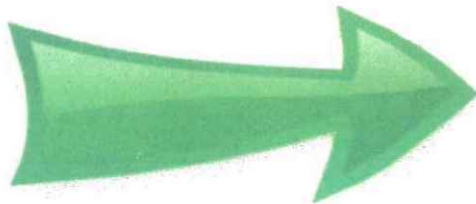
Ten Body Catches

## High Catches



Ten High Catches

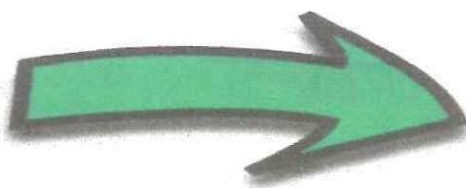
## Pick Ups



Ten Pick Ups Right Foot

Ten Pick Ups Left Foot

## Bounce and Solo (With alternate hands and feet)



Ten Bounces

Ten Solos

#PRACTISEMAKESPERMANENT



# #100TOUCHES

#Hurling/Camogie

(Tick boxes when complete)



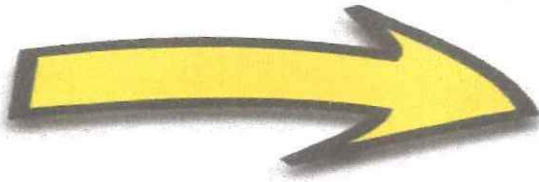
## Strike



Ten on the Right Side

Ten on the Left Side

## Ground Strike



Ten on the Right Side

Ten on the Left Side

## Roll Lift



Ten on the Right Side

Ten on the Left Side

## Jab Lift



Ten on the Right Side

Ten on the Left Side

## Hand Pass and Catch



Ten Hand Passes Right Hand

Ten Hand Passes Left Hand

#PRACTISEMAKESPERMANENT