

Longford Sports Partnership – GAA Games & Activities

Monday - Wash Basket Challenge



Equipment Needed:

- Numerous Balls (Rolled-up Socks / Teddy Bears / Toilet Rolls)
- A washing basket (empty bin / large pot)

How to Play:

- Set up your washing basket in an area of the floor
- Take a few steps back and mark out your throwing area
- Try to throw your balls/teddy bears from the throwing area into the wash basket
- 1 point for each basket scored
- Try to beat your score each time

Adaptations (making it easier)

- Move the basket nearer to the throwing area
- Throw with two hands from underneath the ball

Progressions (making it more challenging)

- Move the basket further away
- Use your weaker hand
- Use a smaller basket

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Tuesday – Solo / Knee Challenge



Equipment Needed:

- 1 Ball (Toilet Roll / Balloon)
- Watch (Timer / Someone else to count)

How to Play:

- Drop your ball on to your knee / foot and catch it again using both legs
- Practice this
- Now set your timer to 30 seconds and see how many you can do in that timeframe
- Try to beat your score each time

Adaptations (making it easier)

- Use your knees instead of your foot
- Use a balloon

Progressions (making it more challenging)

- Use your foot only
- Use a smaller ball
- Move around while doing it

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Wednesday – Tea Bag Hurling



Equipment Needed:

- Hurley (racket / frying pan / your arm)
- Tea Bag (Bean bag / tennis ball / socks)

How to Play:

- Place tea bag on hurley
- Raise hurley upwards to send tea bag in the air
- Catch the tea bag on the hurley again (use your arm if you don't have anything else)
- Now set your timer to 30 seconds and see how many you can do in that timeframe
- Try to beat your score each time and remember to use both hands

Adaptations (making it easier)

- Use a large saucepan to make it easier to catch it again

Progressions (making it more challenging)

- Use a small ball instead of the tea bag
- Use your weaker hand
- Flip the hurley each time the bag/ball is in the air

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Thursday – Teddy Bear Clap Challenge



Equipment Needed:

- Teddy Bear (ball / cushion / rolled up socks)

How to Play:

- Throw your bear in the air, clap, and then catch it before it hits the floor
- Next you must clap twice before catching
- Next you must clap three times before catching
- See how many claps you can do before catching
- Try to beat your score each time

Adaptations (making it easier)

- Use a balloon
- Instead of clapping, just say potato before catching it

Progressions (making it more challenging)

- Use a small ball
- Use your weaker hand to throw and catch in between claps
- Clap between your legs before catching

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Friday – Create your own Obstacle Course



Equipment Needed:

- Whatever you can find at home
 - Balls, Teddy Bears, Saucepans, Jumpers, Cushions, hula hoops

How to Play:

- Create your own obstacle course using the video as an example
- Try to include jumping, hopping, running and balancing
- Time yourself when you have it all set up
- Try to beat your time to complete it each time

Adaptations (making it easier)

- Take out jumps
- Walk through it first

Progressions (making it more challenging)

- Do it all by hopping on one leg
- Try it backwards
- Add more elements to make it harder