





<p style="color: red; transform: rotate(-45deg); font-weight: bold;">Do 20 Keepy Uppies</p>	20 Jumping Jacks	Walking Lunges 30 steps	Plank – 1 min	Call out one Yellow or Red exercise for all other players to do	25 solos left	25 solos right	Solos alternate left and right for 1 min	<p style="color: red; transform: rotate(-45deg); font-weight: bold;">Go back one space</p>	
	Fitness	Fitness	Fitness	Call out one Yellow or Red exercise for all other players to do	Soloing	Soloing	Soloing		
Catching	25 High catches - throwing or kicking off wall	Catching	25 low catches - throwing or kicking off wall	Catching	Throw ball off wall turn around and catch x 15	<p style="text-align: center;">   <b style="font-size: 2em; color: white; background-color: red; padding: 5px;">OOLA GAA</b>  <b style="font-size: 1.5em; color: red;">SKILLS CHALLENGE</b> </p> <div style="display: flex; justify-content: space-around; align-items: center; margin-top: 10px;">    </div>		Fitness	25 Jumping Jacks
Catching	25 High catches - throwing or kicking off wall	Catching	25 low catches - throwing or kicking off wall	Catching	Throw ball off wall turn around and catch x 15	Fitness	1 leg balance – 30 secs each leg		
Catching	25 High catches - throwing or kicking off wall	Catching	25 low catches - throwing or kicking off wall	Catching	Throw ball off wall turn around and catch x 15	Fitness	10 Burpees		
<p style="text-align: center;">Call out one Blue or Green exercise for all other players to do</p>		<p style="text-align: center;">ALL PLAYERS JOG ON THE SPOT FOR 45 SECS</p>		<p style="text-align: center;">Skills</p>		<p style="text-align: center;">Skills</p>			
Fitness	Press Ups – 1 min	Fitness	Squats – 1 min	Fitness	20 x Glute Bridges	<p style="text-align: center;">Skills</p>			
<p style="text-align: center;">Go back 3 spaces</p>		Hand pass	Hand pass	Hand pass	Call out one Brown or Blue exercise for all other players to do	Kick pass	Kick pass	Kick pass	<p style="color: green; font-size: 2em; font-weight: bold; text-align: center;">START ----- FINISH</p>
		25 Hand passes off wall - Left Hand	25 hand passes off wall – Right Hand	25 Hand passes off wall – alternate Left/Right		25 kick passes off wall - Left Leg	25 kick passes off wall - Right Leg	25 kick passes off wall - Alternate Left/Right Leg	