LEVEL 1

AGILITY - MOVE & MOBILISE

— HURLING / FOOTBALL

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These are warm-up exercises that may be used before any other ABC or Have-a-Ball exercise. They include pulse-raising and mobilisation exercises.

Organisation

- Begin with moderate exercises such as walking or light jogging before moving on to more intense activity
- Incorporate mobilisation exercises at regular intervals between the pulse raising exercises
- Include movement in different directions and in as many different ways as possible, e.g. jogging, hopping, sideways, backwards etc
- Mobilise the shoulders, the knees, the ankles and fingers

Key Points

- Gradually increase the intensity of the activity
- Include a moderate version of activities to be performed later in the session

Equipment

- An inventory of equipment to support ABC exercises is available in the Resources section

Notes