

LEVEL 1

AGILITY - TRAVELLING

— HURLING / FOOTBALL



This exercise to develop agility skills is generally suitable for players of 4-6 years

Organisation

- The players travel around the playing area in different directions and in as many different ways as possible, e.g. jogging, hopping, jumping, sideways, backwards etc

Key Points

- Each player uses a different pathway
- When moving sideways don't cross legs
- When moving backwards, look over your shoulder and move on the balls of the feet

Equipment

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

Notes
