LEVEL 1

AGILITY - DODGEMS

— HURLING / FOOTBALL

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

Organisation

- The players travel around the playing area while avoiding the caps and the other players while pretending to drive dodgems or bumper cars
- To make the task more difficult, reduce the size of the playing area

Key Points

- Ensure the players have enough room to move around safely
- Change pathways when close to another ‘car’ or near a wall
- No bumping

Equipment

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

Notes