LEVEL 1

AGILITY - BACK TO BACK

— HURLING / FOOTBALL

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

Organisation

- The players move around the playing area randomly while avoiding the other players
- On a signal from the coach they pair off quickly and stand back to back

Key Points

- Move close to the other player before turning back to back

Equipment

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

Notes