LEVEL 1

AGILITY - CLOSING THE SPACE

— 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 while avoiding the other players
- The coach reduces the size of the playing area throughout by acting as a perimeter on one side making the task gradually more difficult

Key Points

- Ensure the players have enough room to move around safely
- No bumping

Equipment

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

Notes