LEVEL 1

AGILITY - MUSICAL CHAIRS

— HURLING / FOOTBALL

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

Organisation

- The players run around the playing area randomly
- On a signal from the coach each player must find a marker in order to remain in the game
- One marker is removed before each round until only one player remains

Key Points

- No pushing or bumping

Equipment

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

Notes