

LEVEL 1

AGILITY - 1, 2, 3 RED LIGHTS

— HURLING / FOOTBALL



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

Organisation

- One player acts as a 'caller' with their back to the rest of the players
- The 'caller' gives a signal for the other players to move forward
- They then call out '1, 2, 3 Red Lights' and turn around
- Any player they catch still moving is out
- The exercise continues until only one player remains

Key Points

- The players must remain alert to react to the signal
- Focus on balance when stopping

Notes

Equipment

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