LEVEL 2

AGILITY - TOUCH THE DOME

— HURLING / FOOTBALL

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

Organisation

- Place different coloured caps or domes around the playing area
- Challenge the players to touch 3 caps of the same colour in succession
- Then challenge them to touch 3 different coloured caps in succession
- The coach may also call a colour to which the players must travel

Key Points

- Ensure the players have enough room to move around safely
- Touch the caps with the toes before moving quickly to the next cap

Equipment

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

Notes