LEVEL 2

AGILITY - BRIDGES AND RIVERS

— HURLING / FOOTBALL

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This is an exercise to develop agility and balance skills

Organisation

- The players work in pairs, one player designated the ‘bridge’ and the second the ‘river’
- The players run around the playing area, and on a signal from the coach the ‘bridges’ balance on their hands and feet while the ‘rivers’ crawl under the ‘bridges’
- Note that the ‘rivers’ can also crawl under the ‘bridges’ from back to front as well as side to side

Key Points

- Move quickly into the bridge position
- ‘Rivers’ get down low and shuffle using the forearms and lower legs

Equipment

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

Notes