LEVEL 2

AGILITY - NUMBERS & SHAPES

— 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 and on a signal from the coach make a shape or formation, for example a square or triangle
- A variation of the exercise is for the coach to call a number and for the players to group into that number as quickly as possible

Key Points

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

Equipment

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

Notes