LEVEL 2

AGILITY - DODGE THE DOME

— HURLING / FOOTBALL

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This is an exercise to develop agility and evasion skills

Organisation

- The players approach a cap or dome and side-step past it; encourage use of both sides
- Start at a slow or walking pace before gradually increasing the speed as the players become more comfortable
- This exercise can also be performed with a partner; one player remains stationary while the other jogs forward and side steps past them

Key Points

- Plant the lead foot firmly on the ground, transferring the body weight to the foot as you do so
- Push hard off the planted foot to ‘spring’ to the other side
- Plant the opposite foot and continue forward in the new direction

Equipment

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

Notes