LEVEL 2

AGILITY - STRAIGHT SLALOM RUN

— HURLING / FOOTBALL

N

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

Organisation

- Place a number of cones or poles approximately 1m apart in a straight line
- The players run in and out between the cones or poles without knocking them

Key Points

- Use the side-step technique
- Push or drive off the outside leg to ‘dodge’ around each pole

Equipment

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

Notes