LEVEL 2

AGILITY - TOE TOUCH

— HURLING / FOOTBALL

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

Organisation

- The players work in pairs; each player attempts to touch the toes of their partner by moving their feet quickly
- Ensure the players do not stamp on their partner's toes
- Challenge the players to score five touches first
- To vary this exercise the players must attempt to touch each other's knees with theirs

Key Points

- Lightly touch the partner's toes when their foot is placed on the ground
- No stamping, or pushing

Equipment

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

Notes