LEVEL 2

AGILITY - FREEZING

— HURLING / FOOTBALL

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This is an exercise to develop agility and stopping skills

Organisation

- The players run around the playing area randomly
- On a signal the players must freeze and hold their position until the coach signals them to run around again

Key Points

- Ensure the players have enough room to move around safely
- Stop with knees slightly bent, one foot in front of the other for balance; arms should be bent at the elbows, in opposition to the legs, e.g. right leg forward, left arm forward
- After stopping move off quickly in a new direction

Equipment

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

Notes