LEVEL 2

AGILITY - TAIL TAG

— HURLING / FOOTBALL

N

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

Organisation

- Place a velcro tag or band at the back of the players shorts
- In pairs or with designated chasers the aim is to grab the tails from the other players
- The players with the tails must avoid the chasers by using evasion techniques

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