

LEVEL 3

# AGILITY - MINEFIELD WITH BALL

— HURLING / FOOTBALL



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

**Organisation**

- Place lots of obstacles or domes – mines - inside the playing area
- Divide the players into 4 groups, one at each side of the playing area; each player has a ball
- The players must dodge the ‘mines’ as they travel from one side of the playing area to the other, bouncing a ball
- Initially one team at a time navigates the minefield; gradually increase the number of teams navigating the minefield at the same time

**Key Points**

- Ensure the players have enough room to move around safely

**Notes**

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- No pushing or bumping

### ***Equipment***

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