

LEVEL 3  
**AGILITY - WRIST TAG**  
 — HURLING / FOOTBALL



**This is an exercise to develop agility and co-ordination skills**

**Organisation**

- Divide the players into pairs; each player wears two velcro tags, one attached to each wrist
- The players must attempt to grab the tags from their partner while avoiding the efforts of their partner to do the same

**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

---

---

---

---

---

---

---

---

---

---

---