

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
