

LEVEL 3

AGILITY - MATCH THE MOVE

— HURLING / FOOTBALL



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

Organisation

- Divide the players into pairs; each player works in a grid with a centre marker

- One player is designated the leader who moves to each corner of the grid randomly, using different ways of travelling e.g. backwards, sideways, skipping, hopping etc.

- The second player must match the direction and way the leader moves within their own grid

- Introduce a ball as the players become more competent

Key Points

- Watch the leaders movement, not their eyes, to quickly copy their actions

Notes

- Return quickly to the centre marker to prepare for the next movement

Equipment

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