



# AGILITY - MINEFIELD WITH TARGETS

## AGILITY - MINEFIELD WITH TARGETS — 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; include a number of hoops
- Divide the players into 4 teams, 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 the ball in any hoop they pass
- 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			

• No pushing or bumping

#### Equipment

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